



Inflammation



What's up with inflammation?

Specific one-time inflammation is the kind that occurs when you have an injury. It causes pain, swelling, redness and heat. It allows your body to heal from an injury by bringing blood to the injured area.

Ongoing inflammation occurs inside your body on a cellular level. This kind of inflammation can cause many diseases including cancer, diabetes, arthritis, and many others.



Causes of Cellular Inflammation:

Diet plays a big role. The following foods can contribute to cellular inflammation.

- Poor quality or too much fat
- Poor quality or too much sugar
- Too many calories
- Too many or poor quality animal foods
- Foods with a high glycemic index

How to avoid Cellular Inflammation:

- Avoid trans fat
- Keep your blood sugar stable
- Eat less processed and packaged food
- Cook more often; eat out less
- Eat more plant proteins
- Eat more oily fish (salmon, sardines, herring)
- Eat more healthy fats (nuts, seeds, avocado, olive oil)

