

PAIN & INFLAMMATION

Chronic Inflammation

Inflammation is the body's natural response to irritation, whether that be a pathogen, toxin, or trauma. It is an immune system reaction designed to protect us from injury or infection. Inflammation can occur anywhere in the body and can be localized (confined to one area), or systemic (affecting a wide range of tissues/organs). Acute inflammation is a short-term response, ending once the injury or infection has been healed. Symptoms of a classic reaction include pain, redness, swelling, heat, and immobility. Chronic inflammation is a long-term response consisting of low-grade, "silent" inflammation that is not properly terminated or controlled due to constant irritation/triggers. Silent inflammation occurs at a deep cellular level and causes damage. It has no obvious outward symptoms and can only be detected by looking at blood levels of inflammatory markers.

Contributing Factors

Poor diet and/or gut health (excess alcohol, caffeine, food sensitivities, processed/refined/artificial foods, sugars, trans fats, dehydration, imbalance of omega 6:3 intake, over acidity, dysbiosis, improper digestion/elimination, nutrient deficiencies), medications, toxic build-up, overloaded liver, chronic infections/overgrowth (bacterial, viral, fungal, parasitic), repetitive injury, hormonal imbalances (thyroid, estrogen/progesterone, cortisol, insulin), stress, insomnia, obesity, lack of exercise, imbalanced blood sugar/insulin resistance

Lifestyle Recommendations

- A major source of inflammation is the gut and often spreads to organs/tissues of greatest weakness. Examples of this include: If it crosses the blood brain barrier, it may lead to Alzheimer's. In blood vessels/arteries, it leads to damage, plaque formation, and risk of cardiovascular disease. In the airway, it can cause asthma. Therefore, it is crucial to support gut health and this starts with the foods and toxins that we are ingesting.
- Reduce/eliminate exposure to chemicals, free radicals, electromagnetic frequencies and inflammatory foods. Alcohol, caffeine, gluten, dairy, processed/refined/artificial foods, sugars, and trans fats all promote inflammation.
- Eat natural, alkalizing (mineral-packed), antioxidant, omega, and probiotic rich, whole foods. Some of the best anti-inflammatory foods are almonds, berries, kale, avocado, asparagus, chia seeds, sauerkraut, hemp, cacao, broccoli, buckwheat, celery, salmon, flax, olive oil, quinoa, beets, swiss chard, pineapple, walnuts, lemon, spinach, kimchi, coconut, raw honey, brown rice, wild rice, and papaya.

Product Recommendations

- Natural anti-inflammatories: Essential Omega Fatty Acids (High EPA and GLA sources, such as Fish Oil or Borage Oil), Turmeric/Curcumin, Quercetin, Boswellia, Bromelain, Resveratrol, Serrapeptase, Cat's Claw, Devil's Claw
- Support gut health: Fibre, Probiotics, Digestive Enzymes (with Betaine HCl if necessary), L-Glutamine, Zinc L-Carnosine, C-NAG, Marshmallow, Licorice Root, Slippery Elm
- Antioxidants: Pycnogenol, Grapeseed Extract, Selenium, Zinc, Vitamin E, CoQ10
- Alkalizing nutrients to reduce acidity (acidity promotes inflammation): Lemon Water, Greens Supplements, Apple Cider Vinegar, Mineral Blend, Aloe Vera
- Support the immune system: Plant Sterols, Beta Glucans, Mushroom Blends

Book a free 15 minute consult with a GNN Product Advisor!

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