

What is Chronic Inflammation?

This is inflammation that is not triggered in response to injury or infection. The body's normal system of protection and repair actually turns on itself and results in tissue damage. This type of internal inflammation or silent inflammation has an insidious nature and is the culprit behind the many chronic diseases that are primarily caused by poor lifestyle habit and environmental pollutants. The chronic and continuous low-level demand that silent inflammation places on the body's defense systems results in an immune system breakdown.

In SI there is no regulated progression of a healthy inflammatory response, no planned sequence from the first alarm to the formation of the last new cell. Many of these biochemical reactions become intermingled and hamper one another. The body tissues themselves may lose their ability to recognize cells that are "self" from those that are not, and the body may mistakenly identify its own cells as foreign invaders. This internal programming error, if you will, continues to trigger and re-trigger immune responses, setting the stage for not only heart disease, but what we call autoimmune diseases, such as lupus, MS and scleroderma.

The result is chaos, and what is even more disturbing is that this process may be happening year after year without us even being aware of it. We now know that SI also plays a central role in the chronic illness that remains our number 1 killer: coronary artery disease. In fact, elevated markers of silent inflammation: such as homocysteine, C-reactive protein (CRP), lipoprotein a (Lp(a)), and interleukin-6 (IL-6), have been found to be more predictive of heart disease than traditional risk factors such as elevated cholesterol levels. In fact, 50% of patients hospitalized for heart disease have normal cholesterol levels.

Causes of Inflammation:

The multiple factors that trigger SI are found in both our internal and external environments and include over-consumption of hydrogenated oils, elevated insulin levels, obesity, cigarette smoking, radiation exposure, environmental toxins (mercury, heavy metals), free-radical damage, bacterial and viral infections like nanobacteria and cytomegalovirus (CMV), spirochetes such as borrelia that causes Lyme disease, periodontal disease, chronic emotional stress, and even some pharmacological drugs.

Why is this Important?

Almost half of all heart attacks occur in people with normal cholesterol. A marker for inflammation is a chemical called C-reactive protein. In 2002 the New England Journal of Medicine published a study in women showing a link between increased C-reactive protein level and an increase in heart problems like stroke and heart attacks. The researchers state that C-reactive protein was a stronger predictor of cardiovascular events than LDL cholesterol.

How are C-reactive protein and inflammation reduced?

In the above studies C-reactive protein was reduced using the traditional approach; using cholesterol lowering drugs known as statins. These are well known to lower both cholesterol and more recently C-reactive protein. There is also evidence that diet, exercise, weight loss, quitting smoking and cardio- nutritional can lower C-reactive protein and inflammation without the side effects of prescription drugs.

Additional ways to reduce inflammation:

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Additional ways to reduce inflammation:

Detoxification. The chemical cocktail of stress, industrial wastes, poor diet, heavy metals, chronic infections, and drugs greatly contribute to the SI in our bodies as we age. As the toxic load increases, so does the incidence of chronic disease. We believe that regular detoxification should become part of a healthy lifestyle. Although you should always avoid toxins whenever possible, it is extremely difficult to avoid many toxins that are present everywhere in the environment today. That is why each of us should incorporate certain daily detoxification strategies to help flush out the toxins that are circulating in the blood or are lodged in soft tissue and vital organs. These strategies should include the Ultra Metabolism Diet, infrared saunas, massages, lymphatic drainage using devices such as the "Derma Ray" cold laser therapy.