

Most people think of inflammation as a swollen joint, such as a sprained ankle, or a bad insect bite, but this is not the only kind of inflammation—in fact, inflammation is the body's first line of defense against a multitude of nasty invaders, such as bacteria, viruses and parasites. The inflammatory process has an army of soldiers in the form of white blood cells that act as protecting agents when the body is attacked. Although this process is critical in maintaining the balance of health, researchers and scientists have now demonstrated that problems occur when the inflammatory process becomes chronic and no longer "switches off."

Unfortunately, today's go-go-go stressful lifestyle and fast-food world lays the foundation for chronic inflammation to develop. Recent studies have clearly demonstrated that long-term inflammatory reactions are linked to numerous disease processes such as obesity, cancer, heart disease, Alzheimer's and type II diabetes. Luckily, there are very powerful natural steps that can be taken to keep inflammation at bay. The foods we eat contain codes that speak to our genes. The message is either turn off, or turn on inflammation, store fat or burn fat.

### **Foods to eat**

The following foods and supplements contain natural anti inflammatory properties, and should be included in the diet three to four times per week.

#### **Cold-water fish**

Cold-water fish offers a rich source of omega-3 essential fatty acids in the form of DHA (docosohexanoic acid) and EPA (eicosapentanoic acid), especially Sockeye Salmon. This type of fat contains powerful anti inflammatory properties that have been shown to be beneficial in helping those with heart disease, arteriosclerosis, depression, attention deficit disorder, and allergies. Wild Atlantic salmon, herring, sardines and light tuna are all great options to include in the diet.

#### **Fruits and vegetables**

Fruits and vegetables are loaded with plant nutrients called phytochemicals that can prevent and even reverse the inflammatory process. Unfortunately, according to a recent large-scale study conducted by nutrition researchers, most Americans are eating far too few servings of fruits and vegetables. When planning meals, try to include five to 10 servings of produce per day. How much is one serving?

It can be:

- 1 medium-sized fruit or vegetable
- ½ cup of juice
- 1 cup of salad
- ½ cup of canned or frozen fruits or vegetables

Also, the more colorful the fruit or vegetable, the more nutrition and disease-fighting value it contains. Look for red, purple, yellow, and orange options, and include a variety of colors in every meal.

### **Nuts and Seeds**

Nuts and seed such as almonds, walnuts and sesame seeds also contain anti inflammatory omega-3 essential fats. In fact, various studies have shown that half a handful of nuts per day is beneficial in lowering cholesterol and the risk of heart disease.

### **Fresh, clean water**

A state of dehydration can promote the inflammatory process, and lower your metabolism. Flush your system out daily with six to eight glasses of fresh, clean water to promote proper elimination and optimal health.

### **Foods -- and habits -- to avoid**

Certain foods and lifestyle habits can trigger an inflammatory reaction in the body.

These foods include:

- Full-fat cheeses
- Ice cream and cream cheese
- Red meat (e.g., steak, ribs, hamburgers, hot dogs, pork, bacon)
- Trans fatty acids (partially hydrogenated fats) found in various types of processed and packaged foods and margarine
- White flour and sugary products (e.g., cookies, cakes, sugary cereals, pop)
- Deep fried foods (e.g., doughnuts, French fries, onion rings)
- Excess alcohol
- Stress
- Smoking
- Excess sun and tanning bed exposure
- Job exposure to environmental toxins

Clearly there are multiple factors that push us toward weight gain, such as hormonal imbalance, stress, metabolic syndrome and many more. If your doctor has ruled out medical causes and you still cannot lose weight after dieting, this program is for you. Our goal is to teach you and your

members how to safely cut calories without triggering the starvation mode. You will also learn how to eat healthy, whole foods that tell your genes to reduce your appetite and decrease inflammation. This program is a real-world program that permits you to eat out when you can't eat at home. We will provide you with a comprehensive list of restaurants that offer healthy, 300 calorie meals as well as healthy recipes for poultry, fish, and vegetarian meals.

Exercise is also an important part of any weight-loss program. Regular exercise promotes a healthy metabolism and weight loss as well as being a highly effective anti-depressant. It is important to begin with abdominal core training. Nearly every athletic movement utilizes the abdominals, oblique's and/or erector muscles. These muscles are considered the core of all power and strength movements. It is important to condition these muscles first providing body support and stability. As you strengthen the core, you also reduce your risk of injury when challenging your body with more intense workouts.