

Inflammation: Long Term Solutions for Life

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The relationship between inflammation in the body and metabolic disorder (diabetes, insulin resistance, obesity, dyslipidemia and hypertension) is complex. This is in contrast to how a healthy body uses the immune system to trigger an inflammatory response (cascade) to take care of injury. In this response the immune system sends white blood cells to take care of the damage to begin the healing process. When injuries or infections occur this series of events signifies a healthy immune system response.

What can interfere with this immune system response? Damaging inflammation to this healthy response occurs when an area of the body remains swollen and does not let the healing process begin. In most cases, chronic inflammation short circuits this healthy response.

What causes this chronic inflammation and where does it reside? In most cases, chronic inflammation shows itself in the intestinal tract (microbiome) and digestive system. It can be caused by many different factors. These include: Sugar intake, poor diet, insulin levels, food allergens, hormones, synthetic ingredients ingested, chemicals, trigger foods and stress (physical and emotional). The necessary response to an injury or response by the body is often confused.

A primary source of chronic inflammation is sugar. Sugar creates a digestive turmoil that often is the source of chronic inflammation. Research has shown that as many as fourteen (14) different body organs and functions can be impacted. Today many ingested products (foods and dietary supplements) have labels that list any sugars (also known as added sugars) and the amount that will be consumed in any serving of the product. Quality products will identify this amount on the product label and offer how this amount can impact the nutritional daily recommended allowance based upon government guidelines. Consumers should always read product labels and understand the consequences of consuming added sugars. **Interestingly, those individuals who wish to use a natural sweetener should always choose honey. Raw honey is an all-natural occurring ingredient that has many anti-inflammatory components and works to balance the digestive turmoil that causes chronic inflammation.** It works to adjust the chronic inflammation in the gut and intestinal tract (microbiome) and the subsequent metabolic disorder effects (diabetes, insulin resistance, obesity, dyslipidemia and hypertension). The synthetic sugar replacements (NutraSweet and any other processed “natural” sweeteners) are not good substitutes as a sweetening agent.

The impact of poor diets (not nutrition balanced) and insulin levels often insult the body and cause uncontrolled weight gain leading to obesity and diabetes. This occurs when a meal is eaten that is not nutritious (contains sugar) and causes our digestive system and metabolism to work overtime. The microbiome (good and bad bacteria balance in the GI tract) is challenged to send appropriate chemical (neurotransmitter) signals to the thyroid gland and manage subsequent balance of the hunger hormones (leptin and ghrelin). The gut-brain connection managed by these hormones determines when we get hungry and the associated hunger urges.

How is it we can control chronic inflammation in the body? The answer? Select only quality products, supported by global clinical trials which are based primarily on natural plant ingredients which work to reduce chronic inflammation and the subsequent metabolic disorder realities of diabetes, insulin resistance, obesity, dyslipidemia and hypertension.

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Every consumer or patient must take responsibility for the products they ingest. Ask your pharmacist, physician or health care practitioner...and yourself...is this a product I should ingest?

Be Well!

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