

Natural Healing Express Weekly

Column 333 Reducing Inflammation

As many of you already know, inflammation can be both a great asset to your body and a terrible culprit capable of causing a myriad of issues. In a word, inflammation is a “frenemy”. Inflammation at its best is a wonderful part of your immune system and your natural defense. If you are stung by a bee and the location swells up to protect you, that is a prime example of how positive inflammation is trying to heal you. However, when inflammation takes it up a notch, it can contribute to cancer, arthritis, heart disease, depression and of course diabetes.

To understand inflammation a little better, we need to look at the contributing factors. Smoking and over use of alcohol is a large factor. Nutrient deficient diet and poor lifestyle choices such lack of exercise and inefficient stress management are also big factors. Perhaps the biggest contributor of all is obesity.

So, what do we do about all of this? First, even if this sounds like you “just cannot even”, START some kind of movement in your life. The best thing of all would be exercising three to four times a week. Park the car further out in the parking lot at the grocery. Take the stairs at lunch. Walk around the next block when you are taking the puppy out. Just a little extra anything is the place to start. When you have mastered this, expand your territory a bit more. And, don’t try to compete with the crowd that goes to the gym --- perhaps even for social reasons--- and makes it seem like they are just killing life with burpees. Friends, you have my permission to say, “screw that”. I am convinced that if God wanted burpees to be part of our daily life, he would have just stopped when he created seals. Seriously, just run or, errr, walk your OWN race. The goal is to be a better you, not do four more pull ups than Sheila. “Cause Sheila don’t live your life!”

The next best thing you can do to combat inflammation is to get proper rest. Yes, that means a solid good night’s sleep. I can hear the complained from here. And, you know what I see a lot with my clients

that come in as a couple? When I bring up sleep, inevitably, one or the other of the mates {most of the time it is NOT the bread winner} reacts poignantly and accuses their lover of this offense. This is 90 percent of the time! And why? Because the bread winner typically worries about being able to provide for their family. They take this seriously and often, the stress of this creates sleepless nights and then VOILA, we enter the vicious cycle of faulty sleep, inflammation, health issues, time lost from work, worry and repeat. Welcome to America. A recent study showed that inflammation markers shot up six percent for every hour of sleep lost below seven hours.

Another wonderful helper is eating your red, blue and purple fruits and vegetables. Greens are good of course, but another study recently showed that women who consume up to 40 mg per day of anthocyanins have 18 percent lower levels of C-reactive protein which is one measure of inflammatory activity. So, eat those blackberries, blueberries, red grapes and shredded cabbage.

Another suggestion is to add Turmeric to your diet. Curcumin is the compound that give turmeric its anti-inflammatory flare. This reduces the amount of protein needed by your immune system to work overtime. 500 mg is a good recommended daily dose. I have recently found a terrific supplement called InflammLess, which contains turmeric. If you are interested in giving this a try, please get in touch.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.moti

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