



The Enemy Inside You

'Inflammations Crippling Effect on your Health!'

'TUESDAY TALKS' w/ Dr. Doug

INFLAMMATION:

- It's normal, healthy & necessary! It's the bodies way of getting more nourishment &/or immune activity to an area of the body that needs to heal.
- We can see it, feel it & measure it as; Heat, Pain; Redness & Swelling
- ACUTE inflammation is healthy, however, CHRONIC & AUTOIMMUNE is not!
- CHRONIC INFLAMMATION ('Whole body' inflammation)
 - o Slow & steady damage that continues to occur inside your body over time.
- AUTOIMMUNE ('Confused' immune system)
 - o Your immune system recognizes its own body as an enemy and attacks it.
 - o Autoimmune disease is not clinically diagnosed until you have tissue destruction.
- Inflammation contributes to:
 - o Allergies, Alzheimer's, Anemia, Asthma, Autism, Arthritis, Ankylosing Spondylitis
 - o Cancer, Carpal Tunnel Syndrome, Chron's Disease, Congestive Heart Failure
 - o Celiac, Depression, Diabetes, Eczema, Fibromyalgia, Gall Bladder Disease
 - o GERD, Guillain-Barre, Heart Attack, Kidney Failure, Lupus, MS, Neuropathy
 - o Pancreatitis, Parkinson's, Psoriasis, Rheumatoid Arthritis, Strokes & Others...

CAUSES OF INFLAMMATION:

1) DIET

Avoid foods like:

- o Trans Fats (hydrogenated oils)
- o High Omega 6 Fatty Acids
 - Oils like: vegetable, cottonseed, safflower, sunflower, soybean & corn
- o Fried foods
- o Sugar
 - The 'Oses' - fructose, glucose, dextrose, sucrose
 - Syrups, white, brown & cane
 - Artificial Sweeteners (nutrasweet, sweet & low, splenda, etc)
- o Refined Grains
 - Bagels, most breads, cookies, cakes
- o Alcohol
- o Food Additives & Preservatives
 - Food coloring, natural flavoring & MSG – Monosodium Glutamate
- o Dairy Products
- o Milk, butter, cheeses, ice cream, cold cereals, cream sauces, etc.
- o Red Meat



Eat foods like:

- Omega 3 Fatty acids:
 - Cooking oils: Olive, Coconut, Macadamia nut
 - Assorted nuts, avocado's, fish
- Fresh Fruits & Vegetables
- Dairy
 - Kefir or unsweetened yogurt
- Sweeteners
 - Honey, Stevia, Xylitol
- Organic, free range, grass fed meats

For a list of foods that are pro/anti inflammatory, go to www.inflammationfactor.com

2) ENVIRONMENTAL TOXINS:

- Pesticides on foods
- Personal care products – hair/skin, perfumes, nail polish, sunscreens
- Cleaning products - laundry detergents, household cleaners
- VOC (Volatile Organic Compounds) - moldy, musty places
- Scented candles, air fresheners, new car smell, carpets
- Lawn care products, second hand smoke & BPA plastics

For a list of commercial toxins, go to www.ewg.org Environmental Working Group

3) SEDENTARY LIFESTYLE:

- Get out and EXERCISE already!!!
- Incorporate 3 types of exercise in your weekly routine:
 - *Flexibility* - Stretching (Hold 30 + seconds each), yoga & pilates
 - *Aerobic* – Cycling, swimming, brisk walking, jogging, running, skipping rope, hiking, tennis, trampoline, dancing, aerobic classes, zumba, etc.
 - *Anaerobic* - Weight training (free weights, machines, therabands), exercise ball, body weight, plyometrics, etc.
- Try and do a combination of all 3 types of exercises.
- Dr. Doug's only rule = MAKE IT FUN! Or you won't follow through with it.

4) STRESS:

- Physical (poor posture, lack of activity, over exertion, etc.)
 - Visit your chiropractor, exercise, get out & move, get a massage
- Chemical (medications both OTC & prescriptions, food, environmental, etc.)
 - Clean up your diet, eliminate environmental toxins, reduce medications when possible.
- Mental (emotional, spiritual, work environment, etc.)
 - Breathing techniques (breath in for a count of 4, hold 8, out 8), watch a funny movie, laugh with family & friends, prayer, meditation.

5) GENETICS:

- We are not merely a byproduct of our genes. Epigenetics are like switches sitting on top of genes that allow them to be turned on & off. They can be modulated by our environment (all the choices listed above!)

