

## Inflammation Issues

Do you suffer from chronic inflammation?

Inflammation is one of your body's immune system's responses to some kind of threat or irritant. The inflammation reaction shows up as redness, swelling, heat, pain, sensitivity or impaired function, produced by the release of hormones shuttling blood, fluids and proteins toward a particular part of your body. The goal is to protect your body from the invasion of infections. When a virus or harmful bacteria manages to get past your outer layer of skin, or you injure yourself, your body quarantines the damage, which makes your body less habitable for the invader and speeds up healing.

So inflammation is good, right? If the body is simply responding to trauma, and then goes back to normal, then yes, it is. But some people suffer from what doctors call "chronic" inflammation, where the symptoms can last months or years. Chronic inflammation can, over time, break down your body and waste resources.

Inflammation can take many forms. Dermatitis (inflammation of the skin), bronchitis (inflammation of the bronchial tubes) colitis (inflammation of the colon) and a lot of other "itises" (tonsillitis, cystitis, sinusitis and appendicitis) are often counterproductive, and very hard to treat. Chronic inflammation has been associated with diabetes, cancer, heart disease, stroke, respiratory disease, arthritis and Alzheimer's.

Some common autoimmune diseases also create inflammation, as the body determines that parts of itself are foreign irritants. Common autoimmune diseases include rheumatoid arthritis, psoriasis and Crohn's disease.

You may be hearing more about chronic inflammation these days because doctors are beginning to suspect that more people are suffering from it today than in years past. For instance, chronic stress can raise levels of autoimmune responses. People suffering from depression can experience harmful bodily reactions. Smoking, obesity, excessive alcohol intake, sedentary lifestyles and air pollution are all associated with inflammation.

Doctors are beginning give routine tests for chronic inflammation that people might not even be aware of in their bodies, using the C-reactive protein test (CRP test) to measure levels of a blood-plasma protein associated with inflammation, and also testing for elevated levels of certain types of white blood cell proteins.

Is there anything you can do to prevent chronic inflammation in your body? Getting enough sleep and lowering your stress levels are the most often recommended cures, along with avoiding sugar and mercury-heavy fish, and brushing your teeth regularly to avoid inflammation of the gums. Certain foods are believed to be anti-inflammatory: dark, leafy greens, berries and nuts, oily fish like salmon and fiber-dense foods like whole grains and beans. Olive oil and green tea are also sometimes recommended.

You already know that healthy lifestyle choices produce a better you. The inflammation research is simply adding to that conclusion.

Source:

<https://www.thecut.com/article/what-is-inflammation-causes-symptoms-treatment-and-more.html>

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