

# **10 Ways To Stop Inflammation NOW!**



**By Dr. Jeff McCloskey D.C.**

*Dr. Jeff McCloskey*  
*The Health Institute of Western Colorado*  
2532 Patterson Road., Suite 15  
Grand Junction, CO 81505  
970.254.2954  
[healthinstitute.co](http://healthinstitute.co)

Copyright © 2011 All Rights Reserved

### **What is Inflammation?**

Inflammation is a normal (and beneficial) process that occurs when your body's white blood cells and chemicals protect you from foreign invaders like bacteria and viruses. Some level of inflammation in your body is healthy, like during an infection or after an injury. However, long term chronic inflammation gradually drains your health and weakens many systems of the body, setting the stage for serious disease.

If your immune system mistakenly triggers an inflammatory response when no threat is present, it can lead to excess inflammation in your body, a condition linked to asthma, allergies, autoimmune disease, heart disease, cancer and other diseases, depending on which organs the inflammation is impacting.

### **The Benefits of Acute Inflammation:**

If you have an injury or infection, inflammation is necessary to help protect and heal your body. Through a series of biochemical reactions, white blood cells and other chemicals are sent to the injured area to fight off foreign bodies.

You've certainly experienced this type of beneficial acute inflammation if you've had a cut or infection, and the symptoms typically include:

- Redness
- Warmth
- Pain
- Swelling
- Loss of movement and function

### **The Deadly Effects of Chronic Inflammation:**

When inflammation becomes chronic, however, there are often no symptoms until a loss of function occurs. This is because chronic inflammation is low-grade and systemic, often silently damaging your tissues.

This process can go on for years without you noticing, until a disease such as heart disease, cancer, Alzheimer's, or autoimmune disease like multiple sclerosis, ulcerative colitis, crohn's disease, or rheumatoid arthritis develops.

### **What Causes Chronic Inflammation?**

Chronic inflammation can be the result of a malfunctioning, over-reactive immune system, or it may be due to an underlying problem that your body is attempting to fight off. Many of these "problems" are actually due to an unhealthy lifestyle.

Certain dietary components can trigger or prevent health effects in your body, and this is very true with inflammation.

Eating oxidized or rancid fats, sugar, and too many grains and processed foods will increase inflammation in your body. Eating healthy fats such as animal-based omega-3 fats will help to reduce it.

### **Use these 10 strategies to stop inflammation at its source and start feeling better today!**

#### **1. Cut The Sugar!**

This is one of the simplest, most important, and sometimes hardest strategies that will dramatically reduce inflammation fast. Too much sugar causes the hormonal/endocrine system to race, which gradually exhausts the adrenals and then the rest of the endocrine glands, clogs the lymphatics and digestive tract, greatly decreases the immune system, and keeps the liver and detoxification system of the body too busy to do it's other important jobs. Cancer feeds on sugar, and a low sugar diet has been shown in numerous studies to help overcome many types of cancers. A high sugar, highly inflammatory diet greatly increases the risk of getting cancer, as it overwhelms so many of the body's vital systems. Soda is poison and should be only indulged in on rare occasions, never daily. Refined flour should also be considered a sugar, as it is

pulverized so finely that it is metabolized as fast as white sugar, and raises blood sugar levels just as fast as eating a candy bar. Breaking a sugar addiction can take a lot of willpower, self discipline, and numerous attempts, but once the taste buds are re-acclimated to naturally sweet fruits and other foods, your body will be satisfied with fewer sweets and will thank you with health, longevity, and vitality.

## **2. Eat Your Veggies (and Fruits)**

Adding a wide variety of vegetables (and fruits to a lesser extent, due to their higher sugar content) is one of the most important strategies to reduce inflammation that you can do. Veggies will reduce inflammation in the body by means of their enzymes, vitamins, minerals, fiber, anti-cancer and liver protecting phytochemicals, etc. Vegetables come in so many varieties, can be prepared in so many ways, and are so life-giving, that they should make up the greatest portion of a healthy diet. Raw, steamed, baked, sautéed, or however you enjoy them, getting in the habit of eating more vegetables will detoxify, nourish and heal your body. Some of my personal favorite healthy vegetables: sautéed chard, kale with olive oil and lemon, baked Brussels sprouts with garlic, baked sweet potatoes, baked squash, sautéed broccoli and onions, avocados, spring mix salad, steamed carrots with olive oil or grass-fed butter, raw celery and cucumbers, steamed artichokes, boiled beets, steamed or grilled asparagus... Whatever you enjoy, however you enjoy them, get in the habit of eating more veggies today!

## **3. But Leave Out the Nightshades**

This information is usually shocking, since nightshade vegetables are considered healthy and eaten daily as a staple in our culture. But nightshade vegetables (tomatoes, peppers, potatoes, eggplant, and paprika are the most commonly eaten culprits) ALL contain nicotine, atropine, solanine, and a host of other inflammatory neurotoxins. Eating these vegetables exposes you to the same nicotine as being in a room filled with smokers and breathing second hand smoke. Nicotine is a known carcinogen, yet promoted as part of a healthy lifestyle. Massive, daily consumption of nightshade vegetables is promoted, while research and publication of their side effects are negligible. Any benefits of lycopene and other beneficial nutrients found in these vegetables can be obtained elsewhere and are negated by the wide spectrum of inflammatory toxins in these vegetables. Unfortunately, it doesn't matter if they are organic, frozen, cooked, or how they are prepared, they all still contain some of these poisons. The link below to the book "Pain Free Nightshade Free" documents studies linking nightshades to all manner of diseases and birth defects, and exposes the history of nightshade vegetables, which were considered poison by nearly all cultures throughout recorded history up until about 300 years ago. Arthritis sufferers nearly always experience relief of pain and stiffness after weeks or months on a nightshade-free diet. Sometimes the results are the dramatic, fast, complete relief of symptoms. (Sweet potatoes are not nightshades and contain many valuable nutrients.) For more information, see: <http://www.nightshadefree.com/>

## **4. Increase Omega 3 Fats**

In our culture, fat has been demonized to the point that many believe that all fat is bad. But healthy fat is absolutely life restoring and necessary for a strong, vital body. Cholesterol is good for you! Vitamin D, estrogen, testosterone, adrenal hormones, and bile are all necessary for life and are made directly from cholesterol. In fact, contrary to all the current hype that cholesterol is bad for you, it is one of the most important nutrients you can consume! Statin drugs, designed to lower cholesterol, are the most financially profitable drugs of all time, while the research for their use is doubtful, to say the least. Become your own health advocate. Ask your health professional (and do your own research) about the statistical benefits vs. frequency of side effects of all your prescription medications.

One problem with the American diet is the presence of hydrogenated oils. These trans-fats (found in margarine, many potato chips and French fries, and hidden in many processed foods) wreak havoc on the body, and should be completely avoided. The other common problem in our culture

is that nearly all conventional animal products are made from animals that are corn fed. Our ancestors ate grass fed animal products, which are very high in anti-inflammatory fat (Omega 3 fatty acids). Conventional grain fed animal products are very, very low in Omega 3 fats and high in inflammatory Omega 6 fats. There are thousands of studies showing the anti-inflammatory benefits of Omega 3 fat. Choose grass fed animal products, wild caught fish (not farm-raised fish, which are grain fed and often contaminated), and ask your health professional if you should take an Omega 3 supplement. Other sources of healthy fats: avocados, olive oil, Coconut Oil, and some raw nuts and raw seeds. (Eating fresh, raw, coconut is also very healthy, but takes some learning and practice.)

### **5. Get Hydrated**

In the book “Your Body’s Many Cries for Water”, author Dr. Batmanghelidj discusses the physiological mechanisms that link low level dehydration with allergies, ulcers and heartburn, digestive trouble, arthritis, low back pain, asthma, high blood pressure, depression, even autoimmune diseases like MS (multiple sclerosis). Many holistic health professionals believe that many people are living with chronic dehydration on a daily basis, causing all manner of aches, pains, and conditions. Drinking half your weight in ounces (100 ounces of water for a 200lb. man) per day is the gold standard set by many researchers and doctors who advocate for a new standard of hydration. In my Chiropractic practice, I regularly hear of the improvement of many symptoms when people increase their water intake. Soda, sports drinks, coffee, tea, do not count towards your water goal, and can actually require much more water to counteract their harmful effects.

### **6. Reduce Grains**

Even though grains are generally promoted as a major part of a healthy diet, they are more inflammatory than many other foods recommended on an anti-inflammatory diet (increased vegetables, fruits, grass fed animal products/Omega 3 fats, etc.) The processing of grains into fine flour causes blood sugar levels to spike as fast as sugar. The carbohydrates found in vegetables are generally superior to those found in grains, as they are metabolized into glucose slower than grains, and thereby keeps insulin levels lower. Vegetables also contain a far superior nutrient and enzyme profile than grains. Many researchers are finding low-level gluten allergies are very common, not just in people showing full blown celiac disease. You may or may not test positive for a gluten allergy, but in general, many people feel better on a gluten free/low grain diet. Many patients find abdominal bloating, cramping, constipation, and general fatigue symptoms improve when experimenting with a gluten free diet. In my opinion the best grains to occasionally eat are brown rice or wild rice, oatmeal, and quinoa.

### **7. Circulation Boosting Herbs and Spices**

Ginger, garlic, mustard seed, and chicory are shown to increase circulation and thereby reduce inflammation. Oregano is a proven anti-fungal. Cinnamon and coriander are shown to modulate sugar levels (preventing diabetes, hypoglycemia, energy crashes). Rosemary and basil have proven anti-inflammatory properties. Fresh-ground black pepper retains its anti-inflammatory essential oils (avoid pre-ground pepper). Bromelain, an enzyme found in pineapple, is another proven anti-inflammatory. Lemon grass, bay leaves, and saffron may have a calming effect on moods. Curcumin, made from turmeric, is an excellent anti-inflammatory herb. A high quality form of the active ingredient in turmeric is sold in capsule form as “Meriva” from Thorne Research, available through some health professionals. Finally, common table salt, which is stripped of its high mineral content, then bleached, is toxic. However high quality, unrefined salt, such as “Celtic Sea Salt” contains an excellent mineral profile, and has many healing and anti-inflammatory properties. (If you have high blood pressure or congestive heart disease, consult your health professional before adding unrefined salt back into your diet.)

## 8. Caffeine

Caffeine is the most consumed, socially acceptable stimulant in the world. Approximately 90% of adults in the world consume caffeine in some form (coffee, tea, chocolate, yerba mate, guarana) in their daily diet. Caffeine, along with other psychoactive stimulants found in caffeine containing plants, act as a natural pesticide for the plant, paralyzing and killing certain insects. Caffeine causes excitation of neurotransmitters, which can cause anxiety, depression, tremors, headaches, nervousness, etc. As a stimulant to the adrenal glands, chronic use of caffeine gradually depletes the entire endocrine/hormonal system, leading to chronic fatigue, lowered immunity, greater inflammation, etc. A strong caffeine addiction may be gradually weaned down over several weeks to minimize withdrawal symptoms. For more information, see:

<http://www.michaellebowitzdc.com/html/Methylxanthine.html>

## 9. Reduce Stress

Even if you are ill, suffering with fibromyalgia, many studies have shown that just a small amount of mild exercise helps boost the neurotransmitters that fight pain. Joint motion signals to the brain (proprioception) are more powerful than pain signals. So the more we can move all our joints every day, the more we stimulate and keep the brain alive, and keep the happy neurotransmitters and endorphins flowing. Brain damage can actually occur if a lack of stimulation to the brain from physical joint motion persists for more than a couple of weeks. Exercise pumps the lymph, which rids the body of cellular toxicity. Finding any exercise, however mild and gentle, even walking for 5 minutes a day to start, is a good goal for everyone. I understand that some physical pain and conditions make exercise nearly impossible, but this is general information to inspire everyone to seek a type of exercise that they can perform, tolerate, and enjoy. Getting adequate sleep is vital to heal, detoxify and restore the body. Thousands of studies show the health benefits of meditation and prayer. Whatever you all called to, finding time for these pursuits can help give calm and peace of mind which help your healing.

## 10. Avoid Conventional Dairy Products

In general, most conventional dairy is inflammatory. Pasteurization kills all the bacteria in milk, (including the healthy bacteria that enables its digestion) releasing all manners of toxins into the digestive system. Pasteurization also destroys vital enzymes and antibodies which enable us to digest the lactose and casein (milk sugar and protein). Pasteurization damages the delicate protein structure in milk, and destroys nearly all of its vitamin and micronutrient content. Homogenization damages the fatty acids in milk, making them rancid, and causes the creation of xanthine oxidase, which causes atherosclerosis. Unfortunately, these effects all apply to organic pasteurized dairy as well.

However, there is research that shows that unpasteurized, non-homogenized dairy from animals fed a strict grass-fed diet (high in Omega 3 fatty acids) is healthy. For more information, and for a list of local suppliers where you may be able to get healthy, grass fed, unpasteurized dairy products, see: <http://www.westonaprice.org/find-a-local-chapter#co>

(Be aware that perhaps 40% of people may not be able to tolerate even the best, healthiest, grass-fed, raw dairy.)

\*Bonus Information: Artificial sweeteners (such as NutraSweet, Aspartame, Saccharine, and Sucralose) are nerve toxins and should be avoided as much as possible. Soy products (such as edamame, soy milk, etc.), are endocrine disruptors (and are nearly all genetically modified) and should also be minimized.

## Conclusion

Hopefully, from this short book, you have gotten some new ideas and new strategies to reduce inflammation. Look online at the resources cited below for more information on these topics and on anti-inflammatory diets, anti-inflammatory foods, and strategies to reduce inflammation. Putting this information into practice will get you feeling better fast!

SOURCES:

- 1, Batmanghelidj, Ferydoon M.D., *Your Bodies Many Cries For Water* (1997) Global Health Solutions
2. Fallon, Sally, *Nourishing Traditions* (1999) New Trends Publishing
3. Forleo, James D.C. *Health is Simple Disease is Complicated* (2008) North Atlantic Books
4. Fowler, Michael, *Nightshade Free, Pain Free* (2007) Grass Fire Media
5. Lebowitz, Michael D.C., *Methylxanthine Toxicity Syndrome* (2011) Retrieved 5/1/11  
<http://www.michaellebowitzdc.com/>
6. Mercola, Joseph D.O., *New Year, Younger You – 20 Anti-Aging Herbs and Spices To Add to Your Diet*, Dr. Joseph Mercola (2009) <http://mercola.com/>
7. Mercola, Joseph D.O. *What You Need to Know About Inflammation*, (2009) Retrieved 5/1/11  
<http://mercola.com/>
8. Price, Weston A. Foundation, Retrieved 5/1/11 <http://www.westonaprice.org/>
9. Price, Weston A. Foundation, Retrieved 5/1/11 <http://www.realmilk.com/>
10. Petersen, Vikki & Richard, D.C., *The Gluten Effect* (2009) True Health Publishing
11. Seaman, David D.C. *Inflammation – Find Out Why You Are Inflamed*, Retrieved 5/1/11  
<http://www.deflame.com/>
12. Cover image retrieved on 5/1/11 from:  
<http://www.tipjunkie.com/top-5-easiest-fables-to-grow-from-seed/>