

Chronic Inflammation and Your Health

Poor dietary habits promote a chronic state of inflammation that contributes to many diseases and conditions such as:

- Chronic Pain
- Arthritis
- Fibromyalgia
- Chronic fatigue syndrome
- Sinusitis
- Allergies
- Acne
- Asthma
- Irritable bowel syndrome
- Digestive conditions
- Painful periods
- Endometriosis
- Alzheimer's disease
- Parkinson's disease
- Multiple sclerosis
- Cancer
- Heart disease
- Osteoporosis
- Hypertension
- Depression
- Insulin Resistance
- Syndrome X
- Diabetes

Inflammation can be generalized or isolated to a particular organ or system. It can create tissue damage that ultimately results in autoimmune disease such as rheumatoid arthritis and lupus. Inflammation may be at the root of many of your health issues.

As you can see, the suffering caused by chronic inflammation is profound. You are more than likely suffering from one or more of the conditions/diseases listed. In order to maximize your chances for recovery and a healthier life, you must learn to recognize foods that contribute to your condition (foods that are inflammatory) and therefore should be avoided.

I know that it seems like a difficult journey but every journey is made up of individual steps. This step is a key to helping you achieve your health improvement goals. Combined with your designed Clinical Nutrition program, avoiding inflammatory foods will improve your health and wellbeing.

The fewer inflammatory foods you eat, the less inflammation you will have and feel, and faster you will recover. No one is perfect with their eating... Just do your best. If you have weak moments, don't beat yourself up. This happens to everyone. Just get back on track. Don't worry about being perfect. Your body will honor any positive change you make with less inflammation. Think of every bite you take as either contributing to inflammation or reducing inflammation. Soon it will become habit to eat anti-inflammatory foods and you will be rewarded with more energy, better sleep, less cravings, clearer thinking, less pain, weight loss and many other health improvements.

All you really need to do is eat mostly vegetables, some fruits, nuts, fish, chicken and meat. Eat until you begin to feel full and then stop. Keep it simple and you'll succeed.