

## ***Silent body Inflammation: A wake-up call to disease***

### **Background**

If you have a long list of health complaints such as you have no energy, are irritable and moody, the body feels bloated and swollen, muscles and joints are hurting all over, there is indigestion, acid reflux, headaches and migraine, and poor sleep or insomnia; you are most likely suffering from the silent inflammation in the body. Medical evaluation may fail to detect any abnormality. However, these symptoms are a wake-up call that the process of significant disease has started in the body, and you must change your food and lifestyle to stop it in its tracks and reverse the process to regain health.

This quiet inflammation sets its roots in the body when :

- Your foods are deficient in minerals, vitamins, and antioxidants, rich in refined carbohydrates, saturated fats, and human-made refined oils and trans fats.
- Lifestyle is not in balance concerning the three vital survival behaviors- Fasting/Feeding, Sleep/ Wake and Activity / Exercise cycles

Over the past 50 years of Industrial, Economic, and Digital revolutions, the global population has experienced an unprecedented change in their food and lifestyles. The foods have become synthetic, highly processed. The lifestyle is in imbalance concerning the survival behaviors outlined above. Together these deviations in the diet and lifestyle have contributed to an epidemic of several diseases for which medical science has not offered any definitive prevention, reversal, or cure. The eternal wisdom in medicine states that:

***“To find the cure of a disease; one must first know its cause.”***

Allopathic medicine has failed to prevent, reverse, and cure diseases like Obesity, Type2 diabetes, Heart disease, High blood pressure, Fatty Liver disease, cancer, and many more because it has failed to focus on the cause. The recent medical research has demonstrated beyond a reasonable doubt that the poor quality commercial diets and unbalanced lifestyles produce a state of silent progressive inflammation in the body.

Obesity is a global epidemic and considered the “Mother of all modern diseases.” It is the result of an excessive accumulation of fat in the body secondary to the consumption of commercially refined carbohydrates and human-made hydrogenated fats. An essential fact about obesity is that the location of fat will determine whether or not obesity will lead to lifelong severe diseases such as Type2 diabetes, high blood pressure, and heart disease. In almost two thirds (66%) of obese individuals, the fat gets collected in the abdominal organs such as in the liver, pancreas, and heart and the skeletal muscles. The concentration of the unwanted fat in the body organs is called Lipotoxicity (fat poisoning). Abdominal obesity ( larger waist circumference) causes more lipotoxicity and inflammation than the overall obesity.

Abdominal obesity is the starting point of inflammation and responsible for the long list of medical complaints described in the opening paragraph. Unfortunately, abdominal obesity is an

epidemic amongst city dwellers, affecting both the young and old alike. The widening of the waistline is the first sign that the process of silent inflammation is starting in the body. It is a “Wake Up Call” that many dangerous diseases such as Type 2 diabetes and Heart disease are beginning to take root in the body.

