

What is Inflammation?

Inflammation is a protective process by which the body fights against many kinds of foreign invaders, or a physical insult. It can occur from:

- Infectious agents such as bacteria, viruses, parasites.
- Physical trauma and injury (chemicals, Burn, accidents)
- Food toxins – Commercial synthetic foods, which the body finds threatening to health and wellbeing. A good example is pre-prepared or factory-made foods rich in refined sugars, refined wheat flour, trans fats, processed oils, and food preservatives.
- Environmental toxins – These include chemical pesticides, chemicals added in the pre-prepared foods to enhance taste and prolong storage, tobacco smoke, automobile, and industrial fumes.

There are two types of Inflammation processes in the body :

1. **Acute Inflammation** – This typically occurs when the body gets invaded by foreign organisms such as bacteria and viruses, or gets inflicted with physical trauma and injury. The protective immune system of the body responds by setting up the process called acute inflammation. When acute inflammation affects the entire body, it presents as fever, loss of appetite, pain, and lack of energy. When limited to a small area, inflammation presents as heat, redness swelling, and pain at the site of infection such as skin boil from bacterial invasion of the hair follicle of the skin. Typically, the process of inflammation lasts a few days to weeks. The person gets alerted fast because of pain and suffering and also recovers quickly with the assistance of correct treatments and body's immune system. The warning symptoms of pain at the inflamed site, swelling, and fever work as safety signals to save the body from severe damage.
2. **Slow, quiet, and progressive Inflammation** – Typically, the food or environmental toxin enters the body in small doses setting up an ongoing slow, and silent inflammatory reaction. The process goes undetected for a long time because the typical warning signs of acute inflammation such as pain, swelling, fever are absent. The silent progressive inflammation may continue for a long time without detection until the afflicted individual suffers significant organ damage. However, subtle symptoms and warning signs are typically present. If anyone adds up an extra ten or more pounds of weight or 4-6 inches around the belly, then he/she is likely to have the silent progressive inflammation in the body. Most likely, these individuals will also have other warning signs:
 - Loss of energy, vigor, vitality, and zest for life
 - Widening of the waistline (the ideal waistline measurements outlined below)
 - Lack of focus and concentration (mental foginess)

- Headaches, including migraine.
- The complaint of generalized pain -joints and muscles.
- Digestive problems, such as indigestion, bloating, and acid reflux disease.
- Vitamin deficiency- Especially Vitamin D and Vitamin B12
- Depression, irritability, and mood disorder.

The Ideal Waistline

Measure the waistline at its midpoint, which is at the level of the belly button (umbilicus). Ideal Waistline is half the height in inches minus 2 inches.

