

Diet and the silent progressive inflammation

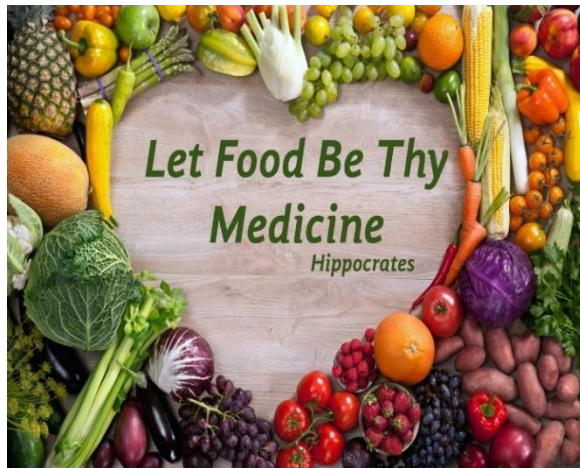
Two primary causes of slow, quiet inflammation in the body are:

1. ***Inflammatory Foods*** –All unnatural synthetic foods made in the factories.
2. ***Unbalanced lifestyle*** – In addition to the burden of unhealthy foods, the lifestyle of modern city dweller has become unbalanced concerning physical activity, meal times, and sleep times. Late eating after 8 PM and multiple eating opportunities during an extended day have become the new normal for the city dwellers. Each body organ is programmed by the central brain clock to work during the daylight hours and rest, repair and rejuvenate in the dark hours of the night. The body is the best detox engine provided it gets the time and the right food to do its job.

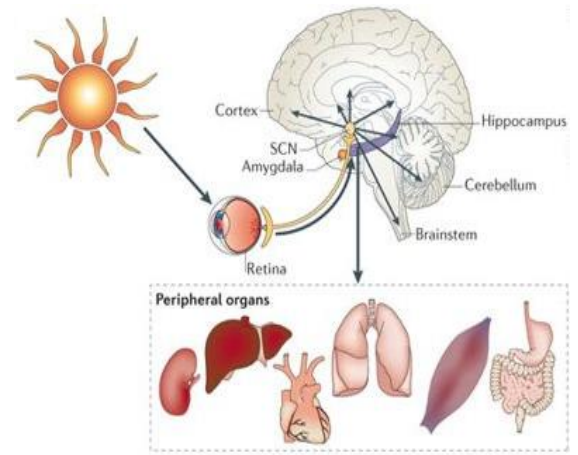
The medical profession is beginning to recognize the role of silent progressive inflammation, and the value of healthy foods and a balanced lifestyle in the management of the long list of new food and lifestyle diseases. All the major universities in the United States are currently setting up specialized Centers of Integrative Medicine to educate and guide the patients regards to the anti-inflammatory foods and balanced lifestyle. That awareness is critical because drugs and therapies for diseases such as Type2 diabetes, High blood pressure, and Heart disease, control only the symptoms. These do not prevent, reverse, or cure the diseases.

The vital detox therapies for reversing the inflammation and the disease do not reside in the medicine-box but in the food cabinet, and in the kitchen where the refreshing healing, rejuvenating foods get prepared. Natural detox foods and the natural cure are fast becoming the household words amongst the educated, progressive generation of both the eastern and western world. Thankfully, the populations are reverting to the age-old wisdom proposed 3000 years, ago by Hippocrates, Father of Allopathic Medicine “Let Food Be Thy Medicine.”

Hopefully, the natural detox solution of ***“Holistic Plant-based foods and Balanced lifestyle”*** will soon replace the failed current diet plans for managing the most prevalent inflammatory disease –obesity.



(Source: Tastebuds Food Service. Com)
Gate.Com)



(Source: Research