

StayStrong

Practical Health Wisdom in an Upside-Down World!

Protocols to help you address common health issues.
Monthly Training to help you create a healthy lifestyle.

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Overcoming Inflammation

What is Inflammation?

When your body encounters an offending agent (like viruses, bacteria or toxic chemicals) or suffers an injury, it activates your immune system to send out first responders: inflammatory cells and cytokines (substances that stimulate more inflammatory cells).

Additional Cytokine information can be found at:

<https://www.livescience.com/what-are-cytokines.html>

Mis-regulation of the immune response may lead to a massive increase in cytokine and chemokine levels which is referred to as cytokine release syndrome or cytokine storm. This phenomenon is characterized by an aggressive pro-inflammatory response in combination with an insufficient anti-inflammatory response, resulting in the loss of homeostasis of the immune response.

In other words, the immune response is out of balance. Unfortunately, this has become more common in the past two years with the stress of a chaotic world.

5 common signs of Inflammation

1. Redness
2. Swelling
3. Heat
4. Pain (think brainstem/cerebellum)
5. Loss of function

3 Phases of Inflammation:

Phase 1: Inflammatory Response. Healing of acute (sudden) injuries begins with the Acute Vascular Inflammatory Response (immediate first line of defense by the body). The body responds to both *perceived and actual threat*.

Support:

- Take [Optimal ACUTE](#) instead of NASIDs, [OGF](#) is not an immediate solution but if you have been taking it, the body will heal faster.
- Use Range of Motion (ROM) to determine what is being corrected. ROM helps you know how your nervous system is responding in the moment.
- Brain/Gut/Fatigue Inflammation (water, good fats/Omega 3s, brainstem, [Essential Protect](#), [NADH](#))

Phase 2: Repair and Regeneration. A time for the body to heal more thoroughly.

Support:

- [Essential Protect](#)
- [Essential Melatonin](#)
- [Opti-Brain](#)
- [Opti-Adrenal](#)

Phase 3: Remodeling and Maturation. The damage of inflammation now needs to repair. The bones, muscle, cartilage, lungs, gut, collagen, and lymph are important during this time. 99% of oxygen in cells/mitochondria has to go through the lungs. If the lungs are inflamed, this oxygen transfer is compromised.

Support:

- Breathing drills, especially bag breathing
- [Zinc](#), [Fruit & Veggie Powder](#), [DAK1K2](#)

Follow these six tips for reducing inflammation in your body:

1. Load up on anti-inflammatory foods. ([Cooking for Life](#), [Fast Track Program](#))
2. Cut back or eliminate inflammatory foods. (Above resources)
3. Control blood sugar. (Good fats/Omega 3s, Digestion/ VSCLR, Resveratrol, EFA)
4. Make time to exercise. (MOVE! Morning Routine)
5. Lose weight. (Monitor Inches)
6. Manage stress. (Under capacity instead of over-extended)

Allergies & Inflammation

Allergic reactions can cause inflammation, which can lead to joint and muscle aches (inflammation). Chronic body aches may be a sign of an immune system reaction, such as arthritis, but could also be a sign of allergies. Repeated coughing or sneezing, as a result of your allergies, can also cause soreness.

Inflammation can also contribute to allergic response.

A potent antioxidant, **vitamin C** protects your cells from damage, reduces the severity of allergic reactions, and helps your body fight infections. During allergy season, taking **vitamin C** (not ascorbic acid) can slow down the overreaction of your body to environmental triggers by decreasing your body's histamine production.

Zinc deficiency plays a role in the development and severity of various allergies. Maintaining a normal zinc level in the body can reduce the risk of developing and continuing allergic conditions.

There are many factors that play a role in our allergies. By making sure we are getting enough **vitamin D** we may decrease the severity of our allergic response.

The results are not definitive — more studies need to be done — but research indicates that **humor** may increase immune function by increasing levels of immunoglobulin A (IgA), a protein found in your eyes, ears, mouth, throat, and nose that protects against infection.

Common sources of allergens include

- grass and tree pollens,
- animal dander (shedding from skin and fur),
- house-dust-mite fecal particles,
- certain foods (notably peanuts, tree nuts, fish, shellfish, milk, and eggs),
- latex (can include avocados and water chestnuts),
- some medicines and
- insect venoms

Support:

- [Allergy Pak](#)
- [Whole C](#)
- [Zinc](#)
- Laughter with Forest and Abbi!

If you would like to continue your learning journey, be sure to join us each week in our Weekly Coaching Program – The EASY Approach. You can join us at any time and have access to the live calls from the past two years as well as our current and future coaching. All live calls are recorded with access to notes.

You can find access to EASY below. Try us out for \$1 for two weeks, then just \$20/month with no long-term commitment. CherylTownsleyTraining.com