



# Harmony in Health

A series on nutrition and our bodies



Memorial Community  
Hospital & Health System

Blair • Fort Calhoun • Tekamah

## Inflammation

Have you heard of inflammaging? It's a new term used to describe the silent, chronic inflammation that degrades our bodies over time. The systemic chronic inflammation (silent inflammation) is linked to every known disease of aging: heart disease, cancer, diabetes, Alzheimer's, autoimmune disease, allergies, asthma, gut issues and depression.

Numerous factors can introduce inflammation into our bodies like stress and environmental toxins but by far the biggest factor is what we are eating. Most Americans eat almost 60% of our calories in the form of highly refined carbohydrates such as sugar and different flours. From what I found in my quick online search, Americans consume roughly 100 lbs of sugar and 133 lbs of flour every year. Yikes! This continuous slug of rapidly absorbed carbohydrates wreaks havoc on the body, putting it into a near perpetual state of inflammation. Add to that highly refined industrial food oils with little to no anti-inflammatory fats, and we have a recipe for disaster.

To combat the inflammatory process, the most impactful thing we can do to calm and get rid of inflammation is change our diet.

### SUBTRACT inflammatory foods:

- Sugar, high fructose corn syrup - soda, sugar sweetened beverages (coffee, energy drinks, tea, sports drinks), candy
- Processed foods made with refined flours and industrial oils - bakery products, cookies, crackers, chips, fried foods, most fast food, cured meats

### ADD or INCREASE anti-inflammatory foods, rich in phytochemicals and omega-3 fatty acids:

- Fresh or frozen, colorful whole fruits and vegetables - greens, dark blue/purple veggies and berries - eat the rainbow!
- Healthy Fats: Extra Virgin Olive Oil, Avocado Oil, Nuts, Seeds, Fatty Fish (Salmon, Sardines, etc.)
- Spices and Herbs - many have anti-oxidants
- Supplements: Fish Oil, multivitamin, curcumin (Turmeric)



### Meet the Author

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