



What are 5 Ways to Reduce Inflammation?

We've all been there. Twisted ankles and inflamed joints can leave us feeling stiff, slow-functioning, and in pain. Inflammation, either from an injury or chronic cause, can affect our day (and life) in a significant way.

What is inflammation?

Inflammation is from our bodies naturally trying to protect us. It senses injury or danger, and inflames to protect that area (or areas) of the body from further damage – to preserve our bodies health. While some inflammation is a good thing, continual inflammation can have a negative effect.

How does inflammation cause our bodies to function improperly?

Inflammation, whether it's caused by injury or chronically part of our everyday lives, can cause our bodies to function improperly.

In an acute injury, it's easier to notice. Here are a few examples:

- Hurt your foot and walked funny to compensate
- Fell on your knee and limp until it's healed
- Threw out your back and walk very slowly

In each instance, we are aware of the improper function and how our bodies are being affected. In fact, we might be SO aware, that we're embarrassed by our limp or snail's pace movements.

When it comes to chronic inflammation, it can become more difficult to see how our bodies may be compensating and the possible long term effects.

Some of the symptoms of chronic inflammation are:

- Puffy or stiff feeling when getting out of bed and slow to start the day
- Continuous sinus infections (from inflamed nasal passages) and feeling sick all of the time
- Joints ache and your slow to move about freely

When the body is inflamed for long periods of time, it [can lead to diseases](#) like cancer, heart disease, diabetes, depression and other health conditions.

5 ways to reduce inflammation

1. **Take appropriate supplements.** When taken appropriately (no sense in taking supplements that aren't needed), supplements can support the body's immune, digestive, and other systems. The supplements are meant to do just that – supplement or add to the nourishment that the body needs to function at its best. Ask Dr. Chris which supplements may be right for you.
2. **Consistent chiropractic adjustments.** We're not talking daily adjustments, but to be in a consistent routine of getting adjusted, so that the body has a good chance to heal itself. Since the spine is so integral to body function, it's helpful to get adjusted and keep this key bone system in place and functioning at its best.
3. **Eat fresh food.** What you eat can make a big difference in the amount of nutrition your body receives from food. Fresh food (fruits, veggies, meats) has the most nutritional content. Eating raw and fresh is best. Over time, food loses its nutritional value. In addition, each time food is heated or frozen it loses some nutritional value. Try to eat mostly raw fresh foods for snacks and meals.
4. **Get a good night's sleep.** Sleeping soundly and for 8-9 hours per night allows our bodies to heal from a day of work and activities. While it doesn't feel like our bodies are hard at work (when we sleep), they're busy repairing cells and rejuvenating energy levels so we're ready to go in the morning.
5. **Live an organic, chemical-free lifestyle.** There are over 100,000 chemicals registered with the U.S. Environmental Protection Agency and being used to make products you and I use every day – food, clothes, personal care products, cleaning supplies, furniture, household items, and building materials. Thousands of these chemicals have been linked to possible [organ damage](#), over [140 health conditions and chronic inflammation](#). Consider creating a household with no chemicals, or as few as possible by eating organic, using nontoxic cleaners, and taking steps to live an organic chemical-free lifestyle. To learn more, check out the book "[Organic Lifestyle Made Easy, How to create a chemical-free household one step at a time](#)" by Angela Cummings [available on Amazon](#).

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