What Contributes to a "Pro Inflammatory" Lifestyle?

- 1. High-sugar foods: Immunosuppression for 2-4 hours after eating
- 2. <u>High-fat foods</u>: Especially foods with arachidonic acid and saturated fats (dairy and animal fat primarily)
- 3. **Food Allergens**: Allergens may form immune complexes and lead to inflammation
- 4. **Foods that promote bacterial overgrowth of the small bowel**: Simple sugars and complex carbs quickly digested such as refined white flour and white potatoes
- 5. **Insufficiency of fiber**: Fiber pulls toxins from the GI tract and acts like a broom to sweep them out
- 6. **Insufficient phytonutrients**: Phytonutrients primarily found in fruits, vegetables, nuts, and seeds act as anti-inflammatories and antioxidants, which quench inflammation
- 7. **Insufficient exercise**: 1) Adipose tissue (fat) is pro-inflammatory; 2) Exercising muscle reduces inflammation improves insulin sensitivity
- 8. <u>Vitamin D deficiency</u>: Causes inflammation, promotes autoimmunity, and expedites progression of osteoarthritis
- 9. **Fatty acid imbalances**: Insufficiencies of Omega-3 and -6 fats, along with excesses of saturated fat and trans-fats lead to inflammation
- 10. **Vitamin and mineral deficiencies**: Especially magnesium, deficiency of which is seen in 20-40% of most "industrialized" populations.
- 11. <u>Xenobiotic/toxin accumulation</u>: Non-specific but can lead to inflammation and is an underdiagnosed problem
- 12. <u>Emotional stress and toxic relationships</u>: Promote inflammation, impair wound healing, and promote immunosuppresion