

# Inflammation & Disease Make The Connection

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Disease of the heart, joints, lungs, brain, kidneys, nerves, skin and other organs all have a common denominator, INFLAMMATION. Why are so many conditions interrelated and why one diagnosis places you at much higher risk for other types of disease. The cause of inflammation is a misguided immune system which causes the body systems that normally protect end up attacking the body's tissues instead. Inflammation can double and even quadruple your risk for Heart disease, Stroke, Cancer and Alzheimer's. Inflammation is present in Arthritis, Joint Disease, Diabetes, Autoimmune, Chronic and Systemic disease, Bowel and Intestinal Diseases, Heart, Kidney, Lung, Liver, Skin disorders, Brain disorders and Cancer. Inflammation is at the beginning of all disease. Inflammatory response is a natural and healthy mechanism of the immune system. Acute inflammatory response is a way to fire at and ward off disease and infection and to fuel cellular regeneration. As important as this natural response can be, it is equally as dangerous when the fire can't be put out yielding completely opposite results. When chronic inflammation is present these systems can't communicate and disease is

inevitable. Some cause of these inflammatory responses are, stress, environmental toxins, food toxins, some drugs, hormone imbalances in men and women and injuries of many types. So how can you take control of what is going on in your body? First you could have a test called Thermography which is a full body scan that will give you a baseline to have a non invasive look inside your body to see what needs to be addressed. It can also rule out conditions that you may have a strong family history of. There is only so much you can avoid from the daily barrage of toxins we encounter, but there are supplements and lifestyle changes that can make a huge difference such as to eat a balanced diet, drink enough healthy water daily ( I prefer Kangen Water see [www.yourwaterandhealth.com](http://www.yourwaterandhealth.com)), eliminate alcohol and tobacco, reduce stress (make a list, prioritize what stresses you out most and do something about it), maintain healthy weight, see a Naturopath doctor to make sure you are taking the correct supplements designed for you and your body, read books on the topic such as Inflammation Nation, and get in some type of daily exercise. You are in control of your health maintenance. Seek out the professionals that can help you reach your health and wellness goals.

