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FEATURED

Inflammation: A key cause of chronic disease



If you want to feel better, have more energy and less pain, look into your lifestyle including diet, exercise, exposure to toxic cleaners and detergents, your sleep patterns and EMF.

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We have all heard of inflammation, but what does it really mean to our health? Inflammation is a response to either trauma or irritants in the cells and tissue of the body. It can be acute or chronic. Acute inflammation lasts for a few days. But chronic inflammation can be likened to the body

being “on fire” and until that fire is put out, inflammation will remain active and cause internal damage. This is how chronic inflammation has become the basis of chronic diseases such as diabetes, cancer, heart disease, etc.

Chronic inflammation triggers:

Insulin Resistance and Metabolic Syndrome - Insulin is a hormone produced in the pancreas that helps energy from food get to the cells. However, when more sugar and carbs are eaten, especially between meals, more insulin is released, starting the process of insulin resistance. Now the pancreas over produces insulin, but the cells cannot process it and become resistant, leading to high blood sugar. Since insulin is an inflammatory molecule, inflammation increases.

Insulin resistance leads to metabolic syndrome, a disorder of energy utilization and storage. Its symptoms include: central obesity, elevated blood pressure, elevated fasting glucose, high triglycerides, high oxidized LDLs. Metabolic syndrome increases the risk of diabetes and cardiovascular disease.

Gastrointestinal Dysfunction – The GI tract provides a safety screening function gatekeeping what should or should not enter the circulatory system. It also contains between 60 percent and 80 percent of the body’s immune system. The gut can become inflamed from a multitude of causes: IBS/IBD, Ulcerative Colitis, Crohn’s Disease, Celiac Disease, GERD, stomach ulcers, infections such as SIBO, viruses, parasites and candida.

There is a strong connection between the gut and the brain with the gut sending 400 times more messages to the brain than the brain sends to the rest of the body. Additionally, there are more bacteria in the gut than there are cells in the rest of the body. A healthy gut is critical for our health and preventing inflammation. When this delicate gut-brain balance is disrupted disease can result.

Neuro-Endocrine Dysfunction – Often glucose and insulin that are not properly coordinating the delivery of energy to our cells result in experiencing fatigue, sugar cravings, binge eating, shakiness between meals, confusion, sleep disturbances, and night sweats. Disturbed REM sleep, altered mood, decreased immune function and increased risk of osteoporosis are also seen. The most common cause of fatigue is adrenal gland dysfunction. The adrenal gland is the source of the “fight or flight” stress hormones adrenaline and cortisol. The thyroid gland function can also be impacted.

The Greek word Rheum means watery fluid that collects in the tissues; rheumatism is inflammation in bones, joints, tendons, ligaments, cartilage, connective tissue and fascia. More than 200 different diseases that span from systemic diseases to arthritis to osteoporosis fall into the often very painful Rheumatism classification.

There are many sources of chronic inflammation in our tired, toxic environment. The best we can do is make our own spaces as safe as possible. This graphic shows ideas to guide you:

INFLAMMATION

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Causes

Obesity, belly fat in particular, and insulin resistance and glucose blood levels (metabolic syndrome symptoms) exert continuous inflammatory stress on the body which can result in disease conditions such as:

- Diabetes
- Heart disease
- Cancers
- Dementia

Reduce Inflammation by:

- Attaining normal weight
- Eating more
 - Organic fruits and vegetables
 - Fish and Omega 3 fatty acids
 - Grass-fed beef and free-range chicken and eggs
 - Vitamin C and E and polyphenols
- Working with a physician to test for inflammatory markers

Foods, your environment and toxins/irritants can cause a strong inflammatory action.

- High carbohydrate and sugar intake
- Dairy
- Highly processed foods
- Scented laundry or home fresheners
- Lawn chemicals and toxic household cleaners
- Exposure to wireless devices (EMF)

Gastrointestinal problems like ulcers, GERD, Crohn's disease and IBS cause inflammation too.

As you can see, chronic inflammation causes chronic diseases. If you want to feel better, have more energy and less pain, look into your lifestyle including diet, exercise, exposure to toxic cleaners and detergents, your sleep patterns and EMF. An individualized health improvement plan including testing, prescription medication review, supplements, and lifestyle changes can help reduce inflammation.

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