



PUTTING OUT THE FLAME

Session Two

Inflammation Overview

Classes featured: Acute vs. Chronic Inflammation

My reflections:

What I want to remember:



WHAT YOU NEED TO KNOW:

Acute inflammation is the body's protective response to an injury, illness, or infection. It's a good thing!

Signs of acute inflammation at your injury site: redness, swelling, heat, and pain.

It's successful when the body returns to homeostasis after healing.

Chronic inflammation occurs when acute inflammation processes don't shut off and the body does not return to homeostasis. Too much of a good thing becomes a bad thing.

Chronic inflammation increases your risk of infections, illness, disease, and damage to cells and tissues.

Chronic inflammation is connected to:

- Chronic pain
- Depression/anxiety
- Gut issues
- High blood pressure
- High cholesterol
- Inability to focus
- Low energy
- Overweight/obesity
- Prediabetes/diabetes
- Sinus and nasal congestion
- Skin issues

Homeostasis is the body's ability to seek and maintain a stable internal environment as it deals with external changes.



HOMEWORK

ASSIGNMENT

Take some time to answer these questions:

Is there anything in your everyday life that might be contributing to inflammation?

Can you identify any food patterns that

What's going well?

Quick notes:



Hygiene



Lack of exercise



Persistent infections



Pro-inflammatory foods

Refined/artificial oils and sugars.



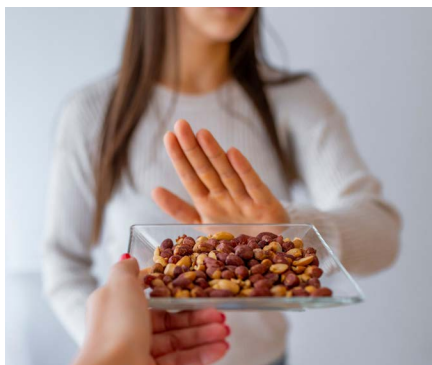
Lack of nutrients

Lack of whole plant foods and high-quality meats and fish.



Too little rest/relaxation

It's harder for your body to recover and function well.



Food sensitivities

Your body uses resources to respond when reacting to a food.



Toxins

External: Air, chemicals in food and products.

Internal: By-products of normal body processes.