

Beauty Tips – Inflammation



For me, the best makeup is to first have healthy glowing skin. Otherwise it's like a band-aid covering up something that is letting us know how our internal system is doing.

When I work with a client, my number one priority is to maintain and support a good skincare regimen from the inside

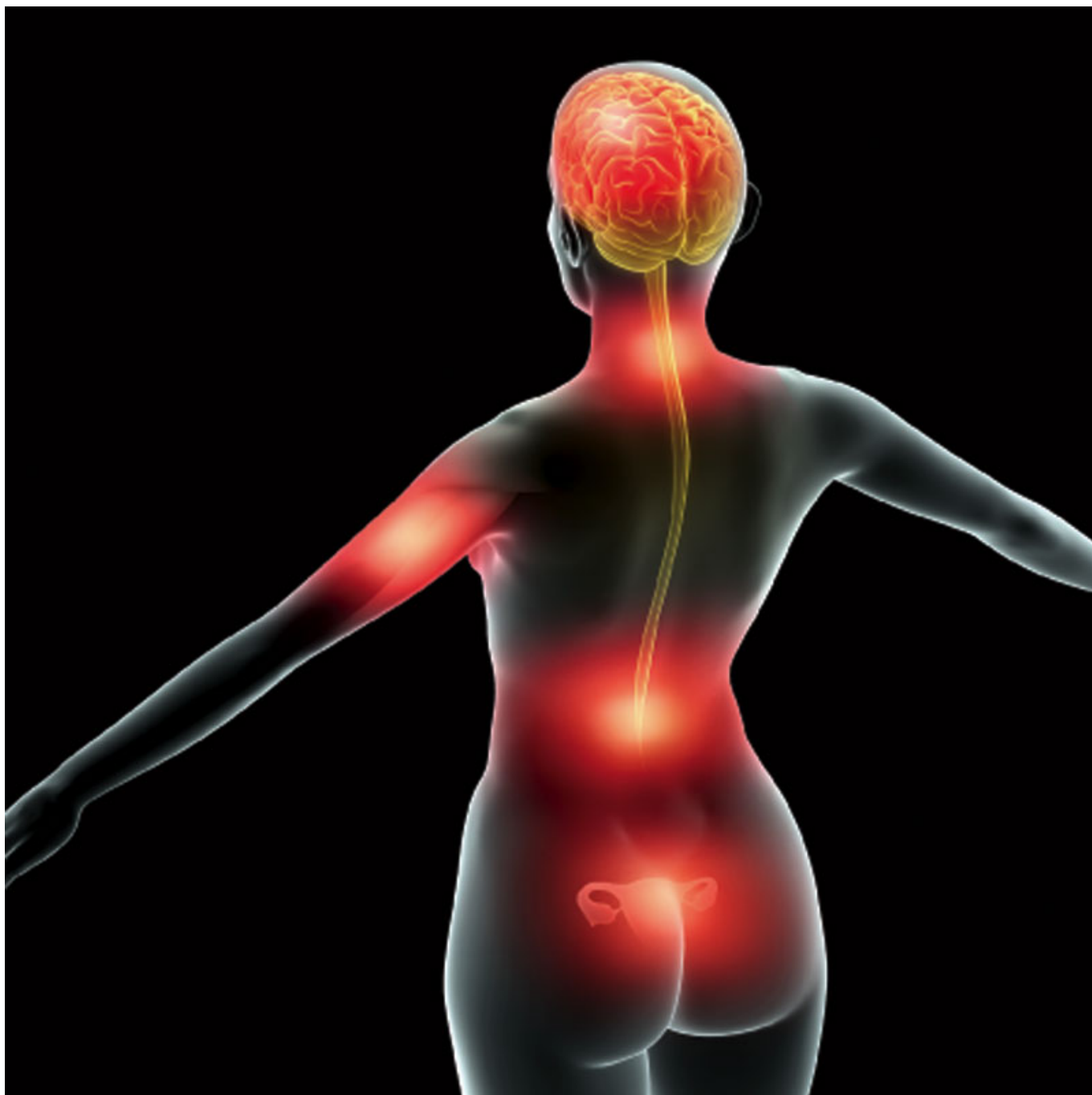
out.

Inflammation is the reflection of the inner system.

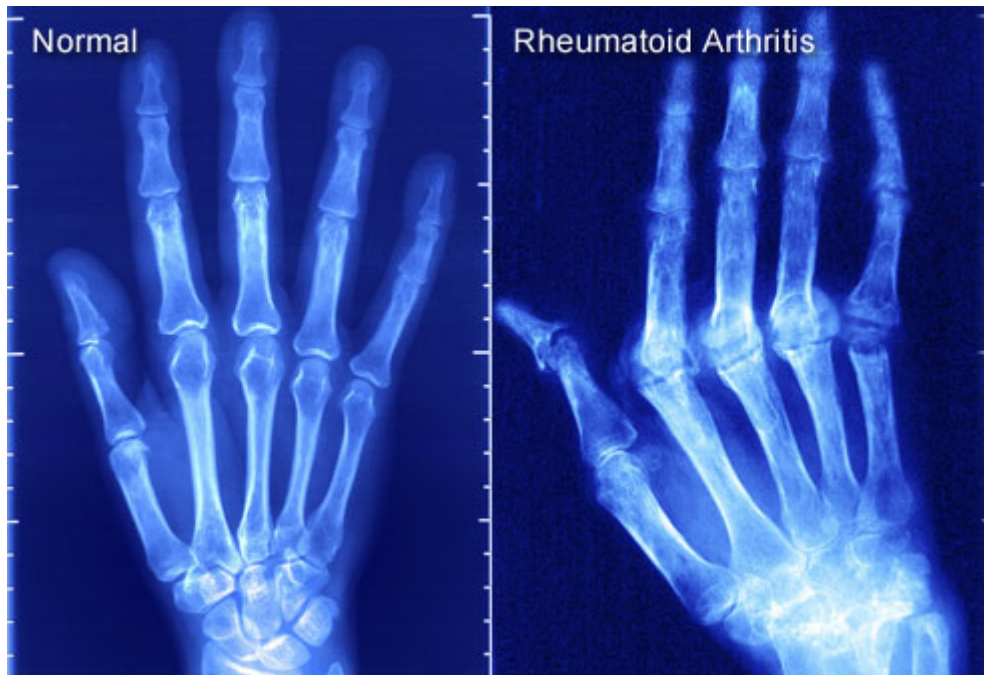
Many skin care specialists believe inflammation is a key factor in premature skin deterioration and a majority of internal issues. Because the body's basic response is to protect itself from irritation via inflammation, many people believe this response is a positive one. However, several scientists and skin care professionals from around the world advise people to avoid inflammation altogether. Bottom line: Anything that causes redness, over heating, swelling and any kind of irritation maybe detrimental to a person's overall wellbeing.

There are a few upsides to inflammation: It is a sign of the body attempting to repair an affected area by bringing blood to the site; it helps to remove intruding agents from the site; and the additional white blood cells arriving at the site help to counteract the aggressor. Still, individuals should avoid inflammation at all costs.

In simplest terms, inflammation is the body's immediate reaction to guard itself from some type of damage caused by an environmental external invader. Without the crucial process of inflammation, the body cannot restore itself in the face of damage.



Essentially, all inflammation starts in an acute phase. The body becomes damaged in some capacity due to a foreign agent, and it responds immediately to repair the damage. In many cases, this reaction goes undetected. Signs are so mild that they are even unnoticeable. Once the threat is gone, the body is able to go back to a non-defensive state—and the inflammation process turns off.



That's why long lasting inflammation is being labeled the 21st century's number one challenge. Unlike its short form, long lasting internal inflammation can occur undetected because it falls just below the radar of discomfort and visible swelling. You feel nothing, or you may experience vague, unexplained signs for which there are no conventional answers. And while you search for answers or even ignore the signs altogether, your body's inflammation process carries on for weeks, months, or even years—which compromises your immune system.

In my opinion, wellness is the absence of inflammation. A possible key to optimal wellness is to detect long lasting inflammation and address its root concerns promptly and effectively.

12 Foods that Fight INFLAMMATION

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Papaya



Avocado



Blueberries



Chia seeds



Cranberries



Broccoli



Ginger



Walnuts



Red Cabbage



Hemp seeds



Turmeric



Celery

The signs of inflammation are many and varied – it's been linked to everything from bloating to joint pain to sinus congestion and skin rashes. Although a clinical assessment is the only way to determine for sure if you suffer from inflammation, the more of the following symptoms you experience, the more likely you have low-grade inflammation, says Mark Hyman, MD, author of *The UltraSimple Diet* (Pocket Books, 2007).

- Bloating, belching, passing gas
- Diarrhea or constipation
- Fatigue, sluggishness
- Itchy ears or eyes
- Dark circles or bags under eyes

- Joint pain or stiffness
- Throat tickle, irritation or coughing
- Stuffy nose, sinus trouble, excessive mucus
- Acne, cysts, hives or rashes
- Ruddy, inflamed-looking skin
- Flushing
- Water retention, skin puffiness
- Craving certain foods
- Compulsive or binge eating



The good news: Inflammation is fixable: “Our best tool to reverse inflammation isn’t a drug, but our diets,” says Barry

Sears, PhD, a former research scientist at Boston University School of Medicine and the Massachusetts Institute of Technology and author of the forthcoming Toxic Fat Syndrome. One of the best ways to snuff out inflammation is by heeding food sensitivities and intolerances. These are inflammatory responses that occur when the gut fails to break down certain foods.

The most notorious offenders are dairy, wheat, corn, sugar, soy, eggs,peanuts poor diet , mostly sugar,refined flours, processed foods, inflammatory fats such as transfats and unhealthy saturated fats,and STRESS is very inflammatory, Anger is inflamed thoughts . Keep a food diary to identify negative reactions (which may be delayed by hours or days after you've eaten), then root out food sensitivities by following an elimination diet for at least a week. (For more on that, see "False Fat" in the March/April 2003 archives.)

By eliminating the foods that irritate your body and eating more of those that help your body combat inflammation, you'll get rid of a lot of bloating and water retention, produce fewer "weight-gain" hormones, and have more energy for activity, says Elson Haas, MD, medical director of the Preventive Medical Center of Marin in San Rafael, Calif., and author of The False Fat Diet (Ballantine, 2001). That sounds like a slim-down strategy we can all live with.

Anti-Inflammatory	Inflammatory
Fresh, unprocessed (as grown)	Old, rancid, moldy, processed, microwave, skimmed, enhanced, canned, adulterated
Fruit	Excessive meats and poultry; dairy
Vegetables (non-nightshade)	Nightshade vegetables (tomato, potato, bell and hot peppers, eggplant)
Water, herbal teas	Soft drinks, milk, juices, etc.
Herbs	Mandy drugs and medications (but you may need them)
Water	Dehydration
Most plant oils (best is olive oil, especially organic extra virgin olive oil and organic coconut oil), nuts oils (if not rancid), especially those rich in omega-3 fatty acids (nut oils, except coconut oil, should not be heated)	Animals fats, many commercial branded oils, vegetable shortening, corn oil, palm oil
Uncooked and cooked at low heat (steaming, boiling, simmering, braising)	Fried, baked, grilled, and broiled at high temperatures
Soy foods (to a degree)	Dairy products (milk, cheese, yogurt)
Nuts and dried fruit (without added sugar)	Candies, most chocolates, "health" bars
Naturally sweet fruit	Sugars, artificial sweeteners
Whole foods	Artificial molecules
No preservatives	Preservatives like nitrites, benzoic acid
No artificial additives	Artificial additives like dyes, preservatives, flavors, MSG, etc.
Grass-fed meats	Corn-fed meats
Nuts (if you are not allergic)	Peanuts (they are legumes, not nuts; should be eaten sparingly)
Fish, especially seawater	Excessive meats and poultry
No hydrogenated fats	Hydrogenated or partially hydrogenated fats (trans fats)
Food your body likes	Food your body reacts adversely to

Thankfully, the list of things that cause inflammation is relatively short:

- Poor diet—mostly sugar, refined flours, processed foods, and inflammatory fats such as trans and saturated fats
- Lack of exercise
- Stress
- Hidden or chronic infections with viruses, bacteria, yeasts, or parasites
- Hidden allergens from food or the environment
- Toxins such as mercury and pesticides
- Mold toxins and allergens



The Zone is not some mystical place or some clever marketing terms. It is a real physiological state in your body where the hormones that control silent inflammation are maintained in a zone that is not too high, but not too low. This requires treating food as if it were a drug to be taken at the right dose and at the right time. However, saying food is a drug is actually derogatory to food since your diet affects hormones that are hundreds of times more powerful than any drug. In many respects, food will be the most powerful drug you will ever take because you are using this drug at least three times a day for the rest of your life. Thus your diet can be your greatest ally or worst enemy because the hormonal rules for

humans haven't changed in the past 150,000 years, and they probably won't change tomorrow.

Anti-Inflammatory Diet Tips From Dr. Andrew Weil

The Perricone Anti Inflammatory Diet