

A Complete Guide to Fighting Inflammation



Living in the Western world today has many benefits when it comes to health. We have strong healthcare systems, diseases that a hundred years ago killed millions have been virtually wiped out, and deficiencies in macronutrients

like protein, carbs, and fat are largely a thing of the past. However, if all these problems have been resolved you may be wondering why hospitals are always full and so many Americans are sick. Diabetes, autoimmune diseases, neurodegenerative diseases, obesity, cancer, and many other chronic diseases are on the rise!

While a lot of this has to do with genetics, you may be surprised to learn that many of these diseases are largely preventable! The western lifestyle has eliminated many problems of the past, but it has also created a monster that has a hand in almost every modern illness. This monster is inflammation.

According to WebMD “Inflammation is a process by which the body's white blood cells and substances they produce protect us from infection with foreign organisms, such as bacteria and viruses.” Under normal circumstances, inflammation is a healthy and essential bodily function that keeps you from getting sick. However chronic inflammation occurs when your body's immune system overreacts and triggers the immune response when there are no actual invaders. This can be a full-blown attack such as in most [autoimmune diseases](#), or just low levels of constant inflammation that keeps you tired, irritable, and generally weighed down. In fact, if you look at most major health issue in America you will almost invariably find inflammation involved.

But enough doom and gloom! The great news is that removing chronic inflammation from your life is very easy and by doing so you can help prevent a list of diseases so long it would take up a page! In this ebook, we are going to break down exactly what you can do to prevent inflammation in five simple steps!

Preventing Chronic Inflammation

Step 1: Diet



No surprise here, the first and most powerful step to reducing chronic inflammation in your body is eating a healthy,

anti-inflammatory diet. With a little self-discipline and an open mind, you can transition to a low inflammation diet that will not only get you feeling better fast, it will help you lose weight, prevent diseases like cancer, and even fight climate change!

So, what exactly does a low inflammation diet consist of? Well, the biggest part of this diet is not adding new foods but eliminating and replacing foods that cause rampant inflammation in your body. Here is a quick list of the five biggest offenders:

- Red meat and heavily processed meats- ex. Beef, cold cuts, hot dogs, lunch meat, some chicken nuggets, etc...)
- Sugar! - Especially corn syrup, and other heavily processed sugars.
- Highly processed carbs and starches- White flour and bread, junk food, most pastries, and pretty much anything that comes in a box.
- Artificial flavors, colors, and preservatives- Most of the foods mentioned will have these added, Red 40, blue 1, etc...
- Dairy- This one really depends on the person, but in general cows' milk is not good.

If you're like me, probably saw this and started crying. Most of the foods on here are American staples that we grew up on and love. You may even be racking your brain and wondering what the hell you're going to eat if you can't eat these foods, but there's good news. Most of the foods on this list can be fairly easily replaced with healthier versions, and we are going to teach you to view them as treats and not the foundation of your new diet.

As a general rule, there are levels to how healthy an “unhealthy” food can be. Start by looking for organic, locally grown/made versions of these foods. Be sure to choose ones with no added artificial ingredients. Finally, less processed foods are always better, like choosing whole grain products and unbleached wheat flour.

While this rule is helpful, switching to the specific diet will probably be a lot better for most people. For fighting inflammation, the most effective diet has been [proven to be the Mediterranean diet](#). As the name suggests this diet is based on traditional foods from the Mediterranean region and has been shown to reduce inflammation, prolong life, and fight cardiovascular disease.

Let's see what a weekly breakdown of the Mediterranean diet looks like:

Daily:

- Vegetables and Legumes- Dark leafy greens, dark-colored vegies, lentils, beans.
- Fruit- NO JUICE! - dark berries, citrus, make sure its organic.
- Whole grains- Unbleached flour, fermented bread, minimally processed foods.
- Seasonings- Use herbs and spices instead of sugar and salt, small amounts of extra virgin olive oil instead of butter.

- Nuts- Aim for must high in Omega threes like almonds and walnuts side note, peanuts are NOT real nuts, they are legumes.

Up to Five Times a Week:

- Fish- Preferably sustainably wild caught and high in omega threes, ex-salmon, mackerel, tuna, sardines.
- Coffee- Try to limit consumption to one cup a day and drink black.
- Eggs- If you have a healthy diet and exercise a few organic eggs a day will not harm you.
- White meat- Organic, chicken, turkey, and rabbit are all great options, pork is NOT a white meat
- Wine- By no means do you need to drink at all, but if you like a drink with dinner opt for one glass of red wine
- Certain Dairy products- Cheese, and yogurt as tolerated, goat and sheep cheese are usually better options

Once a Week

These items should be viewed as treats and should be limited as much as possible. If you can go longer than a week without eating them the better!

- Red meat- This includes all types of beef and pork, cold cuts, and lamb or goat
- Added Sugars- Includes candy, soda, pastries, cake and pretty much all other items that are processed or sweetened
- Alcohol- All other alcoholic beverages except red wine, avoid binge drinking
- Dairy- Milk, heavily processed dairy products

These rules are a great starting point and they give you a pretty good framework to work with. For specific recipes or foods, I recommend buying a reliable cookbook, or a quick google search will result in thousands of free recipes and useful info.

To wrap up the diet, remember to avoid sugar, artificial ingredients, red meat, most dairy products, and heavily processed foods. Eat whole foods and try to buy local and buy organic. Vegetables, legumes and whole grains should be the

backbone of your diet. Follow these rules and you will reduce inflammation and receive numerous other health benefits as a bonus!

Step 2: Exercise



It has been said that is sitting for more than an hour at a time is deadly, and it is 100% TRUE! The benefits of living an active lifestyle have

been well [researched](#) and are common knowledge at this point. In case you forgot they are, improving heart health, more energy, prevent cancer, better cognitive performance, boost mental health, make you look and feel better, and for the purposes of this eBook REDUCE INFLAMMATION!

An exercise routine is highly dependent on your age, health issue, and fitness goals. Because you are reading this I am assuming your primary goal is to improve your health and fight inflammation. My exercise recommendations are based on that assumption, but you can customize as you see fit (no pun intended). If you are unsure of what you should be doing or are new to exercise I HIGHLY recommend you talk with a qualified personal trainer or professional.

So, we know we need exercise, but what are the best physical activities to reduce inflammation? As a general rule lower impact exercises will be better for the goal of fighting inflammation. High impact exercises Like lifting heavy weight for low reps or long-distance running are great for many people but can cause temporary inflammation after the workout. If you choose to do these exercises be sure to break up your week with lower impact workouts and take a cold shower or ice bath after a hard workout.

Many of us work in sedentary desk jobs, which is very [bad for your health](#). Inactivity can be a major cause of inflammation! Your body was built to move and getting that extra little bit of activity to break up the day is key. Try to walk around every hour, take the stairs, take the five-minute walk to the restaurant next to work. These little activities can really add up to huge results.

Once you're ready to take the next step, check out the list below of the best information fighting exercises:

Walking-

The easiest place to start is walking a little extra every day. Adding a mile or two of walking to your day can really make a [dramatic difference](#). The great news is that it doesn't even have to be all at once. Walking short distances that you would usually drive, or even just a quick walk around the block are great ways to get moving. Make sure you have good shoes!

Running-

For those who are ready to take it up a notch, running is the way to go. Going for a run in the morning is a fantastic way to wake up in the morning or decompress after work. If possible run in parks or wooded areas and avoid hard surfaces like pavement which will help keep your joints from taking to much abuse. For our purposes, you shouldn't run more than 5 miles max a day. After this point, your body really starts to take serious damage that can hurt more than help with inflammation problems.

Swimming-

Swimming is an amazing way for those of us who have injuries to get moving. The water will take the weight off bad hips and knees allowing and allows you to move comfortably. If you are not a strong swimmer or have arm/shoulder injuries, most pools have a walking lane for you to do laps in!

Weightlifting-

Low impact weight lifting can be great for calming arthritis pain and getting your freedom back. Low impact means very high repetitions (12 or more) per exercise while using low weight. The goal here is not to gain mass or break records, but to get your body muscles moving, tone muscle, and repair joints. It is essential that you warm up and stretch thoroughly before you work out!

Yoga-



Yoga is probably one of the best forms of exercises out there for reducing inflammation and improving health. You get an amazing stretch that improves your flexibility while working your whole body at once. More advanced positions will hit your core and small stabilizer muscles and will get your blood pumping. There so many positions and different classes that everyone will be able to find a level that pushes them but is doable! Make sure you look around your area for a good instructor or alternatively, there are many videos and classes online for free!

These are the top five exercises for fighting inflammation but they are not the only ones! As a general rule moving around and getting your blood pumping is almost always better than inactivity. Play a team sport with your friends, golf, hike, ride your bike, the list goes on and on. When you get home from work don't plop in front of the TV, play with your kids, go for a walk, work in your garden. Those who want to fight inflammation should never forget that to live is to move.

Step 3: Avoid Chemicals



In the modern world, we are constantly surrounded by thousands of chemicals everywhere we go. Most of these chemicals have not even been tested for their effects on human health. If it doesn't come from a plant or animal, it is an artificial chemical. This means that humans have not had time to adapt or evolve with these synthetic chemicals because they

do not naturally occur in our environment. Your body's natural reaction to foreign compounds is to assume they are a threat and fire up the immune system. It would be no coincidence then that autoimmune diseases like asthma and all kinds of allergies are [SKYROCKETING in the west](#).

Unfortunately, it is probably not possible to avoid every chemical in our lives because virtually every part of modern life relies on them. That being said,

the human body is an incredibly resilient organism, and if you follow all the other instructions in this guide, will be able to tolerate a lot of exposure. Of course, limiting your exposure to many of these chemicals is really not hard, and will help take some of the strain off your body.

The best thing to start with is eating organic as already mentioned. The cocktail of pesticides, herbicides, and GMOs used in our food is quite frankly, disturbing. A quick google search will give you a full exposure to the horror that is big agriculture. This subject is way beyond the scope of this guide but it's safe to say, by eating organic you protect you and your family from a list of chemicals longer than this entire guide. Even better if you grow some of your own food or know your local farmer!

Next up on the list is all the artificial fragrances, dyes, and god knows what else added to our soaps, detergents, perfumes, deodorants, toothpaste, air fresheners, sprays, cleaning supplies, and other household and personal products. This is where the majority of your chemical exposure comes from and believe me it is A LOT. I recommend hopping onto the app store or google play and grabbing the app Think Dirty. This app scans the barcode of any cleaning or health product and gives you the list of chemicals inside and how toxic it is. Make sure you are sitting down when doing this because it is absolutely shocking.

Luckily there is a growing number of companies that are focusing on producing artificial chemical free products. For example, TOMS of Maine provides

all natural, chemical free personal products, and Seventh Generation provides plant-based cleaning products.

Those are the biggest slice of chemicals most people are exposed to in their daily lives but keep your eyes open. Do those weed killers and fertilizers really necessary for your yard? Get a glass or metal reusable water bottle. Switch to glass containers. Look around your life and see what you can do, every little bit helps. Fewer chemicals in your life = a calmer immune system and reduced inflammation!

Step 4: Stress Relief



You may be surprised to learn that that constant stress and tension you are carrying around is not only hurting your quality of life but actually hurting you physically as well. The connection between the mind and the body is still a young area of research, but it has been shown that high levels of stress [actually increase chronic inflammation](#). Managing your stress, like the other recommendations in this guide, will improve your health in many different ways, including reducing chronic inflammation.

The simplest answer to managing stress is to learn to relax but this can mean so many different things to different people. With that in mind, I am going to provide some activities that everyone could benefit from.

Meditation-

Meditation has been sweeping the west by storm and for good reason! This is probably one of the best ways out there [to learn to relax and become more in touch with yourself](#). There are many types of meditation out there, but one of the best for learning to be stress-free is mindfulness.



This is a very simple form of meditation. All you need to do is sit in a quiet area for as little as ten minutes a day and become aware of yourself. Feel the different parts of your body, notice the thoughts running through your mind, and then let them go. The key here is to not judge any sensations or thoughts as good or bad, just acknowledge them and let them go. The ultimate goal here is to reach a completely clear mind free of thought. At first, this will only last a few seconds but as time goes on you will be able to prolong this coveted state of mind. This will keep you calm throughout the day and help you better recognize stress and then let it go.

Get outside-

Numerous [studies have shown](#) that exposure to sun and the green of plants reduces stress, lowers blood pressure, and even boosts creativity! Many of us spend most of days indoors or trapped in the concrete jungle. Try and take some

time to walk in a park or garden. Once a week go for a short walk in the woods, breath in the clean air of a forest. You will be amazed at how you refreshed and relaxed you will feel.

Find Spirituality-

Being spiritual does not mean you have to go to church or conform to any religion. It simply means becoming more in tune with the deeper parts of yourself. Understand how small you are in the universe but acknowledge how powerful love is. Look around and appreciate the miracle that is life. Open yourself to the beauty of the world and all the love it has to offer. Most of all, foster a profound sense of gratitude for even the smallest things. The sunshine, a cool breeze, a smile from a stranger, that warm cup of coffee. Its hard to be stressed or angry when you are constantly grateful for everything around you.

Take some time to decompress-

At least once a week block of some time that is solely for you. No agenda, no work, just do what makes you happy and calm. This does not mean do negative activities (binge drinking, watching or eating.) Take time to get in touch with yourself, take a bath, read a book, go for a walk, spend time with your family or friends, and other positive activities. This is especially important for the workaholics. It can be as short as a half hour, but make sure you take some you time.

This is by no means an exhaustive list or even required activities. In the end, stress relief is what works for you, it could be fishing, or hitting a punching bag, or intimate time with a loved one. All that matters is that you acknowledge stress and then learn to let it go. This will do wonders for your life and will go a long way in eliminating inflammation.

Step 5: That Little Extra Push

If you followed steps 1-4 to the letter, chances are you will be in a very good place. However, I am aware that doing everything in steps 1-4 may not be possible for everyone. Furthermore, if you are dealing with serious inflammation the first four steps may not be enough. That is why step five includes a few “cheats” that are fairly easy to do and may give you that little something extra to calm chronic inflammation.

Supplement Where Necessary

Chances are if you are reading this guide, you don't want to use pharmaceuticals to deal with your inflammation problems. If you can't follow all of steps 1-4 or are still not seeing as much progress as you like, a quality herbal

supplement may be what you need to give you that little extra push. There are many anti-inflammatory herbs and plants out there, turmeric, ginger, and Boswellia are some of the more powerful ones. Turmeric is probably the most powerful anti-inflammatory available, but you need to make sure that your supplement meets a few requirements.

What you want from turmeric is its active ingredient, called curcumin. Unfortunately, it only occurs at very low levels (3-4%) in turmeric. You need to make sure that your supplement contains at least 1000mg of 95% STANDARDIZED CURCUMINOIDS. Turmeric is also hard for your body to absorb so you need to make sure your supplement includes at least 10mg of Bioperine. This is a highly concentrated black pepper fruit extract which can increase turmeric's bio-availability by 2000%. [A high-quality Turmeric Curcumin](#) supplement can be a very helpful extra push to get the chronic inflammation under control.

Get to Bed!



Another overlooked lifestyle change that can help control chronic inflammation is establishing a regular sleep cycle. This means that you make an effort to consistently go to bed and wake up at the same time every day while getting 7-9 hours of sleep. Many people find it difficult to go to bed or wake up at earlier times, but this can easily be changed. The first thing to do is get in bed at your desired time and lie there even if you don't fall asleep for several hours. You may be tired in the morning but force yourself to wake up and go about your day. Then when you go to sleep the next day, repeat this process until you are so tired that you fall asleep at the right time.

There are a couple of simple changes you can make to help improve the quality of your sleep once and help you fall asleep quicker. Don't exercise or eat within three hours of your bedtime. Try to avoid napping during the day; if you're really tired just go to bed earlier. Eliminate your exposure to blue light from

screens and LED lights at least an hour before bedtime. If your nightshift your screens you should still stop using them a half hour before bedtime.

When your body is asleep, critical healing activities take place. By maintaining a healthy sleep cycle, you make it that much easier [for your body to keep chronic inflammation under control](#).

Conclusion

Out of control inflammation is a real problem that affects millions of people who live in the Western World. While it is a serious and growing problem, you can largely limit it with simple lifestyle changes. I have personally used all the suggestions in this guide with great success, but if you still have doubts I encourage you to visit the highlighted links in this guide and do your own research. I sincerely hope that you find health and happiness as you follow the instructions in this guide and would love to hear your stories. Please reach out to us on Facebook: @awholesomeremedy Twitter:

<https://twitter.com/WholesomeRemedy> or on our website:

<https://awholesomeremedy.com>.

Until we talk again,

Sam Bergeron

Founder of A Wholesome Remedy

P.S.

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