

Inflammation and High Blood Sugar: The Preventable Underlying Causes of ALL Chronic Illness

QUOTE BOARD

“One of the most important medical discoveries of the past two decades has been that the immune system and inflammatory processes are involved in not just a few select disorders, but a wide variety of mental and physical health problems that dominate present-day morbidity and mortality worldwide. Indeed, chronic inflammatory diseases have been recognized as the most significant cause of death in the world today, with more than 50% of all deaths being attributable to inflammation-related diseases such as ischemic heart disease, stroke, cancer, diabetes mellitus, chronic kidney disease, non-alcoholic fatty liver disease (NAFLD) and autoimmune and neurodegenerative conditions.”

“The prevalence of obesity in Western countries has increased in parallel with the prevalence of biochemical parameters suggesting chronic inflammation. Consistent with this, individuals with obesity have higher mean levels of inflammatory biomarkers. Although the explanation for this observation is difficult to ascertain, there are multiple inflammatory conditions that are associated with obesity, including type 2 diabetes, heart disease, chronic kidney disease, cancer, asthma, gastroesophageal reflux disease, psoriasis, and small intestine bacterial overgrowth.”

“When considered individually in participants of both sexes, severe obesity, evidence of systemic inflammation, and markers of IR [insulin resistance/high blood sugar] were all associated with excess risk of adverse outcomes.”

WHAT YOU NEED TO KNOW

Chronic inflammation and chronic high blood sugar or insulin resistance are the main underlying causal factors in virtually EVERY chronic disease including heart disease, cancer, diabetes, obesity, Alzheimer's, digestive disorders, depression, etc etc etc.

BUT... the main underlying causal factors of chronic inflammation and chronic high blood sugar are LIFESTYLE CHOICES – how you eat, how you move, and how you think.

WHAT YOU NEED TO DO

Whether you are already suffering with chronic illness, whether you are identified as being at risk of chronic illness, or whether you want to avoid chronic illness the solution is the same! You need to ‘Live Right for Your Species Type™’ – you need to **Eat Well – Move Well – Think Well®**.

For more information on how to identify and make healthy lifestyle choices please visit

www.eatwellmovewellthinkwell.com.

Furman et al. (2019) Chronic Inflammation in the etiology of disease across the life span. Nature Medicine.

Wiebe et al. (2019) Associations of Chronic Inflammation, Insulin Resistance, and Severe Obesity with Mortality, Myocardial Infarction, Cancer, and Chronic Pulmonary Disease. JAMA