#  SILENT INFLAMMATION

## Introduction

 As a psychiatrist, I can no longer ignore *silent inflammation* and neither can you. I have come to realize that I can help a patient’s depression in the short run with anti-depressants, but any treatment of depression and anxiety that does not address *silent inflammation* will likely not last.

I don’t know about you, but, when I see a doctor, I want them to make my life easier with a pill and not require me to change fundamentally how I eat or live. Unfortunately, addressing *silent inflammation* requires changing our life style. **TO FEEL BETTER, WE WILL HAVE TO LIVE BETTER.**

I probably have more incentive to do this than you do because I now see the effects on my body of years of being in a pro-inflammatory state. As a younger person that is just beginning to show signs, you may just be sluggish, lacking in vitality, tired, slightly over-weight, glum, unmotivated, unfocused, and feeling generally out of shape. There is mounting evidence that low grade chronic *silent* *inflammation* is implicated in depression, obesity, diabetes, dementia, cardiovascular disease, cancer, auto-immune disease, and the multitude of “itis” diseases like arthritis, colitis, and sinusitis.

Put this hand-out down for now. Go to YouTube and view **Andrew Weil’s video** **“Real Food: The Best Diet.”**

 Now that you’ve come back to the handout, study only a section at a time. This is complex stuff. For your life’s sake, you still need to know it.

## A simplified explanation of silent inflammation

Your gut holds approximately 60-70% of your immune system. One hundred trillion gut flora make up your gut biome. These bacteria, yeast, viruses, and parasites are said to weigh about 3 pounds and number more than all the other cells in your body. Some are helpful, some are not.

 Processed food contains excessive sugar which leads to an overgrowth of yeast and pathogenic bacteria in your gut. Refined carbohydrates, sugar, and processed foods get absorbed quickly from your small intestine leaving the gut microbes in your large intestine hungry. Their activity on your lower gut leads to leaky gut.

Having an imbalance of gut microbes can lead to leaky gut and an immune system response to the pathogens that leak into the blood stream. Lipopolysaccharides (LPS) are inflammatory components from gram-negative bacteria. Low levels of LPS circulating in the blood cause chronic inflammation to increase. Inflammatory cytokines directly affect the Central Nervous System.

As if this were not bad enough, yeast can cause alterations in endocrine activity that make you want to eat the sugar they love. The more sugar you eat, the more they grow, and the more you want sugar.

##  Things you can do to reduce silent inflammation

Some of these recommendations are expensive. Don’t be discouraged. **You will go a long way in reducing *silent inflammation* if you limit red meat, cut out sugary drinks/soda/fast food, and replace as much refined processed food, as you can afford to, with fresh vegetables and fruits.**

### Avoid

Avoid poly-unsaturated oils. Stop eating margarine. Avoid soybean oil, canola oil, corn oil, and safflower oil which are major sources of omega 6 free fatty acids. Unlike the omega 3, these omega six fatty acids are very inflammatory.

Stay away from refined, processed, and manufactured food.

 Avoid trans fats. Become a food label reader.

Pay attention to the fructose in sugars since it’s very sweet but very inflammatory despite a low glycemic index. Avoid Agave.

Remember that the glycemic index of whole wheat is as high as that of white sugar.

Modern fruits and vegetables tend to be sweeter and have less fiber than wild ones.

Be sure and take antibiotics when you really need them, but avoid using antibiotics and antacids when you can. There’s controversy over whether some conventionally grown meat and dairy products contain residual antibiotics.

Avoid living in buildings that are contaminated with toxic mold. Help your house’s biome by adding plants that help filter the air in your home.

Don’t eat the kinds of whey supplements that destabilize your gut microbiota. Use whey concentrates instead of hydroxylates or isolates.

Stress can alter gut motility, epithelial barrier function, and inflammation.

### Include

Adequate sleep helps reduce inflammation. Rest some. Make your meal times calm.

Moderate exercise helps, but excessive exercise can increase inflammation.

Natural environments expose you to a wider variety of microorganisms to balance your biome. Go outside.

Instead of sugar, use local honey *in moderation.* Honey has some anti-inflammatory properties and a dash of cinnamon seems to help it work better.

Use extra-virgin olive oil and organic coconut oil.

Use fish oil to get Omega **3** Fatty Acids (EPA eicosapentanaenoic acid and DHA docosahexaenoic acid). I use OmegaPure from Arctic Oils but there are many to choose from. It has 900mg EPA and 660mgDHA.

Find a source of fresh raw vegetables that you can count on.

Try some fermented foods like sour kraut, kimchi, kefir, unprocessed yogurt, kombucha, and pickles.

Drink green tea, which not only has anti-oxidant properties but also helps reduce inflammation.

Get your carbohydrates from vegetables and low sugar fruits. Eat onions, Jerusalem artichokes, jicama, asparagus, carrots, garlic, turmeric, radishes, and leeks.

See the **YouTube from Natural Health** **Benefits** for more details about these anti-inflammatory foods: Wild Alaska salmon, turmeric, ginger, garlic, broccoli, spinach, kale, collards, extra virgin olive oil, grapes, flax seed, papaya, apple peel, organic blueberries, sweet potatoes, cinnamon, swiss chard, walnuts, almonds, avocados, hemp seed, cayenne, and tart dry cherries. Some people are allergic to cashews.

Read the **Plant Paradox** to find out which vegetables make you sick with lectins to keep you from eating them.

If you don’t have appropriate foods available for lunch, pack your own.

Besides improving neurotransmitter function, SSRI antidepressants reduce inflammation.

## Here are some things that helped me reduce *silent inflammation*

 **Talk to your family doctor to see if these recommendations are appropriate for you before implementing any of these strategies.**

I realized I had to improve my gut in stages. I was told that if I used probiotics before my gut lining was healed, I would just be leaking different organisms from my gut. I had to repair the gut wall first. I took **GLutALoeMine** made by Xymogen**,** which I could get over the internet. It tastes like dirt. If you have symptoms of a leaky gut and want to use it, put it insomething else. I took it for a month with **Pantothenic Acid** and **Amino Complete**. These must be taken to provide ingredients for the repair.

After healing the gut wall, I took a month of **Candex** to kill the yeast overgrowth. Take it on a full stomach and realize some people are allergic to Candex.

Besides reducing the pathogenic organisms, I builta platform of pre-biotics with **Renew Life Fiber Smart.** If you don’t put in the pre-biotics, then the probiotics will not last as long without as much to eat.

Now that I had healed the gut wall some, eliminated most of the yeast, and provided pre-biotics, I was ready for probiotics. To the Fiber Smart I added **Renew Life Ultra Flora Probiotic** with 150 Billion floraand 40 strains, which I got from Walgreens. Pick probiotics that have a wide spectrum of microorganisms and multiple strains. I still have to keep from feeding the yeast and pathogenic bacteria by avoiding sugar and processed food that contain sugar.

 I’m learning to eat a **Mediterranean diet** and **avoid red meat**. Red meat contains pro-inflammatory cytokines. Cytokines are small secreted proteins released by cells that have a specific effect on how other cells interact.

I downloaded the disc from **The** **Self-Hypnosis Diet** by Steven Grugevich, PhD to my MP3 player to hear as I fell asleep. I’m surprised by how helpful it is in my continuing with food and life style choices that are resulting in my eventually being at my ideal weight without feeling deprived. Not feeling deprived is key.

I use CuraMedbrand of **Curcumin/tumeric** which dampens inflammation. Make sure it doesn’t interact with your medications.

## References and Resources

Dr. Mercola has written an article entitled **“Nourishing Your Gut Bacteria is Critical for Health and Mental** **Wellbeing.”** Search for it by that name at <http://articles.mercola.com> **.** Google **“How to Protect and Optimize your Gut Bio flora-Dr. Mercola”** to read an additional article.

The following article from the Journal of Obesity is about using an anti-inflammatory diet to control obesity and it explains some of the biological mechanisms involved in inflammation as well.[**https://www.hindawi.com/journals/jobe/2011/431985/**](https://www.hindawi.com/journals/jobe/2011/431985/)

I extracted passages from **“12 Evidenced-Based Steps to a Healthier Microbiome**”. Google this title and get more detail explanation.

View the **YouTube video** “**FED UP”**, so that you understand that it is almost impossible to exercise enough to keep from gaining weight if you eat the standard American diet of high fat, low fiber, processed food. As a student, you want to think critically about what the video is saying, just as you should about the things I have written. On the whole, I believe Fed Up makes some important points.

Let Gary Madison help you become free from the tyranny of sugar. Find his **YouTube video “QUIT** **SUGAR”** and use his free hypnosis tape.

## Conclusion

You’ll need frustration tolerance to do the things you must do to attack silent inflammation. *Silent* i*nflammation* will ravage your life, just like anyone else’s, if you don’t address it by making these changes.

You need a healthy body and brain if you’re going to be competent to address life in the 21st Century. Social turmoil from climate-change-induced mass migration within the country, relentless international competition, a sicker/poorer aging population, unpredictable interdependent complex economic processes, a disappearing middle class, and pervasive creative destruction of jobs at all levels by new technology, all require you to function better and adapt to thrive. The times in which you will be living will require much more of you than life requires now. Get ready!

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