Anti-Inflammation Fast Start

by Steven J. Sisskind, M.D.

7 Steps To Boosting Your Brain And Burning Fat By Reducing Chronic Inflammation

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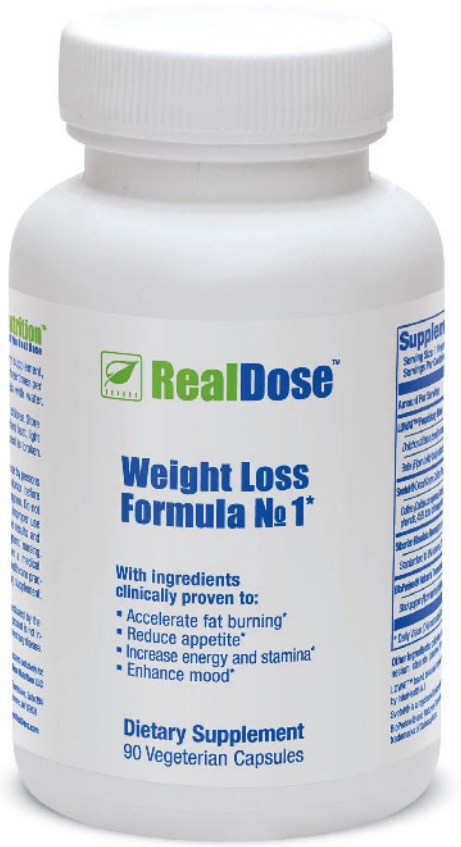

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Welcome

This report could be a lifesaver for you: *the most important reading you do all year.*

Why? Because we live in a time when the risks and effects of inflammation are greater than ever before. This silent epidemic is causing disease, taking lives and, in all likelihood, making you gain weight.

The good news is that inflammation is reversible. It can be held at bay. Starting today.

By the end of this report, you will discover:

1. **What inflammation is, and why it's not all bad –** and, in this case, how it's possible to have too much of a good thing…
2. **The alarming connection between chronic inflammation and weight gain;** and the vicious cycle they both create in your body…
3. **And you'll discover 7 simple steps you can take – *starting immediately* –** to reduce your inflammation levels and safely accelerate your weight loss… for life.

Inflammation may plague most Americans… but it doesn't have to dominate your health, nor does it have to prevent you from achieving the body you want.

By understanding inflammation, and buffering its effects, you can be healthier and slimmer than you've been in years. Maybe even decades.

I look forward to helping you in this health area… and beyond.

Sincerely,

Dr. Steven Sisskind, M.D.

Chronic Inflammation – The Turning Point

If you're truly serious about reducing inflammation – and *shedding more weight in the process* – you must begin by understanding its role in the body.

Inflammation is the process by which your body responds to environmental attacks (like smog and irritants), things that get you sick (like colds, flu and disease), and bodily damage (like cuts, a bump on your head or a splinter in your finger). In this sense, inflammation is both *natural* and *healthy* – since its function is to protect your body via the removal of harmful or dangerous substances, and to initiate the healing process.

What we have described above is called sudden and short-lived (also called "acute") inflammation. Without this type of inflammation, wounds and infections would never heal. Similarly, the ongoing destruction of tissues would threaten your body's very survival.

But over time and due to factors revealed in this report, the very same processes that help protect your body can also lead to a state of prolonged inflammation, also known as chronic inflammation.

This is where problems begin to arise. Chronic inflammation can help usher in a host of major maladies, including atherosclerosis, heart disease[1, 2], certain forms of arthritis, and even cancer.

Here's a preliminary list of symptoms that could be either caused or made worse by chronic inflammation:

- Allergies
- Alzheimer's disease
- Arthritis
- Asthma
- Atherosclerosis
- Bronchitis
- Chronic obstructive pulmonary disease (COPD)
- Colitis
- Crohn's disease
- Depression
- Dermatitis
- Eczema
- Emphysema
- Hypertension
- Inflammatory bowel disease
- Insomnia
- Metabolic syndrome
- Osteoporosis
- Poor concentration or memory
- Psoriasis
- Symptoms of peri-menopause and menopause
- Ulcerative colitis
- Weight gain

Indeed a growing body of research is linking chronic inflammation to a greater risk for life-threatening diseases.

You might have been surprised to see weight gain on the list – more on that in a moment.

But first let's look at the hard evidence.

Heart disease – It's believed that inflammation increases your risk for heart disease, principally by promoting infection and damage to the walls of your arteries (atherosclerosis). Indeed, studies

have found higher levels of C-reactive protein (a chief marker of inflammation over time) in patients with atherosclerosis and heart disease[3].

Stroke – Because inflammation lowers your overall immunity, it leaves you vulnerable to infections that can increase your odds of dying by stroke. As one study put it, *"the 'infectious burden' caused by inflammation has been associated with the risk of stroke and atherosclerosis affecting the carotid arteries. Acute infections have also been found to serve as stroke triggers in epidemiologic studies."*[4]

Diabetes – An Austrian study (as well as many others) has successfully shown the link between elevated levels of systemic low grade inflammation – as measured by elevated levels of C-reactive protein – with type 2 diabetes[5].

Cancer – A recent article published by Yale University School of Medicine illuminates the connection between inflammation and cancer. Citing research that shows how cancers often arise from sites of infection, irritation and chronic inflammation – the paper reveals how inflammation not only weakens your immune system, but also impairs you on a genetic level[6].

Alzheimer's – Critical evidence gained over the past decade has demonstrated that neuroinflammation is associated with Alzheimer's disease pathology[7].

And the list goes on. More and more, it's believed that chronic inflammation could very well be the root cause of most major diseases.

What Makes Chronic Inflammation So Damaging?

When the body senses invaders such as bacteria or trauma, white blood cells are mobilized to the site of the invasion and release oxygen and nitrogen radicals to help kill the invaders. Not the tie-dyed t-shirt kind of radical, a *free radical* is a wild-card molecule that carries an extra electron.

While you want free radicals to be mobilized when you inhale something bad or get a 24-hour virus, you don't want these unstable and destructive compounds remaining at high levels inside your body over the long term.

When these oxygen radicals go unchecked, they can break down normal tissue and promote what's called oxidation (what you see when an apple browns or metal rusts).

In his book, *The Fat Resistance Diet,* Leo Galland, M.D., likens the body's inflammatory response to a 9-1-1 dispatcher directing an ambulance to an emergency. While you would be very grateful for first responders when they are needed, you wouldn't want them responding constantly once the crisis is dealt with. In the same way, you don't want continual and perpetual calls for inflammatory help when you don't need them, especially when you consider the negative side effects to your tissues and organs – and you definitely want to turn off the body's emergency response system as soon as possible **because the process of oxidation literally ages us,** damaging normal DNA and causing metabolic and genetic errors that allow infections or even tumors to develop.

Additionally, chronic inflammation, by its very nature, stresses and weakens our immune system, keeping it always "on" and draining vital resources that are necessary to fight infection.

The result is that we age much more rapidly, and are dramatically more susceptible to virtually every disease in existence.

Doesn't sound fun, does it?

How We Stoke the Fire of Chronic Inflammation

Chronic inflammation does not happen by itself. Much of it can be traced to poor lifestyle habits including inadequate diet, lack of exercise, insufficient sleep, smoking, and so on.

Highly credible research has shown the following multiple links between lifestyle factors and chronic inflammation:

Trans Fatty Acids – As Harvard researchers noted in the *American Journal of Clinical Nutrition,* consumption of trans fats (the "bad" fats found in margarine, other partially hydrogenated oils and in deep fried foods) is associated with systemic inflammation in women[8]. Watch out, trans fatty acids are commonly hidden in frozen meals, snacks like chips and cookies, and more.

Sugar and Refined Carbohydrates – In a nearly 25-year study that looked at registered nurses and their dietary habits, it was discovered that diets higher in sugar-sweetened soft drinks, refined grains and diet soft drinks led to significantly higher incidences of chronic inflammation and type 2 diabetes[9].

Processed Meats – These are especially troublesome. Not only are processed meats loaded with sodium and full of lower quality meat / protein – they are also especially high in nitrites and nitrates, which have been shown to increase the risk for a variety of chronic diseases. Nitrates, which are found in soil, water and food, are also used to make fertilizer, glass and explosives. Both nitrites and nitrates are used as food preservatives despite the fact that they are very unhealthful. One report that analyzed 20 different studies involving more than 1.2 million people from 10 countries found that eating just two ounces of processed meat each day resulted in a 42% increase in the risk of heart disease and a 19% increase in the risk of diabetes[10].

In 2009, the National Cancer Institute (NCI) released results of a study that followed 550,000 people over 10 years. Those who ate the most processed meat (22 grams a day) had a higher risk of death from all causes than those who ate the least (under two grams a day).

Poor Sleep – Based on a survey of 525 middle-aged people[11], those who reported six or fewer hours of sleep had higher levels of three inflammatory markers: fibrinogen, IL-6 and C-reactive protein. In particular, average C-reactive protein levels were about 25 percent higher (2 milligrams per liter compared to 1.6) in people who reported fewer than six hours of sleep, compared to those reporting between six and nine hours.

Stress – A study of parents with children being treated for cancer reported in the 2002 November issue of the journal *Health Psychology* suggests that chronic stress may hamper a naturally occurring anti-inflammatory response in the body[12].

Lack of Proper Exercise – Evidence shows that a sedentary lifestyle can unfortunately promote systemic, low-level inflammation[13].

Gluten – Gluten is a protein most commonly found in wheat and other grains. While most people do not have levels of gluten sensitivity that we would associate with Celiac Disease – it is estimated that 30-40% of the population carries the gene. Granted, only 2-3% of these show actual symptoms; but it's possible that if you're one of the people carrying the gene, any gluten you eat could be creating additional inflammation[14].

Tobacco and Alcohol – Then, of course, there are the more obvious factors – such as smoking and excessive drinking. Study after study shows these abusive activities raise inflammation levels and accelerate the aging process[15].

What they don't explain however – is something that we've yet to cover…

The Connection Between Inflammation, Weight Gain and Stubborn Fat

It turns out that there is a profound link between chronic inflammation and weight gain that manifests itself as a vicious cycle of "Fat and Inflammation." Obesity causes increased inflammation and inflammation causes increased obesity. The results are devastating to your waistline… and to your health.

In a 2008 study published in the *American Journal of Clinical Nutrition,* researchers looked at nine years of data on 1,222 adults and found that weight gain was associated with an increase in chronic inflammation.

In a separate report – published in the journal *Gastroenterology* in 2007 – scientists noted that chronic inflammation accompanies the buildup of excess fat throughout the body. What's more, some studies show that visceral fat (a type of fat buried deep inside the abdomen) may trigger chronic inflammation by releasing inflammatory chemicals.

Several important hormonal pathways are affected by the Fat and Inflammation cycle…

Fat cells are known to generate inflammatory chemical messengers (called cytokines), and those chemicals eventually trigger a reaction for cells to stop responding to two critical messengers: insulin and leptin.

When insulin and leptin no longer function as they should in your body, the weight not only begins to pile on, it also becomes much harder to lose.

Insulin Resistance

The role of the master metabolic hormone insulin is to regulate glucose by delivering it to tissue cells to use as energy. However, when your cells' insulin receptors become resistant, as can occur due to chronic inflammation, they ignore the delivery message, and the glucose remains in the blood longer.

Because blood glucose needs to stay within a narrow range, the glucose must be used elsewhere. And more often than not, excess sugar in the blood gets converted into fatty acids and gets stored as fat instead of being used as energy.

It's a vicious cycle. Since the body can't utilize glucose properly, your energy goes up and down, and you'll often crave sugars or carbohydrates to restore balance and satiety (feeling full). You consume more excess sugar, yet less of it can be converted into energy.

As all this excess unused sugar continually accumulates as fat, it's easy to see why insulin resistance continues to cause weight gain.

Even modulating or increasing insulin with drugs for type-2 diabetics often carries the unfortunate side effect of added weight gain[16].

A 2008 book, *Wild-Type Food in Health Promotion and Disease Prevention,* noted that insulin resistance syndrome affects one in three Americans; in addition, 90% of people with diabetes are insulin resistant.

Metabolic syndrome, also called insulin resistance syndrome, is a metabolic problem associated with out-of-control circulating fats, abdominal obesity and impaired glucose function. In 2005, it was estimated that over 47 million Americans have metabolic syndrome, which is marked by obesity, elevated blood triglycerides, low levels of HDL (or good) fats, elevated blood pressure and high levels of circulating glucose.

Leptin Resistance

As mentioned, another unfortunate side effect of inflammation is leptin resistance.

Leptin is the hormone that tells the brain that you've had enough to eat and you're full. People with fully functioning leptin receptors have fairly natural weight control, so they just stop eating when full. In the case of leptin resistance, it works similar to insulin resistance. The leptin goes to deliver its message to stop eating, but cells ignore it, so you remain hungry and continue to consume excess calories.

Cortisol

In addition to disrupting insulin and leptin regulation, inflammation can also cause poor functioning of cortisol[17] – which has been shown to be a factor in weight gain. Cortisol has been termed the "stress hormone" because excess cortisol is secreted during times of physical or psychological stress.

The disruption of cortisol secretion may not only promote weight gain, but it can also affect where you put on the weight. Some studies have shown that stress and elevated cortisol tend to cause fat deposition in the abdominal area rather than in the hips. This depositing of fat has been referred to as "toxic fat" since abdominal fat deposition is strongly linked to the development of cardiovascular disease including heart attacks and strokes[18].

Fortunately, all hope is not lost! It is possible to escape this perpetual cycle of inflammation and weight gain – so that you lose the weight and naturally keep it off.

Best of all, by lowering your inflammation levels, you'll dramatically reduce your risk for countless maladies and chronic diseases.

The Solution – 7 Steps to Naturally Reduce Inflammation And Shed Fat Faster

The following seven steps may seem self-evident given the research we've already covered about what causes inflammation. However, we're going to go deeper into each section so that you have a crystal clear, step-by-step strategy for controlling your weight and taking back your health.

It's important that you don't feel like you must make all these changes at once. Remember, it takes time to establish new habits.

As you become comfortable and confident with each step in this process – and it has truly become natural or habitual for you – feel free to move to another one.

With patience and diligence, you will reach a point where all 7 steps are a normal part of your life – and you'll be astounded by the results. You will enjoy excellent health, and will likely be much closer to the body of your dreams.

So without further ado, let's jump into the process…

Step #1: Reduce Pro-Inflammatory Foods

Because eating is such a significant part of life, and digestion such an energy-intensive process in the body – avoiding inflammation-causing foods will likely make the quickest, most significant difference for you.

Put differently, it will be hard for you to ever reduce your inflammation levels significantly if you continue to consume foods that aggressively promote inflammation.

So what are the greatest offenders? We've already covered some of them:

Sugar – This includes sugar-sweetened beverages like soft drinks, fruit drinks and punches. These are some of the major sources of dietary sugars that many have overlooked. Other obvious sugar-loaded foods to avoid, or at least limit, include pastries, desserts, candies and snacks. And when you're looking out for sugar in the ingredients list, note that sugar has many names: corn syrup, high fructose corn syrup, dextrose, fructose, golden syrup, maltose, sorghum syrup and sucrose are some of the names used.

Trans Fats – Studies have shown that trans fatty acids not only promote inflammation and weight gain, but pre-dispose you to a wide variety of chronic diseases. Trans fats can be found in many

processed foods (though they must now be labeled) – however, even labels cannot fully be trusted because of the next item on our list…

Cooking Oils – Common vegetable cooking oils used in many homes and restaurants have very high levels of pro-inflammatory omega-6 fatty acids and dismally low levels of anti-inflammatory omega-3 fats. A diet consisting of a highly imbalanced omega-6 to omega-3 ratio has been shown to promote inflammation.

But here's the kicker most people don't realize. Most cooking oils are polyunsaturated fats by composition, which are the most sensitive to heat. So, as Udo Erasmus, one of the leading fat experts in the world points out – cooking these oils actually turns them into trans fats[19].

And given that these oils are cheap and used for cooking and processed foods everywhere, trans fatty acids are much more abundant than we realize.

Processed or Low-Quality Meat – Commercially produced meats are fed with grains like soybeans and corn, a diet that's high in inflammatory omega-6 fatty acids but low in anti-inflammatory omega-3 fats. Due to constricted living conditions, these animals also gain excess fat and end up with high levels of saturated fats. Worse, to make them grow faster and prevent them from getting sick, they are injected with hormones and fed with antibiotics – all of which make them more inflammatory.

Processed meats, such as hot dogs, salami, lunch meats and others, have the added problem of chemicals (like nitrites and nitrates) used as preservatives, which, as noted, make them even more prone to causing inflammation.

Conventional Dairy – It's been estimated that as much as 60% of the world's population can't fully digest cow's milk. In fact, some researchers believe that being able to digest cow's milk beyond infancy is abnormal, rather than the other way round. Milk is also a common allergen that can trigger inflammatory responses, such as stomach distress, constipation, diarrhea, skin rashes, acne, hives and breathing difficulties – in susceptible people.

Add to this that most conventional dairy products come from unhealthy, grain-fed cows loaded with hormones and antibiotics, and you realize most dairy is not optimum for an inflammation-lowering diet.

Refined Grains – Refined grains and products made out of them are almost everywhere. The common ones are white rice, white flour, white bread, noodles, pasta, biscuits and pastries. To make things worse, many products with refined grains undergo further processing to enhance their taste and appearance, and are often loaded with excess sugar, salt, artificial flavors and/or

partially hydrogenated oil in the process. A prime example is boxed cereals that contain substantial amounts of added sugar and flavorings.

Furthermore, as noted, many people are sensitive to substances like gluten – abundantly present in wheat flour – which creates strong inflammatory effects. While giving up white bread and wheat can be challenging, many experience tremendous benefits by doing so.

Food Sensitivities – Many of us have food sensitivities that we don't realize are quietly creating inflammation. We may not exhibit symptoms after eating a particular food because the irritation and ensuing inflammation can be subtle.

That's why – if you're truly serious about eradicating excess inflammation – we recommend you get tested for foods that you may be sensitive to.

Many doctors currently offer food allergy testing, and there are private companies that allow you to mail in a blood sample and quickly get the results back.

(We suggest going with a company that does NOT also happen to sell nutritional supplements, as this could be a potential conflict of interest.)

Once you have the test results and discover the foods you might be sensitive to, you'll be able to avoid them and quickly remove a hidden cause of inflammation that could be affecting you without you knowing it.

Step #2: Eat More Of These Inflammation Fighters

Alright, so now that we've isolated the foods that cause the greatest amount of inflammation – let's switch gears and look at those foods that can positively reduce inflammation.

You may not like all of them, or even have them available in your area, but adding just a few of these powerful inflammation fighters can work wonders.

Here they are:

Turmeric – Studies found that turmeric's anti-inflammatory effects are on par with potent drugs such as hydrocortisone and Motrin, but yet have none of their side effects.

Wild-Caught Salmon – Salmon is an excellent source of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), two potent omega-3 fatty acids that douse inflammation.

Green Tea – The flavonoids in green tea are potent natural anti-inflammatory compounds that have been shown in numerous studies to reduce the risk of heart disease and cancer.

Organic Berries – Veritable antioxidant powerhouses, virtually all berries are high in phytonutrients that confer protection against the damage caused by inflammation.

Cold-Pressed Olive Oil – Olive Oil's rich supply of polyphenols protects the heart and blood vessels from inflammation. The monounsaturated fats in olive oil are also turned into anti-inflammatory agents by the body that can help fend off asthma and rheumatoid arthritis. The same can also be said for avocados, which are high in good fats and have a virtually identical fatty acid composition to olives and olive oil. Even some saturated fats are not necessarily bad for us if they are high quality and not hydrogenated. Good examples are coconut oil and stearic acid (from cocoa). As some 2006 research suggests, the fact that these saturated fats are not of animal origin is the distinguishing difference. Unlike animal fats, it seems that the body uses these plant-derived saturated fats directly for energy.

Shiitake Mushroom – Enjoyed by the Chinese and the Japanese since ancient times, shiitake mushrooms are revered for their immune-boosting properties and mild smoky taste.

Broccoli and Cruciferous Vegetables – These include not only broccoli but cauliflower, cabbage, Brussels sprouts and other vegetables in the cruciferous family. They all contain anti-inflammatory and anti-cancer phytonutrients such as sulforaphane, which helps the body get rid of potentially carcinogenic compounds.

Kelp – This type of seaweed often used in Japanese salads contains fucoidan, a type of complex carbohydrate that is anti-inflammatory, anti-tumorigenic and anti-oxidative.

Of course, these are just some of the foods that are most likely to help with inflammation – there are many others out there.

The most important thing is that you move away from the processed/toxic foods that promote inflammation – and towards a diet rich in fruits, vegetables, quality meat and dairy, nuts, seeds, and other natural foods.

Why? USDA Organic food contains at least 30% less pesticide residues than conventional foods. Since we know that pesticides are inflammatory, any food that has lower levels of these chemicals would be less inflammatory. As for dairy, according to the Union of Concerned Scientists in November 2012, grass-fed cows produce milk that, aside from tasting better to many, may be even better for your health. In addition, grass-fed beef contains more of the following than non-grass-fed: omega-3s, conjugated linoleic acid (CLA, a good fat), selenium (an essential mineral) and more.

Step #3: Reduce Your Stress Levels

There's a reason this step is so high in the process. And that's because stress can be one of the most insidious and overlooked sources of inflammation.

Modern, fast-paced living, financial commitments, children, and work… the list goes on endlessly. All these things leave us stressed out and anxious. And it shows in our health, and on our waistlines – as you've already seen with the research we examined for cortisol.

The good news is that we also have more tools than ever before to combat stress. You can listen to guided meditations on your iPod, take a yoga class, read a book, breathe deep or even walk your dog – all in a matter of moments.

The key is to figure out what works best for you, since stress is a very personal thing. Just as what stresses out one person may do nothing to another person… what relieves your stress may be altogether different from what works for others.

In terms of hard evidence, two activities that have been shown to measurably lower stress levels are reading[20] and meditation[21].

Again, find at least one activity that you know lowers your own personal stress levels – and then be sure to do it at least once each day for 15 minutes or more.

Step #4: Get the Right Forms of Exercise

We've already covered how being sedentary promotes inflammation and increases your risk for various diseases. So it stands to reason that exercise should have the opposite effect.

However, there are some caveats most people are not aware of. For one, many forms of exercise can actually increase your inflammation levels. One example of this is how some extreme runners have died young, despite the fact that they had low body fat levels and seemingly excellent cardiovascular health[22].

Part of the cause is believed to be the long-term, ongoing inflammation created by running (often done to excess).

The good news is that you don't need to get out there and pound the pavement each morning in order to be healthy or reduce your inflammation levels.

In fact, just regular walking alone might be enough, as shown in a study reported in the *Scandinavian Journal of Medicine and Science in Sports.* The study investigated the independent effect of walking on two markers of cardiovascular health.

The researchers recruited 185 healthy volunteers, 107 men and 78 women, ages 45 to 59. The participants were asked how many minutes they walk each week and how often they engage in vigorous activities, such as running, that makes them feel out of breath.

The researchers concluded that "regular walking is associated with lower levels of hemostatic and inflammatory markers, independent of vigorous physical activity." In other words, walking does the job with or without vigorous exercise.

We know, of course, that other forms of vigorous exercise have many other benefits; for instance, we now know that higher-intensity "interval training" is superior for insulin activity and hormone production than extended cardio training.

Best of all, interval training – where you do something fast for 30-60 seconds, and then rest for about 2 minutes – is very time efficient[23].

Of course, you must consult with a doctor before engaging in a high-intensity exercise program. However, if you are given the green light – you can use walking, running, biking, swimming or even jumping rope to perform the high-intensity exercise.

Exercise is an extremely efficient and excellent way to help shed weight and optimize your key weight-loss hormones.

Step #5: Get 7-9 Hours of Quality Sleep

We all know just how important sleep is, yet why do so many of us struggle to consistently get a good night's sleep?

You've already seen research showing just how those people who get proper amounts of quality sleep have lower inflammation levels.

Now let's look at other factors that will help you improve your sleep:

Diet and stress – We've already covered these in detail, so we won't harp on them. But just know that what you eat each day and your overall stress levels have obvious, undeniable effect on your ability to fall asleep, as well as your overall sleep quality.

Light levels – With the rise in abundant electricity, we are exposed to more light than were our cave man ancestors. This not only makes it harder to fall asleep at night, it can also influence our overall sleep quality.

Of special consideration is the hormone melatonin, which we secrete during sleep. Melatonin regulates the sleep-wake cycle, in addition to other key health factors such as blood pressure. A study done at Harvard Medical School showed how light can impair your body's ability to produce the proper levels of melatonin, and thus impair your sleep quality[24].

This is one reason why we highly recommend you turn out ALL lights in your sleeping area, and/or use an eye mask to block out all light. It will make it easier for you to fall asleep, and lead to greater overall sleep quality.

Other substances – Certain medications can impair or affect your sleep quality. And of course, one of the most common substances many of us consume – caffeine – can have a very significant impact on your sleep.

No, you don't need to give up coffee – but as Harvard physician Lawrence Epstein explains[25] – at the very least, you want to avoid caffeine later in the day, ideally not past lunch. This will ensure its effects are out of your system prior to going to bed each night.

Sleeping environment – In addition to the lights being completely out, it's important that where you sleep not be too hot or cold, and that noise levels be low. Yes, light music is okay, but it must be at a low volume otherwise it could impair your ability to enter deep, restful REM (rapid eye movement) sleep.

Step #6: Reduce Toxin Exposure

We are exposed to countless inflammatory toxins every day in our external environments, through our air, water, food and commonly used consumer products. These toxins come in many forms – some common examples include heavy metals such as lead and mercury, pesticides and herbicides, gases (carbon monoxide, sulfur dioxide), aromatic carbon compounds (benzene, toluene), phthalates, polychlorinated biphenyls (PCBs), dioxins and furans, even some therapeutic drugs (diphenylhydantoin, lithium) and natural products such as antibiotics and plant alkaloids, just to name a few.

The inflammatory effects of environmental toxins on our bodies are well documented. According to a World Health Organization (WHO) report, poor environmental quality accounts for 25% of the world's preventable illness.

Research shows that chronic exposure to toxins creates inflammation in the body, and worsens existing inflammatory conditions such as arthritis, heart disease, cancer, obesity and fibromyalgia. Environmental toxins can also trigger auto-immunity in the body, also an inflammatory process, and can induce autoimmune conditions.

It is evident from the wide scope of toxin-induced illnesses that nobody's system is immune to these damaging substances, and this fact was proven in a large-scale study by the Environmental Protection Agency (EPA), which found toxins stored in fat tissue in every part of the body.

The solution? You can use a shower filter to remove metals and toxins from your bath water… drink only purified water… stop using chemical cleaning products in your home… make sure your home is mold-free… avoid fish or forms of sushi that have been proven to carry a high-risk for mercury, just to name a few.

Step #7: Supplement Wisely

Last but certainly not least, there are key nutrients in the battle against inflammation – and if you are going to supplement, we recommend you begin with these:

Multivitamin / Multimineral: A daily, high-quality "multi" is a nutritional insurance policy – it doesn't replace the importance of eating right and exercising sensibly (just as having a life-insurance policy will not save you if you decide to stand on the edge of a 20-story building!), but it does help fill in the gaps and compensate for some of our nutritional falls from grace.

In fact, both the *New England Journal of Medicine* (in 1998) and *JAMA* (in 2002) have published articles in favor of a daily vitamin supplement.

Omega 3 Fatty Acids – Omega-3 fatty acids are considered essential fatty acids. They are necessary for human health but the body can't make them – it has to get them from food. Omega-3 fatty acids can be found in fish such as salmon, tuna and anchovies, and other seafood including algae and krill, as well as some plants and nut oils.

One type of polyunsaturated fatty acid (PUFA), omega-3 fatty acids, play a crucial role in brain function, as well as normal growth and development. They have also become popular because they may reduce the risk of heart disease.

Research shows that omega-3 fatty acids reduce inflammation and may help lower the risk of chronic diseases such as heart disease, cancer, and arthritis. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (brain memory and perfor-

mance) and behavioral function. In fact, infants who do not get enough omega-3 fatty acids from their mothers during pregnancy are at risk for developing vision and nerve problems. Symptoms of omega-3 fatty acid deficiency include fatigue, poor memory, dry skin, heart problems, mood swings or depression, and poor circulation.

It's important to have the proper ratio of omega-3 and omega-6 (another essential fatty acid) in the diet. Omega-3 fatty acids help reduce inflammation, and most omega-6 fatty acids tend to promote inflammation. The optimal omega-6 to omega-3 ratio should be 4:1 or less. But the typical American diet tends to contain 14 – 25 times more omega-6 fatty acids than omega-3 fatty acids, which many nutritionally oriented physicians consider too high.

This is one reason why a Harvard survey found omega-3 deficiency to be the sixth biggest cause of death in the United States. That's both alarming and surprising; especially when you consider that more people are taking omega-3 supplements than ever before.

It's for this reason we recommend you take a bioavailable and effective form of omega-3's to achieve the desired anti-inflammatory and health benefits.

Vitamin D – Vitamin D is essential for hormonal balance and reducing inflammation. Vitamin D deficiencies and even low levels of vitamin D are being implicated in many disease processes that are also inflammatory in nature. Alzheimer's patients, for one, have been found to have lower levels of vitamin D.

It is suspected that nearly 85% of Americans have sub-therapeutic (barely above deficiency levels) levels of vitamin D, opening them up to a menagerie of inflammatory diseases.

Taking a vitamin D supplement as cholecalciferol (D3) can ensure you are receiving an optimum amount of vitamin D.

By the way, milk that's fortified with vitamin D is not a reliable source of the vitamin – since typically a low-quality, less absorbable form of the vitamin is used.

Antioxidants – As we discussed earlier, inflammation promotes oxidation and accelerates the aging process, using up your body's vital antioxidant supplies in the process.

Thus, it may be helpful to supplement with specific antioxidants that will help combat inflammation's effects and protect your cells.

That being said, there is some recent research questioning the wisdom of standard "ACE" (vitamins A, C and E) supplements. Research on these is limited at this point, so keep that in mind.

Whatever you do, avoid the "super juices" often being sold online or on TV – most are loaded with sugar and heavily pasteurized, killing much if not all of the potency of the antioxidants within.

Anti-inflammatory enzymes – These are special enzymes – such as protease, serrapeptase and nattokinase – that actually attack both inflammation and its by-products at a deeper level.

Perhaps the strongest evidence for the benefits of proteolytic enzyme supplements come from numerous European studies showing various enzyme blends to be effective in accelerating recovery from exercise and injury in sports participants as well as tissue repair in patients following surgery[26].

In one study of soccer players suffering from ankle injuries, proteolytic enzyme supplements accelerated healing and got players back on the field about 50% faster than athletes who received the placebo[27].

A handful of other small trials in athletes have shown enzymes can help reduce inflammation, speed healing of bruises and other tissue injuries (including fractures), and reduce overall recovery time when compared to athletes taking a placebo.

In patients recovering from facial and various reconstructive surgeries, treatment with proteolytic enzymes significantly reduced swelling, bruising and stiffness compared to placebo groups[28].

The downside is that these enzymes, as with many quality supplements that actually work, are NOT cheap.

Don't feel compelled to buy any of them if they are outside your budget, as I see most of these supplements as "icing on the cake" once you've addressed the other factors in this report.

The only exception to that being omega-3 fatty acids, since it's very difficult for you to obtain sufficient amounts from your diet alone, and because omega-6 to omega-3 imbalance and omega-3 deficiency is such a widespread problem. That's the one we recommend above all others if you choose to supplement for inflammation and general health.

Putting Out the Flame… For Life

So there you have it. These seven steps will go a long way toward reducing your levels of inflammation, and reversing any weight gain you may have accumulated over the years.

Again, don't feel obligated or pressured to do everything at once. In fact, this would be a recipe for disaster, since it's very difficult to establish too many new habits at the same time.

Instead, work on one step at a time, until each step is a natural part of your daily life. Be patient with yourself and don't rush.

Over time, if you follow this plan, you'll see your inflammation levels fall (you can get tested for C-reactive proteins before and after, if you want numerical validation) – and perhaps more importantly for you, your excess fat will begin to slowly melt away.

And the best part will be that you did so without a punishing diet or exercise regimen – but rather, by making small, manageable improvements to your lifestyle that are sustainable for life.

Inflammation is a widespread problem in this country and the world – but it doesn't have to be for you. Not any more.

Armed with the information and steps you now have – you can easily and safely reduce your inflammation levels, lose weight faster, and even live a longer, healthier life.

I hope you've enjoyed reading this report. If you have any questions, comments or feedback – please send them to *drsteve@realdose.com.*

We are always looking to improve and better serve you, and your feedback means a lot to us.

Thanks again for taking the time to read this – I wish you all the best in your efforts to reduce inflammation and be healthy.

Sincerely,

Dr. Steven Sisskind

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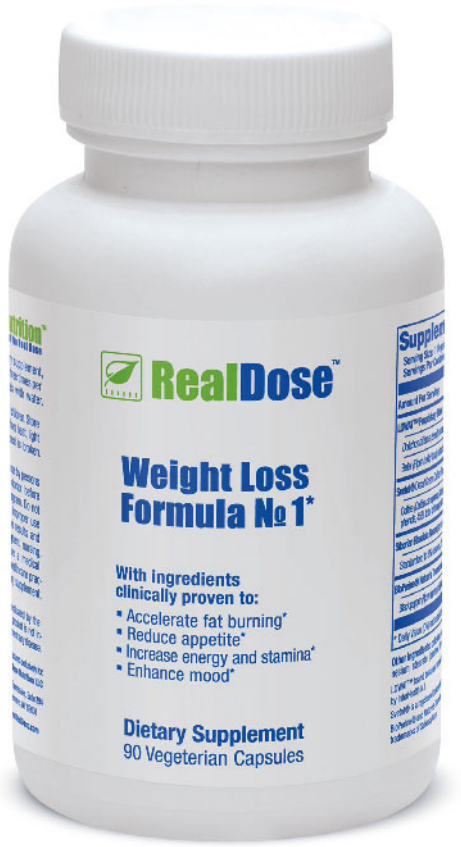

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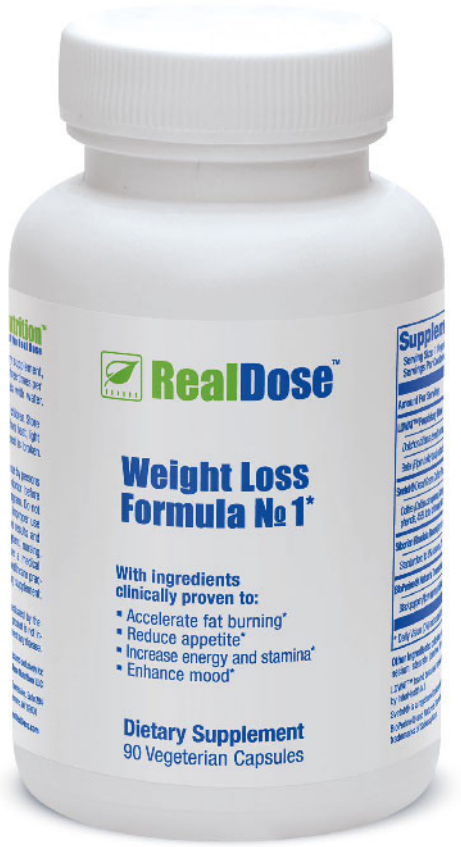

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