

You can have *more control* over your body than you think

(part 2 of 2 articles)



Last week we discussed how inflammation is the body's own reaction to fight off infection or to repair damaged tissue. This is the body's immune response at work. Unfortunately, sometimes the immune response does not turn off after the infection or damaged tissue is gone, giving rise to chronic inflammatory conditions.



Several conditions are associated with chronic inflammation, such as types of mild depression, varieties of joint discomfort and irritating bowel discomfort. What we have learned recently about chronic inflammation is that if an area of the body is weak or unhealthy, the immune system may keep trying to resolve the

condition. This continuation of inflammatory signals causes swelling and disturbance of the original tissue. We have learned that the omega 3 fatty acids, especially those from fish oils, can help alleviate this over stimulation of the immune response.

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THE POWER OF DIET AND SUPPLEMENTATION

Chronic inflammation is particularly debilitating, because it takes a toll mentally as well as physically. Because it's chronic, there is often a feeling of hopelessness at the unending nature of the inflammation. Although chronic conditions are challenging, they can be managed by paying attention to what you eat and taking dietary supplements. Here's how:



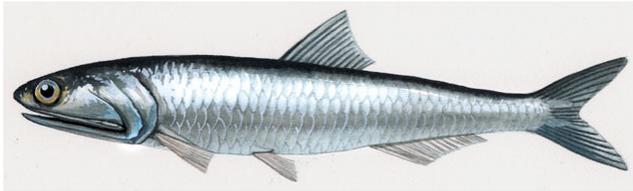
1. Eat lots of fruits, vegetables, and wild or organically grown seafood. Eat the colorful fruits and vegetables that contain the largest amount of antioxidants. These foods add fiber and have natural anti-inflammatory compounds. Eat them at meals and for snacks.



2. Drink herbal teas and cook with herbs. Use plenty of turmeric, oregano, garlic, green tea, blueberries and ginger.

3. Take **IMMUNE+++** because it contains bioflavonoids and polyphenols that limit free-radical production in the body.

4. As for fish, while its health benefits were once beyond compare, many species today contain astronomically high levels of mercury, PCBs and other toxins. With that unfortunate reality, we suggest you significantly limit or avoid Atlantic varieties, and eat only wild Pacific or Alaskan salmon (unless organically farm-raised). Because toxins magnify as you go up the food chain, smaller species such as sardines, anchovies and shellfish are still good choices.



5. Add essential fatty acids (EFAs) to your diet. Omega-3 fatty acids are in short supply in our modern diet, therefore it's recommended that you take an omega-3 supplement daily to rebalance your diet. Fish oil omega-3 supplements are proving to be more helpful because these fatty acids are more in synch with what our bodies need. This is one of the simplest, safest, and most effective ways you can help your body reduce and resolve chronic inflammation in your body. The small anchovies used in OMEGA+++ are from pristine waters from S. America and are not contaminated with heavy metals. **Be sure to take OMEGA+++ daily—it not only contains high quality omega-3s but also omega 6s and omega 9s.**

6. Include a small handful of nuts and seeds in your diet daily, especially walnuts and freshly ground flaxseed, which are good sources of omega-3s and alpha linoleic acid.



7. Use grapeseed oil for cooking purposes and olive oil for dressings. They are high in oleic acid, an omega-9 with anti-inflammatory polyphenols.

8. Eliminate certain foods and additives from your diet. Many foods turn the body's inflammatory dial up high. Number one on the list of offenders would be trans fats, also known as hydrogenated oils.

9. Avoid sugars, refined carbohydrates, and gluten-containing foods that we often crave when our systems are not in balance. These and many other additives and preservatives are well hidden in processed convenience foods, making them very difficult to avoid, so read the ingredient listings on packages.

10. Take **DIGESTIVE+++** daily as it may support the restoration of an inflamed bowel to a more normal condition. An irritated bowel may cause abdominal pain and discomfort, abdominal distention, and discomfort with elimination. Seventeen clinical studies evaluating 1,700 patients with irritable bowel syndrome showed that probiotics improved all of these symptoms with statistically significant outcomes.¹ Researchers concluded that probiotics have beneficial effects on Irritable Bowel Syndrome (IBS), which can improve the patient's symptoms and with less adverse reaction.^{1,2} DIGESTIVE+++ not only contains probiotics but also the prebiotics necessary to fuel them. In addition, DIGESTIVE+++ contains a special enzyme blend to help the body digest and absorb nutrients.



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REFERENCES

1. Hu Y, Tao L, Lyu B [A meta-analysis of probiotics for the treatment of irritable bowel syndrome]. Zhonghua Nei Ke Za Zhi, 2015 May;54 (5):445-51.
2. Quigley EM. Probiotics in Irritable Bowel Syndrome: The Science and the Evidence. J Clin Gastroenterol, 2015 Nov.-Dec. Supple 1;S60-4.