

## Inflammation

### What is Inflammation?

Inflammation is the process by which the body heals and protects itself from infection. When the body initiates an inflammatory response its resources (including white blood cells and chemicals) are mobilized to hasten healing and the body's natural defense processes. As such, inflammation is an important and natural way the body maintains its health.

### Chronic Inflammation?

However, not all inflammation is good. In what are referred to as autoimmune disorders the body consistently triggers an immune response when there is no foreign invader to fight off. This results in the immune system damaging the body's tissues.

One such example is arthritis. As Elisabeth Hsu-LeBlanc explains, when you take into account the literal meaning of the word arthritis is 'joint inflammation' "...it's not surprising that more than half the adults with other inflammatory diseases (such as heart disease and Type 2 Diabetes) also suffer from arthritis." (Hsu-LeBlanc, 2010)

### What foods/supplements can be used to combat unnecessary inflammation?

Fish Oil



Rose Hip



Flax Seeds



Ginger Root



Cat's Claw



Salmon



Walnuts



Turmeric



Mangosteen



#### Source

Hsu-LeBlanc, Elisabeth (2010) Keep Joints Healthy: Diet, lifestyle, and supplements make a difference. *Taste for Life*. February 2010 p. 30-32.

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