

There are two main types of inflammation, acute and chronic.

Acute Inflammation

Acute means 'short term'. Acute inflammation is part two in a normal, healthy four-part wound healing process.

Chronic Inflammation

Chronic low-grade inflammation creates disease. It is a persistent condition resulting in tissue destruction and repair occurring simultaneously over a long period of time.

Some Inflammation You Can Feel, Some You Can't

Some inflammatory conditions can be painful, and you can feel "inflamed". Conditions such as heart burn, colitis, and arthritis are all examples. Inflammation in the body puts you at higher risk of heart disease, diabetes, Alzheimer's and other chronic diseases including cancer.

Chronic low-grade inflammation, which you cannot feel can be just as dangerous, and perhaps even more so, because, you don't feel it and don't know you have it and therefore, are not taking steps to reduce your risk.

How Do I Measure Inflammation?

Since inflammation is a response by the body's immune cells, it is possible to take a blood test to measure the level of these cells to gauge the amount of chronic inflammation in your body. The most common blood test for this is called high sensitivity C-reactive protein (hs-CRP).

Other blood tests for inflammation include:

- C-Reactive Protein (CRP)
- Erythrocyte sedimentation rate (ESR)
- Plasma viscosity (PV)
- TNF-alpha (tumor necrosis factor-alpha)
- Interleukin biomarkers;
 - IL-1Beta
 - IL-4
 - IL-6
 - IL-10

These tests are used in research on inflammation but are not necessarily done in routine blood work or even by specialists. You would need to request a blood test from your doctor.

How Do I Reduce Inflammation?

Consuming an **anti-inflammatory diet** has been shown to reduce inflammation. The specific eating pattern, that has been found to reduce the hs-CRP level is a plant-based diet high in fruits, vegetables, and whole grains with little red meat such as the Mediterranean diet.

What Foods Are Anti-Inflammatory?

- **Antioxidant rich fruits and vegetables** (typically those that are bright coloured), including;
 - Berries
 - Citrus
 - Carrots
 - Sweet potato
 - Green leafy vegetables
- **Fibre**
 - Fruits, vegetables
 - Legumes
 - Whole grains
- **Omega-3 Fatty Acids**
 - Cold water fishes (salmon, herring, sardines, anchovies, rainbow trout)
 - Flax oil and seeds
 - Walnuts
- **Spices**
 - Garlic
 - Ginger
 - Turmeric
 - Chillies
 - Saffron
 - Onion
- Vitamins A, C, D and E, Niacin and Riboflavin
- Minerals Zinc and Magnesium
- Low Glycemic Index (GI) and Low Glycemic Load (GL) foods and meals

In addition to anti-inflammatory foods and eating pattern, exercise has also been shown to reduce blood levels of inflammation.

What Foods Are Inflammatory?

- Foods that contain trans fats
- Saturated fat
- Animal fat
- Tropical oils (coconut, palm and palm kernel)
- High glycemic index (GI) or high glycemic load (GL) foods and meals
- Foods high in sugar
- Processed carbohydrate foods

In addition to these specific foods, eating too much food and carrying extra body fat (especially if you carry the fat around your waist) are inflammatory.

For more details on INFLAMMATION, the ANTI-INFLAMMATORY DIET and a full list of REFERENCES go to: <https://JeanLaMantia.com/cancer-bites-diet-blog/anti-inflammatory-diet>