

HOLISTIC NUTRITION & LIFESTYLE

ALLUME WELLNESS



**SEVEN WAYS TO
MANAGE
INFLAMMATION
-
STARTING NOW**

FOOD & LIFESTYLE TIPS

BY

ALEXANDRA BECKEMEYER, MSc

MANAGING INFLAMMATION WITH DIET & LIFESTYLE

Alexandra Beckemeyer

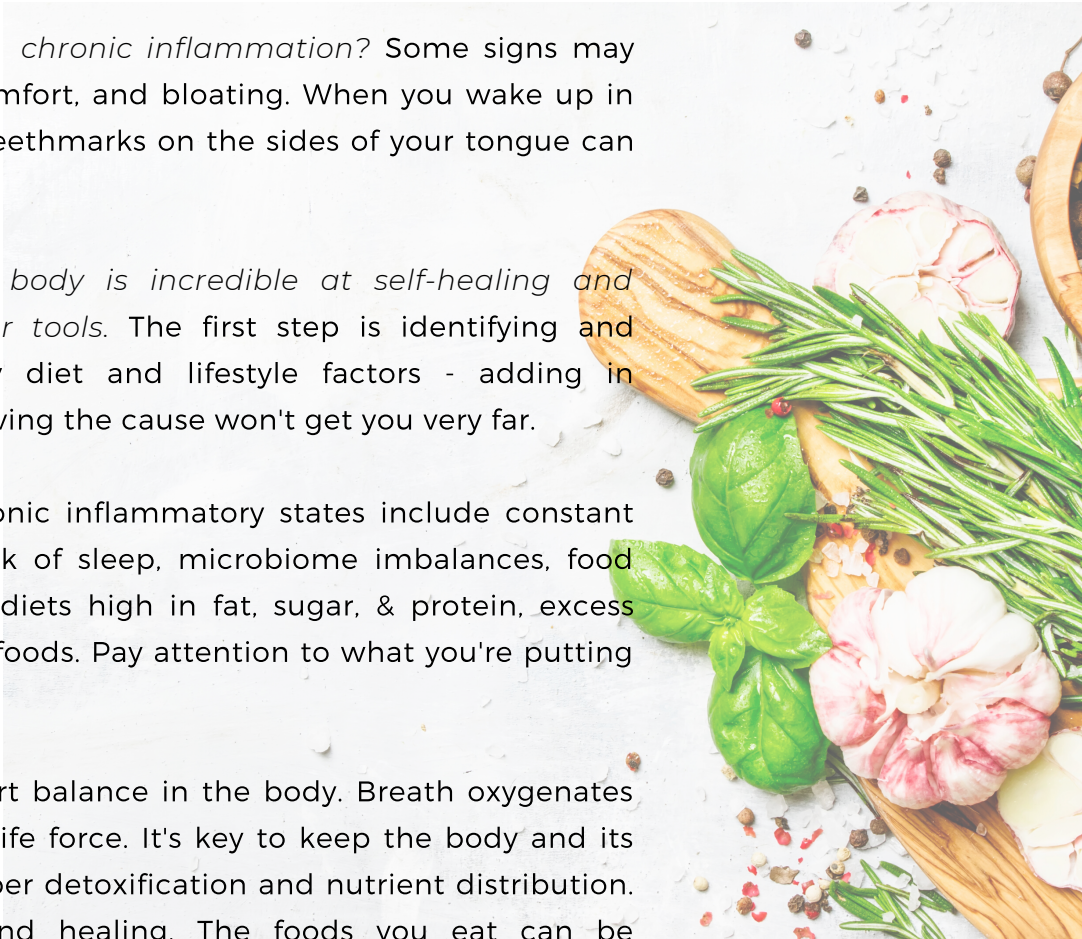
Inflammation is a normal immune response to any affront on the body, such as a cut in the skin or presence of disease-causing bacteria in the gut. *The trouble arises when the immune system senses too many attacks, creating a constant state of inflammation and leading to dysfunction of normal barriers, like the gut lining.* Over time, chronic inflammation may lead to the development of food intolerance, cell damage, obesity, Type II Diabetes, and mood disorders. This is why I like to say we need to *manage* inflammation instead of *fight* it. The words we use are important - it's about balance.

How do you know if you have chronic inflammation? Some signs may include fatigue, stomach discomfort, and bloating. When you wake up in the morning, the presence of teethmarks on the sides of your tongue can also indicate inflammation.

The great news is that the body is incredible at self-healing and regulating if given the proper tools. The first step is identifying and limiting any pro-inflammatory diet and lifestyle factors - adding in beneficial factors without removing the cause won't get you very far.

Factors that may increase chronic inflammatory states include constant stress, certain medications, lack of sleep, microbiome imbalances, food allergies and intolerance, and diets high in fat, sugar, & protein, excess gluten, alcohol, and processed foods. Pay attention to what you're putting in your body - it all adds up!

There are many ways to support balance in the body. Breath oxygenates the cells, revitalizing you with life force. It's key to keep the body and its fluids moving, allowing for proper detoxification and nutrient distribution. Rest supports regeneration and healing. The foods you eat can be instrumental in managing inflammation. The next page lays out 7 easy ways you can limit inflammation, starting today!





7 WAYS TO MANAGE INFLAMMA TION

01 EAT REAL FOOD, ESPECIALLY FRUITS & VEGGIES

High fiber foods like berries, cruciferous vegetables, and beans create bulk so that waste can pass easily. Fiber also feeds the colonic bacteria, which in turn create the short-chain fatty acids that feed the cells of the colon. Fruits and vegetables also contain polyphenols, or plant chemicals, that fight oxidation (DNA damage, aging), chelate (bind to) heavy metals, regenerate vitamins, and increase the body's own antioxidant production.

02 ENJOY FERMENTED FOODS

The mere presence of the beneficial bacteria in the digestive tract prevents inflammation because they:

- manage pathogenic bacteria by releasing bacteriocins
- activate beneficial compounds in food, like polyphenols
- reduce toxins and "anti-nutrients" in food, like phytates
- improve vitamin production & mineral absorption (B, K, Ca, Mg)
- regulate the immune system

Sources: yogurt, kefir, tempeh, kimchi, sauerkraut

03 SPICE IT UP

Spices and herbs like ginger, turmeric, and cayenne contain anti-inflammatory polyphenols.

04 HYDRATE

Good-quality mineral water supports proper detoxification, both at the cellular level and via urination and defecation.

05 TAKE A DEEP BREATH & MEDITATE

Deep breathing techniques, like rhythmic yoga breathing or *the infinity breath*, can lower inflammation. Studies have shown that 20 minutes of deep breathing exercises lower inflammatory stress markers. Take a pause and oxygenate!

06 MOVE YOUR BODY

Even just 20 minutes of movement can help reduce inflammation. Exercise causes the muscles to make more IL-6, a protein that reduces pro-inflammatory molecules. Healthy management of fat mass also controls inflammation, as fat cells produce pro-inflammatory proteins. Sweating also helps with detoxification.

07 GET GOOD SLEEP

When we sleep, our body produces the hormone melatonin. Melatonin acts as an antioxidant and anti-inflammatory, down-regulating genes that promote inflammation. Quality sleep allows our body to slip into a state of relaxation, allowing for regeneration.



ALLUME WELLNESS

Alexandra Beckemeyer, MSc

Through her Holistic Nutrition practice, Allume Wellness, Alexandra guides her clients to live well through the cultivation of intuitive, whole-food, and plant-focused eating. She believes in helping the body heal itself from the inside-out, addressing root causes and adapting what we eat and how we live to restore balance in the spiritual, emotional, and physical body. Her individualized eating and lifestyle plans along with her honest, loving support enable her clients to shift their habits for lifelong betterment.



LEARN MORE



allumewellness.org



<https://www.instagram.com/allumewellness/>



<https://allumewellness.org/>

The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.