



EDUCATION GUIDE

Inflammation Reduction Protocol

The following protocol is quoted from Dr. Paul Kratka, Founder, The Bonfire Program (<http://bonfirehealth.com/>)

Chronic inflammation is now the norm for many people today; it's a sign of being unhealthy. A non-inflammatory diet is actually a healthy diet within the context of a healthy lifestyle.

INFLAMMATION FACTORS

1. Grains in general and wheat in particular contain indigestible proteins (such as those found in gluten) that cause three significant pro-inflammatory events:
 - (a) high blood sugar which leads to chronic elevated insulin levels and ultimately insulin resistance (a major health threat)
 - (b) Intestinal permeability (leaky gut syndrome) which allows proteins to enter the bloodstream directly from the intestine (versus the correct path of being processed through the liver) resulting in allergies, autoimmune issues, and inflammatory response
 - (c) Direct inflammatory response (stress, injury, nutrient-deficient eating, environmental toxins, etc.)
2. Sugar (and foods that turn into sugar in the blood stream such as processed carbohydrates): Promotes high insulin levels which results in inflammation
3. Processed Vegetable Oils (found in commercially processed/packaged foods): Being new to humans, they wreak havoc in the body, promote inflammation and upset critical omega-6 to omega-3 ratio (Omega-3 must be higher than Omega-6)

SUGGESTIONS

Eat lots of healthy fats:

Fat is the body's preferred energy source and is involved in nearly every cellular and metabolic process – brain, immune, endocrine/hormone (our cell membranes consist of cholesterol and phospholipids). Butter from grass-fed cows, walnuts, coconut oil, olive oil, and of course omega-3 fish oil are excellent sources of healthy fats that are anti-inflammatory.

A side note: the more healthy fats you eat, the better your blood sugar, and your weight will be maintained. Yes, the more healthy fat you eat, the more you will lose weight. I know that goes against conventional wisdom but it's based on scientifically sound principles.

Eat lots and lots of organic plant foods, mainly vegetables:

These foods contain minerals and trace elements, the building blocks for the cells of our bodies. Commercially grown produce lacks these critical nutrients and come with the added toxic burden of pesticides, fungicides, herbicides.

Also, plant foods yield an alkaline end metabolic result. Alkaline tissues are not prone to inflammation.

Eat quality-sourced meats:

Include pastured beef, lamb and pork, truly free-range chickens (they eat bugs and grubs, not corn and soy), and wild-caught fish. Feedlot-raised animals are fed a terrible diet of grains (corn and soy) so their tissues (the meat we eat) are comprised of things that are bad for us and which promote inflammation (nearly all corn and soy are GMO).

Summary Thoughts:

- Eat nuts, seeds, vegetables, a little fruit, healthy fats, pastured meats.
- Eat no grains (which means no bread, cereal, pasta, pizza, bagels, chips), no sugar, no processed vegetable oils (again no chips or fried foods), and no dairy (except butter or heavy cream because they have virtually none of the milk protein that humans don't digest well).
- Drink lots of purified water.
- Exercise to the point of exertion, whatever that is for you. This helps the body be healthy and fight off the effects of inflammation and oxidation. Exertion means you're panting, sweating, having difficulty carrying on a conversation). I like to say, "You only have to work out on the days you eat".

Best Practices & Vital Behaviors:

1. Most people eat a terrible breakfast (they eat breads, cereals, Starbucks, etc.). You must 'own' breakfast by eating quality protein and good fats for breakfast.

.2. When buying food to prepare for dinner, buy 3x-4x what you'll eat for dinner. Effectively using leftovers is a KEY for eating successfully (healthy) at lunch.

3. Go to bed earlier. Getting over 7 hours of sleep (8 hours is better) helps the body in numerous ways. Since we have to get up to go to work whenever we do, the solution is to go to bed earlier. Even better: Avoid TV, phone, and tablet before sleep. The electronic stimulation to the brain adversely affects sleep. Instead, walk the dog, read, pray and do something non-electronic.

Suggested Books:

"The Paleo Diet Solution" by Robb Wolf

"Wheat Belly" by William Davis

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