

THE ROAD TO HEALTH & WELLNESS



News and advice
courtesy of
ELITE
PERSONAL TRAINING
AND FITNESS
SOLUTIONS

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Fighting Inflammation

If you've ever twisted your knee, cut your finger, or been stung by an insect, you have personal experience with inflammation. The familiar sensations of pain, redness, swelling, and heat that result from an injury or infection are hallmarks of the inflammatory process. Inflammation represents an essential survival mechanism that helps the body fight off hostile microbes and repair tissues damaged in injuries. Yet there is another side of inflammation that can be harmful rather than helpful to human health. The evidence is staggering. Inflammation is involved in many disease processes.

For the remainder of this year this column will cover the following important topics:

1. Inflammation: friend, foe or both?
2. The biology of the immune response
3. When good inflammation turns bad
4. Allergies: When your body rebels against its environment
5. Autoimmune diseases: When your body rebels against itself
6. Combating chronic inflammation with lifestyle changes
7. Inflammation of your heart
8. Inflammation of your brain
9. Inflammation and metabolic disease
10. Inflammation and cancer

Inflammation Series

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Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Inflammation Introduction – Let's Get Started

Science has proven that chronic inflammation can turn into a silent killer that contributes to cardiovascular disease, cancer, type 2 diabetes, and other conditions. Three out of five people around the world die from a disease linked to inflammation. This fact raises serious red flags. You will learn that a healthy lifestyle can combat, and even reverse, this serious condition.

Brain Alzheimer's disease Multiple sclerosis Parkinson's disease	Thyroid Hyper & Hypo thyroidism	Liver Chronic hepatitis
Kidneys Chronic kidney disease Kidney failure Nephritis	Eyes Macular degeneration Retinal degeneration Uvetis	Heart and Blood Vessels Artherosclerosis (hardening of the arteries) Heart disease
Pancreas Type I and II diabetes	Digestive System Inflammatory bowel disease Crohn's disease Ulcerative colitis	Joints Rheumatoid arthritis Psoriatic arthritis

Our newsletters present overviews of highly complex topics. For more in-depth discussion of vitamins, minerals, supplements, weight loss or ANY health-related topic, please contact our office.

Over the next several months, we will see that inflammation is an important part of the defense system and one that is essential for survival. Acute inflammation is a healthy response in the immune system, waging a battle against damage, trauma, and invading microbes. Without this type of defense, a minor cut or illness could quickly turn deadly. However, this powerful weapon is not always directed at outside invaders. Sometimes the immune system can misfire and turn against the body itself.

Inflammation can become chronic due to the complex interplay of our genetics, body malfunctions, and lifestyle choices. Don't despair. The fact that our lifestyle choices cause inflammation is also a source of hope. If our lack of exercise, poor eating habits, and other lifestyle choices create inflammation, then we can also reverse inflammation by adjusting our lifestyles. That's great news!

I am excited to present this critical series. Understanding inflammation is such an important part of your fitness journey. If you need to discuss a specific aspect of inflammation and prefer not to wait for a newsletter, please contact our office.

Health Tip of the Month



The importance of getting enough quality sleep cannot be overstated. Poor sleep can drive insulin resistance, disrupt appetite hormones, and reduce physical and mental performance. What's more, poor sleep is one of the strongest individual risk factors for weight gain and obesity. People who do not get enough sleep tend to make food choices that are higher in fat, sugar, and calories, potentially leading to unwanted weight gain.

Research Shows



Exercise helps reduce symptoms of mild to moderate depression. Benefits are most noticeable during exercise and in the interval two hours afterward. However, research also shows that there is long-term improvement in depression from consistent exercise. The hippocampus is the region of the brain that helps regulate mood and is typically smaller in individuals who suffer from depression. Regular exercise improves depression by creating new neurons [brain nerve cells] in the hippocampus.

Did You Know...

The most accurate predictor of future weight gain is currently being on a diet.

That's right, the best way to gain weight in the future is to go on a diet. This might sound counterintuitive, but going on a diet will make you fatter!



Medication & Food

Aldactone [spironolactone] is a diuretic used to treat heart failure and low potassium.

Take note if you consume licorice tea, candy or supplements. Licorice competes with the same receptor sites as this medication, which renders the drug ineffective.

Avoid all foods and supplements containing licorice if you take this diuretic.

self
care

Yoga & Meditation



How does yoga improve inflammation?

Here's a quick scientific explanation of a complex topic:

Practicing yoga and meditation regularly helps lower cytokine and interleukins (IL) levels. These secreted proteins are key modulators of inflammation.

As our body ages and we experience natural stresses, the body produces higher levels of cortisol. As reported in Science Daily, cortisol increases the inflammatory marker cytokine interleukin (IL-6). This protein is produced in the body wherever there is inflammation. It is responsible for fever in autoimmune, infectious, or non-infectious diseases.


Research shows that regular yoga practice increases levels of leptin and adiponectin. Both of these natural chemicals work to alleviate inflammation in the body.

Focused breathing and regular yoga can relax the mind and body.

Try this 8- minute meditation video to help decrease inflammation and ease stress:

[Click here for the video!](#)

Breathe



If you won't invest time, energy and money on wellness,
You will soon spend **MORE** time, energy and money on illness.