

THE ROAD TO HEALTH & WELLNESS



News and advice courtesy of
ELITE
PERSONAL TRAINING AND FITNESS SOLUTIONS

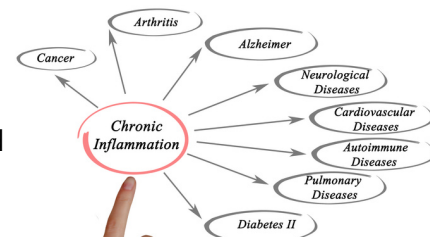
In this issue

- Inflammation Series
- Health Topic of the Month
- Did You Know?
- Research Shows....
- Food For Thought

Strategies to Prevent and Manage Inflammation

Introduction

Due to its significance, each of our 2022 newsletters discussed various aspects of inflammation. We discussed immunity, allergic responses, and autoimmune diseases. We also examined inflammation's effects on the heart, brain, metabolic disease and cancer. Why such a lengthy focus on Inflammation? Inflammation is a critical topic because it drives disease, impairs quality of life, and shortens lifespan.



Let's kick off January 2023 by considering ways to prevent and manage inflammation. Thwarting inflammation is not easy. In fact, it's incredibly difficult, as we'll soon see. I'll begin by reviewing some popular recommendations.

Inflammation Series

David Trumbore
PT, DPT, CSCI, CWT, CPI



SCAN ME

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.

1. Eat to Beat Inflammation

Your diet is critical because it can either prevent or promote inflammation. The choice is up to you. Digestive bacteria in the gut release chemicals that spur or suppress inflammation. The types of bacteria that populate your gut and their chemical byproducts vary according to what you eat.

Inflammation is a big buzzword in health and nutrition, and rightly so. A myriad of serious health conditions are linked to chronic, systemic inflammation. But be careful. Where there's buzz, there's scam. Anti-inflammatory diets, books, and videos abound, but few are grounded in actual science.

Implementing sound nutrition is easier when combined with targeted nutritional counseling, professional mentoring with accountability and positive lifestyle changes. Such areas are beyond the scope of a monthly newsletter. However, there are general suggestions that apply to everyone.

Before you think about adding good things to your diet, eliminate or drastically reduce the bad. This is hard to do, especially if you have addictions to certain foods. When the going gets tough, keep this information in mind:

Eliminating the majority of processed foods and sugary beverages and foods [especially those containing high-fructose corn syrup], will IMMEDIATELY begin to reduce inflammation!



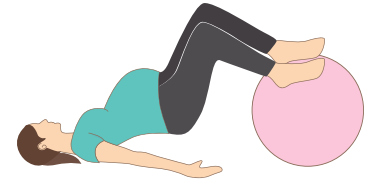
The same foods that protect your heart and keep your weight down also reduce inflammation. These foods include fruits, vegetables, nuts, whole grains, chicken, fish, lean red meat, eggs, and healthy oils like avocado or extra-virgin olive oil.



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.

2. Exercise Regularly

Regular participation in a prescribed exercise program that is appropriately intense and individualized positively affects every physiological process in the body. Not only does it make improvement in our physical status, but exercise improves memory, cognition, and mood.



Let me share information that is often overlooked: Exercise mitigates chronic inflammation! Exercise diminishes inflammation in the body by curtailing the proliferation of inflammation-promoting cells (cytokines) systemically throughout the body and particularly in belly fat.



3. Weight Management

Excessive weight, especially belly fat, is a huge contributor to systemic inflammation. Body fat is more than just inert bulk that your body carries around. Fat tissue actively produces a variety of hormones and pro-inflammatory chemicals. This accounts for the consistent role obesity plays in heart disease, diabetes and other metabolically-linked chronic diseases.

Weight management is complex. It requires the oversight of qualified, unbiased clinicians. Weight management is much more than weight loss. It involves how quickly weight is lost, what part of the body the weight is drawn from and how long the weight loss is maintained. Weight loss isn't much good unless it is maintained. That's the real challenge.

If you are overweight, it will be almost impossible to reduce inflammation without professional assistance. A cautionary note – do not go on another diet. You've probably done this in the past, and the diet failed. It will fail again. The biggest predictor of future weight gain and deteriorated health is being on a diet. If this sounds counterintuitive, reach out to us for further discussion.



4. Get Enough Sleep

Up to 70 million Americans are chronically sleep-deprived. Lack of sleep is a consequence of our fast-paced and technology-dependent lifestyles. Bringing work stress and blue-light technology into the bedroom disrupts restful slumber. Now throw in factors like insomnia, sleep apnea, pain, and restless leg syndrome. No wonder the incidence of poor sleep is staggering.

Disrupted sleep causes cytokine cells to ramp up inflammation. Tossing and turning at night makes for a groggy, grumpy morning. But hazards of poor sleep go far beyond cranky moods and low productivity.



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.

Increased inflammation associated with poor sleep is linked to greater risks for cardiovascular disease, high blood pressure, diabetes, weight gain and memory problems.

Sleep management is perhaps the most difficult aspect of managing inflammation. While awake, we can make positive choices. For example, today I can choose to exercise. I can choose to eat something healthy. However, I can't demand a good night sleep.

Sleep is a multi-factorial issue. The good news is that healthy changes in stress management, proper nutrition and exercise can significantly improve our sleep. Severe and ongoing problems may require a sleep specialist.

5. Don't Smoke

We all know it. Smoking is bad news for the body. Tobacco smoke is linked to a medical encyclopedia's worth of diseases. If you're a smoker, you've probably tried several times to quit. Don't give up. Try, try again. Get as much help as you can. Others have done it, and so can you. Quitting smoking is literally like getting a new lease on life.



6. Limit Alcohol Use

Many of us have heard that the resveratrol in red wine has anti-inflammatory effects and that therefore consuming red wine in small quantities has health benefits. Better to get your resveratrol in a supplement. Drinking alters the immune system in ways that stimulate production of pro-inflammatory cells.

Heavy drinking has been linked to many of the same diseases that inflammation promotes, including high blood pressure, stroke, cancer, and dementia. Alcohol is unfriendly to the gut, plus it's toxic to the brain and liver. All good reasons to drink in moderation.

7. Reduce Chronic Stress

When our ancestors spotted a spear-wielding foe or a hungry predator, their bodies automatically pumped-up hormones like adrenaline and cortisol to either confront the enemy or run away as fast as possible. This "fight or flight" response is great protection from short-term threats. But when it fires day after day in response to pressures at work or at home, it turns harmful.

Stress creates significant inflammation in the body. It causes flareups in conditions such as rheumatoid arthritis, cardiovascular disease, anxiety, depression, inflammatory bowel disease, dermatological skin conditions and fibromyalgia. The list goes on and on.



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.

Sometimes, stress can be managed by dealing with the original source. Sometimes, stressful conditions are beyond our control. That frustrating fact serves to intensify stress. Exercise, proper nutrition, improved sleep patterns, prayer, meditation, soaking in Epsom salts, journaling, and spending time with loved ones (including our beloved pets) are all helpful in reducing stress.

Everything you've read so far is true. It's supported by science. So, why aren't these strategies working? Why don't people feel better and see better results for their efforts?



Ah, the excitement of embarking on the journey to good health. It begins with high hopes and good intentions. Sadly, I've seen this journey fail more time than I can count. Most people will not achieve success on their own. If it were easy, most of us would be healthy, not unhealthy. If it were simple to reduce stress, quit smoking and limit alcohol consumption, then most of us would be calm non-smokers who occasionally sip wine.

Now let's consider exercise, nutrition, weight maintenance and sleep and how they impact inflammation. Every single one of these issues is multi-factorial. There is no one-size fits all, cookie-cutter approach. Everyone is different. Recommendations must address individual needs and come from unbiased, experienced and scientifically knowledgeable sources.

Four decades in the health and wellness industry have taught me that preventing and managing inflammation is incredibly complicated. Telling someone to manage their inflammation is like asking them to build a bridge without any assistance from engineers, architects or other builders.

Let EPT act as your bridge to success. We can engineer you through the intricacies of inflammation management.



Health Topic of the Month

Bloating. Between 16 and 31% of adults complain of bloating, which produces uncomfortable feelings of excessive fullness, gas, abdominal pressure and pain after eating. This is not normal. These are all early symptoms of dysbiosis [poor gut health]. If you experience bloating or other gastrointestinal-related symptoms, please reach out to EPT.



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.

Did You Know...

Over 50 million adults in the U.S. have been diagnosed with a sleep disorder like insomnia or sleep apnea. Imagine how many undiagnosed cases exist. It boggles the mind.



Sleep sufferers often turn to benzodiazepine drugs [think Ativan, Xanax, and Valium] for help. These drugs enhance sleep onset and reduce the number of times you awake at night. They improve total sleep time sleep quality. Therefore, these drugs are appealing interventions.

Benzodiazepines are designed for short-term use. They can be highly addictive. The majority of users (79%) who took a benzodiazepine for six weeks reported inability to discontinue it without significant mental and physical withdrawal symptoms.

Benzodiazepines impair the body's ability to make melatonin, which is necessary for sleep. While they are helpful in the short term, benzodiazepines are sleep disruptors in the long-term.

Caution – DO NOT suddenly stop taking a benzodiazepine if you have been taking one. This must be done incrementally and with medical oversight. On the other hand, EPT can help with non-drug sleep hygiene. Please get in touch.

Research Shows

Immediate and undesirable sugar spikes following a high glycemic [sugary type] meal can be significantly reduced by mild exercise after the meal. Have you eaten an unhealthy meal? Going for a 20-minute walk will help reduce adverse sugar spikes.



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.

Food For Thought: Bottled Water



Water is a vital macronutrient (nutrients used in the largest amounts). Water supports the function of every cell in the human body.

Approximately 60% of the body is comprised of water. Different organs and systems may have more or less, but they all depend on water to function properly. Along with organ function, water supports nutrient and oxygen delivery, electrolyte balance, digestion and elimination.

Like processed and packaged food, water is victim to marketing gimmicks and diet fads. Did you know that bottled water may contain additives like minerals, silicates and starches? It's true. These additives are carefully chosen to affect taste and mouthfeel.



Why do this? The idea is to create a dry mouth sensation that increases the desire to drink. The marketing goal is simple. Foster brand loyalty. Consumers who feel thirstier are likely to keep buying Brand X's bottled water. The more customers are aware of a brand, the more familiar they become. This all plays into their minds when making a purchase.

When it comes to water, the most important thing is to drink enough to have urine that is pale yellow to clear. Water intake is important for balanced nutrition and a healthy body. Don't waste money on overpriced products with fancy packaging and questionable claims. Keep it simple. Use filtered water pitchers or buy basic bottled water.

Contributed by Lynette Jernigan BS, CFNP