



# Day Eight

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# Inflammation

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It has become increasingly obvious that chronic inflammation is the main cause of many chronic illnesses - heart disease, many cancers, and Alzheimer's disease, for example.

We recognize inflammation as redness, heat, swelling and pain. It is a natural healing response to bring nourishment and immunity to an injury or infection. When the inflammation serves no purpose and refuses to go away, it causes illness.

Some of the things that contribute to inflammation include stress, lack of exercise, dietary choices, genetics, and exposure to toxins (like secondhand tobacco smoke, prescription drugs like steroids and NSAID's and metals ) . Learning how to adjust dietary choices is one of the best ways to deal with chronic inflammation.

There is a blood test that detects inflammation – you should talk to your doctor and have them check your CRP or C-reactive protein. It is a protein that is found in the blood and is the major red flag for inflammation.

# Inflammatory Foods

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1. Sugar - Sugar is in many processed foods and we don't even realize it.
2. Cooking Oils - Corn, cottonseed, safflower, soy, sunflower,
3. Trans Fats – Check all labels and NEVER eat trans fats.
4. Dairy - Milk is a common allergen that can trigger inflammation, stomach problems, skin rashes, hives and even breathing difficulties.
5. Feedlot-Raised Meat - Animals are fed the foods that cause inflammation for us. They are also given hormones and antibiotics.
6. Red and Processed Meat - When consumed in high quantities, we develop antibodies that cause inflammation
7. Alcohol - Regular alcohol use creates irritation and inflammation to numerous organs, which can lead to cancer.
8. Refined Grains - "Refined" products have no fiber and have a high glycemic index. These include white rice, flour, bread and pasta.
9. Artificial Food Additives - Aspartame and MSG
10. Allergens - Any food that you are allergic to and eat anyway.

# Inflammation

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## Anti Inflammatory Foods

- Blueberries
- Chocolate (Dark, uncooked)
- Cruciferous Vegetables
- Extra Virgin Olive Oil
- Ginger
- Garlic
- Green Tea
- Kelp
- Sweet Potato
- Turmeric
- Watercress
- Wild Alaskan Salmon

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# Cleanse Your Mind

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## Affirmation

I attract all that is good. My relationships are strong and healthy.

## Thoughts

List 5 things you are grateful for.

# Journal



Thoughts, Feelings and Intuitions (Spiritual, Family, Inspirational)	
Gratitude	
Goals	
Fitness	
Joy	
3 signs of progress	
Something I will do better tomorrow to move me toward my goals.	