

Inflammation - banish the fire with yogaplustherapies.com

Inflammation is part of the immune system response recognising SELF from NON SELF. It is a defence mechanism of the body where it recognises damaged cells, tissues, irritants & pathogens, and begins the healing process. The immune system can both “turn on” and “turn off” the inflammation reaction. It works via complex cellular and protein communication (cytokines) and requires multiple checks and balances so its action is strong enough to help, but not so strong as to cause damage to the body. Its response is also moderated via the nervous system, particularly the VAGUS nerve.

ACUTE (short term) inflammations is a healthy process and is characterised by:
PAIN - it really ramps up the body pain/protectometer system through chemicals sensitising the nerve endings in the tissues.
REDNESS - it opens capillaries to increased blood flow
IMMOBILITY - turns muscles off to protect the area ie so weakness
SWELLING - caused by build up of fluids
HEAT - due to blood flow

Acute Inflammation can come from trauma but also from infection.

CHRONIC (long term) Inflammation is NOT healthy and is characterised by:
Chronic Diseases like heart disease, diabetes, some cancers, asthma, kidney disease and even some mood disorders like depression.

Auto - Immune Diseases like inflammatory arthritis where the immune system attaches the body

Body acidification leading to stiffness & fibrosis

Chronic Pain such as low back pain & arthritis (& general aches & pains)

Brain fog

Fatigue

Chronic Inflammation can come from many factors including:

Genetics, being overweight especially waist (men > 92 cm, women > 80cm), high levels of chronic stress, being sedentary & low physical activity, poor sleep, poor GUT Health ie leaky GUT or poor GUT Biome, Food Intolerances, Sugar especially fructose. poor sugar control, toxins like smoking & alcohol, and gum disease.

Soothing Acute Inflammation

Anti- inflammatory Meds (NSAIDs), Cortisone

Ginger, Green Tea, Turmeric Milk (Curcumin 1000mg), garlic

Treat Infection

Enough Rest

Protect Injured Area - stay active while protecting

Compress with bandage/Elevate

Early Mobilise to prevent stiffness & improve circulation

Manual Therapy/Bowen

Use of Cold (heat) according to best response - 15 mins

Cooling Chronic Inflammation

Anti- inflammatory Diet - fresh extra virgin olive oil, rice bran oil, tomatoes, nuts, leafy greens, fatty fish, lots of coloured veggies & fruit ie

AVOID - fried foods, processed foods (white), sugary drinks, transfatty acids ie margarines,

Reduce toxins like smoking & alcohol

Improve GUT Biome - more fibre, lentils, probiotics

Loose weight

Move More

Reduce STRESS try Yoga or Meditation

More Quality SLEEP

VAGUS Nerve Activation with slow breathing 4 to 6 breathe per min, humming, singing...