



Health Fact Sheet

The Inflammatory Model

The Inflammatory model is an understanding of how inflammation occurs within the body and therefore gives a guide as to how to treat it.

Inflammation in the body comes with many names (usually ending in –itis), but can be traced back to a common set of underlying causes.

The body sets up inflammation as a response to certain triggers. These can be:

Exotoxins – household chemicals, pollutants, food additives, pesticide residues, pharmaceutical drugs, cosmetics, microbial toxins, mycotoxins, plant and animal toxins, heavy metals

Or

Endotoxins – these are toxins produced in the body ie. nitrosamines

Or

Allergies and intolerances – grains, cow's milk, soy products, yeast products or even animal meats are the most common. There are tests available to see if any of these are contributing to the problem.

What the body needs to fight back against this are certain modulators:

Antioxidants – selenium, zinc, vitamins A, C, E, flavinoids, grapeseed, hawthorn, pinebark etc

And

Glycaemic Index – it is important to eat a low GI diet as high GI foods can substantially add to the degree of inflammation. The body is irritated by either high or low blood sugars

And

Omega Oils – primarily omegas 3 and 9 which have an anti-inflammatory action. Omega 6 tends to have an inflammatory action in the body. The majority of people are seriously deficient in Omega 3s and we therefore tend to concentrate on getting the levels of this oil up in the body. An essential part of this approach is to also have phospholipids in place ie lecithin, seeds as they help the body to utilize the oils.

NEW****

Redox signalling molecules were discovered relatively recently and have been shown to be fundamental to health at a cellular level, contributing greatly to balanced body systems or homeostasis. The science behind redox signalling molecules and the fundamental role they play in health and healing is developing fast.

Boosting levels of these molecules within the body has been shown to have a strong anti-inflammatory effect.

Available as both a liquid for internal use and a gel for topical use, it is not available through retail outlets, this biotechnology product comes direct from the manufacturer. Go to this link for further information: www.lifedesigns.teamasea.com