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Good morning and welcome to our webinar today on managing inflammation with food. For those of you who don't know me, my name is Christy Goff. I'm a registered dietitian and yoga instructor for Pacific Medical Centers. I also run a program called the Living Well Alliance, where this is a workplace wellness program, offering you guys some great education

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around nutrition. And I also do individual counseling at four of the locations on your screen. So Lynwood, North Gate, Beacon Hill and Federal Way. So let me know if you guys have any questions on man or about individual nutrition counseling.

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So let's look at what we'll go over today. We're going to focus mainly on chronic inflammation, and we'll discover what the difference between acute and chronic is. We'll name some foods that help to support the inflammatory process and also some that might not support it, and then we'll go into a little bit of lifestyle factors that can

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help manage specific types of inflammation. Again, feel free to ask questions if you're listening to this live and know that you'll get the slides after you and the presentation today. So what is inflammation? The word inflammation traces back to the Latin word meaning to set fire.

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And it's really the body's natural response to protect itself from harm. The fire term comes from the fact that in some inflammatory conditions, you literally feel heat pain, redness or swelling again, all of these signs of acute inflammation.

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In some cases, however, this inflammation is happening internally, so you wouldn't necessarily feel or see these symptoms, but they are happening just in a different way. Inflammation is essential, so I know it gets a bad rap when you talk about inflammation, it's always usually in a negative term, but it is essential for our body to survive and

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the it's a natural part of the immune system and it is there to heal injuries, fight infection and basically protect the body. It's also supposed to have a short start and end. So when it goes on too long, that's when there can be more injuries to the body that is actually from the inflammatory process that you don't

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want to get. So we deem this the chronic inflammation. And we're seeing that inflammation is related to a lot of these different disease states out there. So it can be one of the underlying factors that we'll see and we'll look at why that is today.

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I put this short video down below. It's about eight minutes and it talks about inflammation, and it's a really good synopsis if you want more after you finish with our presentation today. So first polling question is what is an example of acute inflammation?

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Your choices on the screen are heart disease, arthritis, Crohn's or strep throat. What do you think is acute inflammation? And I've alluded to what those definitions are. I'll give you about 30 seconds to answer, so not very long, so think hard and quickly.

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So what are things in the sample of acute inflammation? Heart disease, arthritis, Crohn's disease or strep throat, and we're about to finish the poll, so I'm going to shut you guys up. And share their results. Looks like a lot of you chose arthritis, which was B or strep throat, which was D, so all of these are types

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of inflammation is going on. But the true acute inflammation is usually strep throat. So you start with the disease process, it kind of ramps up all of the immune system cells, but the duration is fairly short. So when we talk about acute versus chronic timing is going to be really important.

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And the process is quite complex, so when inflammation occurs in the body, many different immune cells suddenly become involved. They release various substances known as inflammatory mediators. And these also can include hormones like Brady Kinin and histamine, which you might have heard before, like antihistamine drugs.

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They caused the small vessels in the tissues to dilate become wider, allowing for more blood flow to reach the injured tissue. For this reason, we see that redness, pain and swelling that we mentioned before. They increased blood flow also allows more immune cells to be carried to that injured site and start the healing process.

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So an example of strep throat, this is happening pretty suddenly and pretty immediately. So this would be more of an acute response to the inflammatory. Mediators have another function as well. They make it easier for the immune system cells to pass out of the small blood cells where they can enter the infected tissue.

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So normally, cells stay within the bloodstream, but there's tissue kind of blocking it. But they can kind of move in like you see in the diagram here to get to where they need to go. And this is important for temporary purposes, but this can be kind of harmful in other situations, which we'll we'll think of.

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We also see more mucous membranes released into the fluid when the area is inflamed, so in the example of strep throat, you might see a lot of more mucus in the throat area. Typically, when we have a cold, we get more nasal mucus and this will help again flush out the virus and trap them where they're at

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. So what is the difference between acute and chronic? So usually the chronic is happening after a two or three week period. So again, acute is pretty short term, whereas chronic is more long lasting. And then in chronic inflammation, there is an ongoing stimulus that occurs in response to unwanted substances in the body.

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So it could be that there is something physically in the body that isn't supposed to be there, causing this inflamed inflammation to happen over and over again. And it's not able to cure itself or heal itself. Other reasons for chronic inflammation would be smoking cigarettes or putting unhealthy foods in our body over time.

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Your body is constantly trying to repair and fight off these things that are entering the body pretty conditionally. Another example of chronic inflammation is heart disease. Inflammation kicks off a process called atherosclerosis, which is a buildup of fatty or cholesterol rich.

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Plaques in your body perceives these plaques as abnormal, so it's constantly fighting these things that can build up over time and actually block your blood vessels, which is where we get heart attacks and strokes from. Again, we won't go too into the different types of inflammation, but just know that acute inflammation is essential as part of our

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survival. Chronic inflammation can help be helpful, but most of the time it's causing some kind of disease state. And what are other causes of chronic inflammation, so we got a list going here. You can see that chronic stress is up on the list there, so that over time is kind of similar to having a cigarette not necessarily

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as bad, but you're basically calling immune cells to the scene because of some of the damage that chronic stress can provide the body. Also, poor sleep excess body weight sometimes can increase the inflammatory markers in the body and then a lot of different other conditions.

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So it's a little bit of what comes first, the inflammation or the disease. And I think we can make arguments for both where when you have a disease, your inflammation increases. But sometimes underlying inflammation from just general lifestyle factors can actually cause disease.

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So know that it can go both ways. one question I got up here is does fasting help chronic inflammation? Not necessarily, because we'll see that food can do a bunch of things. It can either up regulate the inflammatory process or down regulate, depending on the type of food and what the action is in the body.

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So not all the time is fasting the answer. So let's start with some of the the reasons why we're talking about nutrition for reducing inflammation today in general to reduce levels of inflammation, we suggest an overall healthy diet.

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There's no one food that's going to cure inflammation that's happening in the body. So it's more complex than that, just like a lot of other subjects that we've talked about. While this is a little disheartening, we do know that certain food groups are better for reducing inflammation than others.

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And typically we look to the Mediterranean diet as kind of the first diet pattern that really shows a decrease in inflammation over time. This eating plan follows closely the tenants of a lot of inflammatory anti-inflammatory eating patterns. And it's because it has such high volumes of fruits vegetables.

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It's got some healthy fats like nuts and seeds. It usually people consume a lot of fish in these regions. They have less processed foods. They're doing leaner proteins. They're having things on the list that you can see here.

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So some healthy, sweet, some red wine, but it's not too many. Some herbs and spices, which we'll talk about. Some of those today, as well as some of these like extra things like tea and different supplements that we can address as well.

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So this is kind of the general diagram of what you should be eating around in reducing inflammation, but also helping with a lot of other chronic diseases out there. So a diet high in fruits and vegetables may be one of the biggest and baddest defenses out there for reducing chronic inflammation.

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Again, it's not like taking an I.V. paraffin and immediately you feel amazing. It's going to happen over time and it's going to happen slowly. So fruits and vegetables are highly bioavailable. They have a lot of vitamins, minerals, fiber and phytochemicals, which all produce anti-inflammatory components and activity in the body.

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When they looked at a study investigating self-reported fruits and vegetable intake among adults, they found that individuals with the highest consumption so more than two servings of fruit and three servings of vegetables per day had significantly lower plasma levels of pro-inflammatory markers.

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And if you hear about these in the news, some of them that come up, they measure CERP. They measure interleukin six or IL six and then tfn alpha. So these are three that you can test in the blood that you might have seen if you've ever had an inflammatory condition before.

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In this study, they also saw a decrease in biomarkers for oxidative stress in the body, all of which kind of contribute to higher inflammation. So kind of the action item I want you to take away with is aiming for about four to five servings of fruits and vegetables daily, and this can be met by doing about half

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of your plate of these fruits and vegetables in every meal that you get. So think about ways you can add in more vegetables, and this is one of the biggest things that you can do for preventing chronic disease and reducing inflammation.

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I wanted to point out that there is a category of foods called nightshades. And I just gave you the answer of my next polling, so I'm going to skip number two. Sorry about that. So nightshades is a family of vegetables that have been seen to have some pro-inflammatory responses in certain individuals.

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So they include potatoes, tomatoes, paprika, eggplant, tobacco and peppers. And these foods, they have a compound called solanine, which is a neurotoxin when at large doses. But usually the amount in these foods are very low. So it would only be a certain amount of individuals that have a sensitivity to this family, and it can cause more

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symptoms like joint pain or arthritic, as opposed to some of the other ones. It's been basically disproven that nightshades are going to upregulate an autoimmune disease. However, each individual we could test them. If you thought that this might be a problem, we do not suggest taking them out.

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I know this is popular on the Tom Brady diet, but it is worth testing. If you've kind of felt like, OK, I'm eating a lot of tomatoes this summer and my symptoms are worse or I eat these foods all the time, what would happen if I take them out for a one to two weeks and just experiment

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? However, if we take them out completely and we don't react to them, we're missing out on some of the great properties found in these these vegetables. So, for example, tomatoes have a lot of lycopene, which has been shown to reduce blood pressure and help with eye health and just be a general, an anti-inflammatory food.

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So I just wanted to point that out, since I get a lot of questions about nightshade, since in the media, it can be kind of confusing whether or not to follow these. Secondly, on our list is fiber in this kind of goes along with our fruits and vegetables.

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But other fiber rich foods like whole grains is an essential component to an anti-inflammatory diet. So beans can be included in that whole grains. Anything that we ferment in the body. And this in general helps with our proliferation of probiotics, but also cuts down on inflammatory reactions.

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Additionally, high fiber is seen to benefit our blood sugar, so even people that do not have diabetes can benefit for a more balanced blood sugar throughout the day and puts less stress on the body. Whole grains also consist of different components that are a valuable source of phytochemicals, vitamins and minerals, as well as fiber.

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So again, I know there's a lot of demonization around different carbs, but we really want to focus on complex carbs, the whole wheat variety of things, some of the ancient grains, as well as fruits and vegetables. And then, of course, our beans.

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So how much fiber do we need? A day trying to consume about 25 to 35 grams per day is going to be your goal. So this can be done by food tracking for even a day or two just to see where you're at.

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This can be making sure you're getting half of the plate vegetables and fiber rich grains and making sure you have normal bowel movements. Sometimes this is an indication that fiber might be needed in abundance, so I'll challenge you guys on that with this next action item.

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one question I got sorry from the previous slide was about meats, and if they're on the top of the pyramid, they're definitely not evil, right? We don't necessarily support a vegetarian diet. However, we do know that a lot of our plant food friends have more benefits on reducing inflammation than some of our meat components.

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So those are great protein sources, but we don't want to take have that have meat, take over the meal. We want it to be mostly plants with just some meat sparingly for that protein source and other vitamins to.

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Thanks for that question. OK, moving right along into Fats, this can be a really confusing subject, so I like to show this diagram to show there is three general categories of fats there saturated fats, unsaturated and trans trans are mostly manmade, and they're starting to be removed from our food supply, thank goodness.

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So the main ones are saturated and unsaturated, and most foods have both. However, you want more of your foods that contain more of these unsaturated fats. They're broken up into different categories. But essentially, these are going to be healthier for the body and help with reducing inflammation.

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So saturated fat tends to increase our cholesterol, increase our inflammation in general in the body in large quantities. And whereas the unsaturated fats seem to have the opposite effect and we'll go into why, so lots of food items to consider and the benefit really comes from replacing saturated fats with unsaturated fats, not just taking a low carb

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, low fat approach in general. So we've kind of learned that fats are important for inflammation or reducing inflammation, I should say, and we don't want zero fat in the diet. So action item for this choose mainly unsaturated fats is simple, one is switching out butter with olive oil.

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You could try avocado instead of mayonnaise on different things like egg salad and tuna salad. You could try avocado toast that was really popular. If you have any ideas, pop them in the chat bar and I'll I'll share them with the group.

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So I wanted to go over a little bit more on omega three fatty acids because these are really the stars for reducing inflammation in the body. So this one is probably the most researched as well as far as lowering your inflammatory proteins.

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And it's been seen to help with reducing the risk for dementia, heart disease, cancers. There's a lot of other things that they've been studied for even our mood, like reducing depression and anxiety. So research shows that a diet high in omega three fatty acids may decrease inflammation to the same extent that even an aspirin or a non

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steroid steroid anti-inflammatory drug. So that and sense omega six is, on the other hand, aren't as good for this. So they're still an unsaturated fat, but we tend to just have an abundance of them in the diet compared to our omega threes.

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And what we find in the body is they like to be in a certain ratio. So we always have more omega sixes and threes, but we want that ratio to be at closer odds. So if we're not consuming any omega threes, but we are consuming tons of omega six as the body does tend to find a more

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inflammatory approach. So omega threes are really kind of the star for this one. So here are some different food sources of your omega threes. I did it again, I gave you the answer to the next polling question, so I was going to say, what's the highest amount of omega threes?

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But I just gave you the top ten list and it's a it's usually always around. Salmon, mackerel or sardines are kind of the stars. You can get some omega threes and grass fed beef. Since they're munching on the pasture land, they have more exposure to omega threes.

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Some fortified products, like eggs, are now offering omega three sauces and orange juice. So know that these can all add up, but your best choices for omega three foods are going to be your fish sources. I also put some lists of some of the other seeds down there, so chia seeds, flax seeds, hemp seeds could be included

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in that walnuts. They all have a different type of omega three called Ala. And I'll show you this diagram not to scare you, but just to note that this ala the kind of the vegetarian sources of omega threes need to go through two extra conversions for it to be active in the body.

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So sometimes this process is slower and some bodies and others we can't for sure know that all of our flaxseed omega three fatty acids are being converted into the healthy, whereas the fish is the more direct form of omega threes.

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And you can see that through this pathway, they all are producing these anti-inflammatory prostaglandins, which then go into the body and regulate that. So sorry to confuse you, but I really like the visualizations, and this really helped me understand why Ala Aly's weren't as good as like a fish sauce.

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But both are good to have in the body. So the recommendation is trying to get two to three good sources of Omega three foods each week, something around the lines of seafood or a mixture of those nuts and seeds that we looked at, or maybe even fortified products or a supplement.

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So that should get your stores up, and then research is kind of still up in the air about dosage for supplementation. But if you have specific questions, let me know in the chat bar. So next is herbs and spices, these items are often overlooked because they are so tiny, right?

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We don't use a ton of them, so they are being used now for an anti-inflammatory approach, and they also make food taste better. So some of the healthier food options are a little bland if you're not doctoring them up with these spices.

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So they kind of go hand in hand with sharing some of these properties of anti-inflammatory, though most contain bioactive compounds that help regulate that inflammatory process, as well as the immune system. So you might have heard some of these with COVID 19 and trying to boost or support your immune system.

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Therefore, all of these spices are known to affect their metabolic pathway, even in smaller doses. So it's not that a lot of studies used a very high dose, but we know that a little bit over time can be just as helpful as well.

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So, for example, turmeric is one of the main stars for anti-inflammatory. This has been shown to also have anti-cancer benefits, cholesterol lowering benefits reduction in platelet aggregation, which is kind of where it forms the inflammation in the body.

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In addition, tumor may maintain remission of ulcerative ulcerative colitis and some types of arthritis. So it's been used as one other treatment not not not necessarily a cure, but treatment for some of these autoimmune diseases or diseases where inflammation is kind of the main component.

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There is something to be said about turmeric being absorbed better when combined with black pepper. So this is important that you work together, and if you are on a supplement, you can do too much turmeric. So know that too much is not necessarily a better thing.

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We want just little equal doses, depending on what your condition is. But I like to suggest food first for those people that are just working on prevention. Capsaicin is found in cayenne pepper and other hot chili peppers, and this has been praised for the health benefits all through ancient times.

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It contains these natural components that are said to be anti-inflammatory and also makes it really tasty and spicy, so it



can be a nice one to add as well. It's also seen to exhibit anti-cancer properties specifically for pancreatic, breast, lung, prostate, colon, brain, stomach and bladder cancer, so a lot of different varieties there.

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I wanted to highlight cinnamon, too, because this has been examined for both and antidiabetic agent or helping improve glucose tolerance. But also this has been shown to be anti-inflammatory and can ease swelling. So we know that the dosage has to be quite high to actually affect diabetes blood sugar numbers.

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However, it helps to reduce sugar by naturally having that sweet and savory taste all at once. So adding little cinnamon on to things that are naturally sweet can reduce the need for sugar, which we know are more of an inflammatory ingredient.

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And then the last one I was going to highlight is ginger. This is a zesty spice used many times and a lot of different cultures, especially like curries. And it's even used in traditional medicine to treat stomach upset headaches and even infections.

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They also seem that ginger can help reduce platelet aggravation just like the tumor and improve blood pressure and glucose tolerance. So this has been praised for centuries as kind of an anti-inflammatory. I got this diagram from the website below, and it has more information if you're wanting to read more about some of the other ones.

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I have a question around with essential oils, work better for spices. I don't know exactly what the research that certain companies are using around that, but it is kind of the concentrated version of it. So they claim that yes, like a tumor of the essential oil is more concentrated.

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But again, I'm not necessarily going to recommend those since it's a little out of my scope, but good questions. For Cinnamon, is there a specific type of cinnamon? There are two main types of cinnamon, and I am not sure which one they used in the studies that they showed, but I can try to find out for you

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. That's a great one. Is grass fed meat the same as? Pat, as fish, I'm not really sure what your question is, so if you want to repeat that one again, grass-fed meat. Is not quite as high in omega threes as fish, if that was what your question is.

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So no, that you're it's not. NestlÃ© recommended to eat a ton of grass-fed meat. It still has some of the same inflammatory properties that red meat has in and eaten in abundance. So we usually stress fish more so.

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And then, yes, I answered hopefully the difference between animal based Omegas and then the plant based. All right. Thanks for the questions. You guys always great. So your action item on spices and herbs is you use them, be creative.

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Try doing different things. There's a great Netflix documentary called Salt Fat Acid Heat. She also has a great cookbook that really looks at different cuisines and spices in the region, and it's a nice way to get familiar with maybe spices that you don't use on a normal basis.

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Things like rosemary and thyme and basil can be a really great component to certain meals as well. So challenge yourself. OK, and lastly, as a category of prebiotics and probiotics, so prebiotics are defined as non digestible, non observable substances that can be fermented by bacteria in the gut, they promote desirable microflora or desirable probiotics and impart improvements

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on your health. So they are technically most fiber rich foods prebiotics. Specifically, some of the ones that stand out are from chicory root Jerusalem artichokes, onions. But again, a lot of if we're eating a lot of diversity of fiber rich foods that are going to feed a variety of probiotics in the body, which is what we aim

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for. Probiotics are live microorganisms that, when administered in adequate amounts, are eaten, confer some kind of health benefit to the host. So these are the good guys in the body that's helping us digest, support the immune system and create some vitamins and minerals that we just can't do ourselves.

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So they're really important and we have tens of trillions in the body. Out they are. There's more probiotics in our body than actual cells, which is pretty amazing when you think about it. Different probiotics can also be classified as pro-inflammatory or anti-inflammatory according to their capacity to stimulate the immune system cells.

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Ideally, the immune system is stimulated when we need it to be to fight off pathogens and just kind of guard the body and make sure there's no threat. But we know that sometimes we need these anti-inflammatory probiotics, which inhibit cell production and can decrease the risk for allergy.

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Inflammatory bowel disease or other autoimmune conditions. So there's different ones that are being studied for different things. I wish I could tell you which ones to get for which disease. At this point, there's some speculation out there, but really the consensus is just trying to have a wide diversity.

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And if you've been on an antibiotic recently, it's good to get extra probiotics to help replenish that diversity. Since it's mainly kind of dead ends that that in the body. So we know that they can be a really big help, especially for like things like IBD, there's fecal transplants now that basically use the concept of trying to

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increase a certain variety of various bacteria in someone that's having an inflammatory condition. We also know that gut health is really important for managing disease states, so there is more information at the article I'm putting on top of your screen, if you're curious about that.

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But no, we want to eat some fermented foods, and I would encourage you to try some, even today. So please, in the chat bar, what kind of probiotic is your favorite in a food? And we can go over these in a moment of the different types.

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If you do have some kind of GI symptom that you want to address or it's new to you or you're just not sure if you have any issues with digestion, it's good to chat with your doctor or dietitian about that because one of the kind of the biggest causes is we kind of think these stomach problems are

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normal until it might cause something greater. Sometimes it is normal, right, depending on what we eat, but sometimes it's not. So some coming in here is Greek yogurt, kimchi, sauerkraut. Awesome. And if you're concerned about the fat content of yogurt, just choose a lower fat variety.

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It's pretty low in saturated fat, even the full fat variety. So I'm not too concerned with people eating one or one or two servings a day of yogurt compared with cheese, which is much higher. Perfect. Oh, someone puts Apple or cayenne pepper on their Apple.

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That's a really good idea, so that's sweet and spicy. Perfect, yeah. Yogurt is probably the easiest one to get in our country. We also have some drinks out there like Kiefer and Kampuchea that can be a source of probiotics.

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There's other things like fermented pickles and sauerkraut and vegetables. We want to get the ones fresh because most of the ones that aren't refrigerated are pasteurized and they actually kill all the bacteria. So there are some brands of pickles that are fermented, but usually we'll say on the label contains live bacteria.

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Most pickles are pasteurized, though. Oops, sorry. All right, so just as a reverse, diets that tend to increase inflammation include lots of meat, processed carbohydrates, sugars and saturated fats, as you can probably have guessed from what we chatted about today.

00:32:42:15 - 00:33:01:08

Unknown

This is the typical Western or American diet, right? And we've seen that study after study have concluded that a diet based on the foods that we just talked about have that inverse association with inflammation in the body and a greater increase in longevity, especially in our older population.

00:33:01:19 - 00:33:18:02

Unknown

So this study was great, just looking at a systematic review, meaning looking at a lot of different studies and finding that again, that C-reactive protein that CRP is is going to be increased in people that are eating more of these western like patterns.

00:33:24:04 - 00:33:42:19

Unknown

So let's put it all together, and then we can go over some more questions for you. Like, I'll try all treatments, it's not enough to do one thing. So I know that it's really frustrating, especially if you have an autoimmune disease to go through treatment after treatment and just find that it's yeah, there's no one magical food

00:33:42:19 - 00:34:05:24

Unknown

right for components that I want to point out of. Other lifestyle factors to consider are not only your nutrition, which we chatted about today, but your stress level, your physical activity and sleep. So all of these things I'm constantly addressing in my individual appointments and finding out what's getting in the way of having good sleep, getting a

00:34:05:24 - 00:34:29:09

Unknown

decent amount of physical activity in and managing your stress. Is it time? Is it family? Is it other things coming up in your life? And how can you prioritize some of your self-care to include any of these four kind of points because we know they all work together to make sure that that inflammation is nice and balanced

00:34:29:09 - 00:34:43:23

Unknown

? Again, we want some when we're injured, but we don't want it to be constantly fighting our own body. So food can definitely be part of your medicine regime. If it is something more severe, it might require medication or medical attention.

00:34:43:23 - 00:35:04:02

Unknown

And that's OK, too, because that's all about protecting and putting your levels and back in the safe place. For example, high blood pressure over time can lead to blood vessel damage. So making sure we try our nutrition and stress management and exercise and sleep, but also maybe getting a medication on board can be really important.

00:35:05:03 - 00:35:23:20

Unknown

And, of course, small changes, so you don't have to go out today and suddenly only anti-inflammatory foods. We have a little space for all foods out there and focusing on just a small change that you can do is going to be more beneficial than trying to go on a fad diet or do everything all at once.

00:35:24:03 - 00:35:45:09

Unknown

So that's my biggest advice for you. And again, I'm open to additional questions. I will send you some resources after the presentation and your follow up email. But these are three books that help to kind of get recipes or ideas of what now can I eat right and I'll send you a couple of actual recipes as well

00:35:46:21 - 00:36:06:21

Unknown

. So one of the great dietitian that's local is Michelle Babs. So I've seen her present and she has an anti-inflammatory cookbook out there. She's a registered dietitian. This one's great for just kind of Mediterranean eating. And then this one's a great one for an easy meal plan to follow.

00:36:07:09 - 00:36:24:22

Unknown

And again, by dietitians, though that's usually something I look for, as opposed to something that sounds too good to be true, which probably means it is. All right, and great questions. Do some foods or spices react differently between men and women?

00:36:25:07 - 00:36:45:00

Unknown

I wouldn't say it's gender specific, but it is pretty individual. So one person's body could respond super well to turmeric as kind of a pain management technique. And other people might not feel anything. It's probably based on the severity of that pain or inflammation and also how your body's processing it.

00:36:45:00 - 00:37:01:06

Unknown

So just like those different paths for your plant based omega threes and your animal based omega threes, different foods have different components in it. So there's not necessarily a way of kind of telling you what's going to work for you, unfortunately.

00:37:01:11 - 00:37:24:04

Unknown

That's the challenge a lot of times with endocrinologists. Hormones can make a difference for inflammation. However, it would be again pretty specific to that individual like PCOS is having trouble with estrogen regulation, so that could be something that's causing inflammation or something that has somebody that has too much testosterone could have something else as well.

00:37:25:15 - 00:37:39:04

Unknown

Yes, I'll send the list of action items in the presentation and the follow up email. Is shrimp included in the fish category? So shrimp is a nice food to include in your diet, however, it's pretty low in omega threes.

00:37:39:14 - 00:37:52:08

Unknown

That's again not to say that you can't eat shrimp, even though it has quite a bit of cholesterol. It does have low fat or sorry and low saturated fat, so it seemed to not necessarily enhance your endogenous cholesterol.

00:37:52:22 - 00:38:07:23

Unknown

So I still recommend it. But if that's the only seafood you're eating, you're probably not getting a much omega threes. Do you recommend a fish oil or other non fish oil as supplements in specific cases? Yeah, I do.

00:38:08:10 - 00:38:27:06

Unknown

It's it's helpful for lowering triglycerides. So that's the one that comes out more prominently, I would say, is using supplementation for trying to get at least a gram or 1000 milligrams of EPA and DHA is ideal. So look at your brand and kind of see where you're at.

00:38:28:23 - 00:38:48:05

Unknown

The plant based omega three supplements can be really nice if you're vegan or just don't really like fish or don't want to contribute to the fishing industry. So this is an option. It's an allergy form. So this is again the alpha form, so you might have to take a little bit more to see the same benefits as

00:38:48:05 - 00:39:12:03

Unknown

the EPA and DHEA, although they don't have any specific recommendations. I can tell you around that. And then is krill oil better than fish oil? So not necessarily again, it's just about the quantity. So they. I would have to look up what is actually in the krill oil as far as EPA and.

00:39:13:02 - 00:39:34:03

Unknown

But essentially, it's just a different way and probably more sustainable way to get a fish oil supplement. Usually the

smaller fish when they're harvested are going to be more sustainable and you want your supplement company to do third party testing if possible, so that someone else is going in and testing to make sure you're taking what you

00:39:34:03 - 00:39:52:17

Unknown

want to be taking and there's no mercury or any kind of dangerous items in it. And one question is Allah from plants better than the Allah form and grass-fed meats? I know they would be about the same now.

00:39:52:18 - 00:40:14:14

Unknown

Good question. All right, any other questions today? Let me put my email on the screen for you. Actually, that phone number is wrong now. I thought I took it out and one of the power. So you can email me if you have any questions or if you don't receive a follow up email, you'll get it this afternoon

00:40:15:00 - 00:40:28:08

Unknown

and know that you can always touch base with me at any point for questions or if you're curious about those individual nutrition appointments. It's usually through insurance, and it's with Pacman.