



Month 2 – Video #6

R4 – Reduce Cellular Inflammation

1. In 2004 Time Magazine released an issue titled “The Secret Killer – The surprising link between INFLAMMATION and HEART ATTACKS, CANCER, ALZHEIMER’S and other diseases.” I believe most people when they think of inflammation they think about a swollen ankle or knee. Maybe they think about tendonitis or some other mild inflammatory process. What they were referring to is inflammation at the cellular level. Inflammation on the actual cell membranes both the outer and the mitochondrial as discussed under R2. Inflammation on these cell membranes blunts the hormone receptors and prevents good stuff from coming into the cells and the bad stuff from leaving (detoxification). For this reason reducing cellular inflammation is critical to healing.
2. Inflammation on the cell membranes is driven in large by three things. Sugar, bad fats and toxins.
3. Controlling blood sugar is critical. Not only is it an anti-nutrient, meaning that it takes more energy to metabolize than you get from it, but sugar leads to the release of insulin which is very inflammatory and makes you age faster when present in large amounts over extended periods of time. The use of supplementation is useless to bring down sugar or insulin. Diabetics understand that the continued injection of insulin to control blood sugar does nothing to reverse the degenerative nature of their condition. Most don’t die from the diabetes but the degenerative effects of prolonged elevation of glucose and insulin, namely heart disease, dementia or Alzheimer’s.
4. The way to control blood sugar is to reduce the intake of sugar and substances that turn into sugar. One of the main culprits we need to limit the intake of is grains. Grains turn

in to sugar seconds after being put in the mouth and can spike your sugar and insulin levels.

5. Bad fats must also be eliminated from the diet to the best of our ability. Oxidized or polyunsaturated fats such as those we find in vegetable oils need to be avoided. Unfortunately we find them in many food products. The problem with the polyunsaturated fats is that they denature easily even with low heat turning them into bad fat or Trans fats. We want to focus on the consumption of good saturated fats such as those found in coconut oil, avocado, almonds etc.... These good saturated fats actually help reduce inflammation, have been shown to help us lose weight and don't break down easily at high temperatures. Additionally, our cell membranes are made of saturated fats and cholesterol. Coincidentally, two of the main things the government has been telling us to avoid eating for years. In 2015 the government finally took cholesterol off of the bad food list. Interesting.
6. Last we need to remove toxins. Toxins are found in our food supply so going organic, especially with our meat and dairy are critical. Toxins, antibiotics and hormones are found in concentrated levels in corn fed beef and dairy which drive inflammation. Heavy metals from fillings and other sources, Biotoxins such as mold or Lyme's Disease, and chemicals from the daily use of products can all play a part in driving inflammation and disrupting hormone function. Removing the source R1 is critical before we detox what we can from the body to create long term reduction of the inflammation on the cell membranes to that they can function optimally.
7. There are two supplements we use to help break inflammatory cycles in addition to removing the source and detoxing the body, EPIC and ROX.
8. EPIC is used to break the NO/ONOO cycle a vicious inflammatory cycle that can be driven by stress, toxins, or infection of any type. This cycle literally self-perpetuating once it has begun and continues to feed itself until broken. I will discuss this cycle in a separate video. This cycle has to be intentionally broken and we use the product EPIC to do this. The NO/ONOO cycle has been related to many unexplained illnesses such as Multiple Chemical Sensitivity (MCS) and many others.
9. ROX is another great product which will down regulate inflammation and certain of the antioxidants used in this product have been related to positively influencing gene expression. The combination of EPIC and ROX has been instrumental in helping many of our clients regain their health.