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stress, your body becomes chronically inflamed.

As if stress wasn't bad enough, your food intake is even a stronger player in the inflammation plague. Certain foods cause inflammation, and others decrease inflammation, should be a simple fix, right? Well yes and no, the big problem is that most of the foods that we eat in this country currently are inflammatory foods. The foods that cause the most inflammation in your body are processed foods including: sugar, cereal, breads, fast food, pasta, and frozen meals. Other foods that cause inflammation are hydrogenated oils, trans fats, fried foods, grain-fed meats, alcohol, artificial sweeteners, and soybean oil.

The food and drink that we consume as a culture contain most of these items, the convenience of buying ready-made food items and going out to eat has created a great deal of problems with our health.

You know what inflammation is and what it causing it, now lets figure out how to reverse those problems.



The first thing to do is eliminate some of the stress in your life. I recommend that most of my clients change their morning routine. Instead of putting on the news or browsing social media, start your day with something that makes you happy and/or releases endorphins (the feel good hormone). Studies have shown that when you begin the day with positive activities, your levels of stress will

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