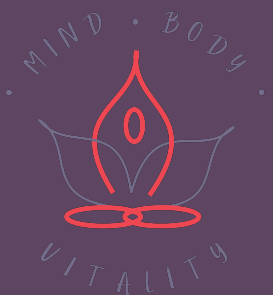
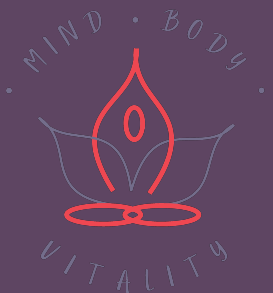


The Truth About Inflammation
with Norma Powers
Mind, Body, Vitality LLC

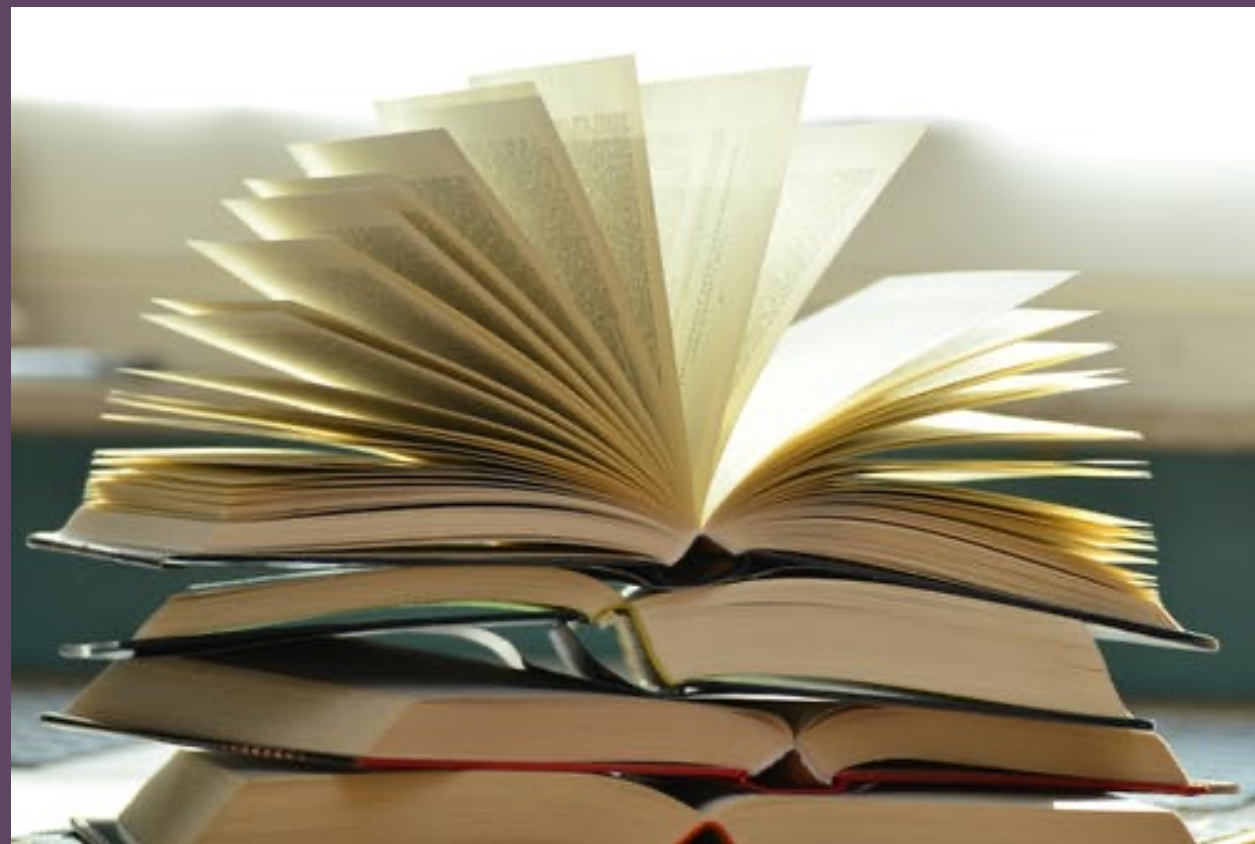
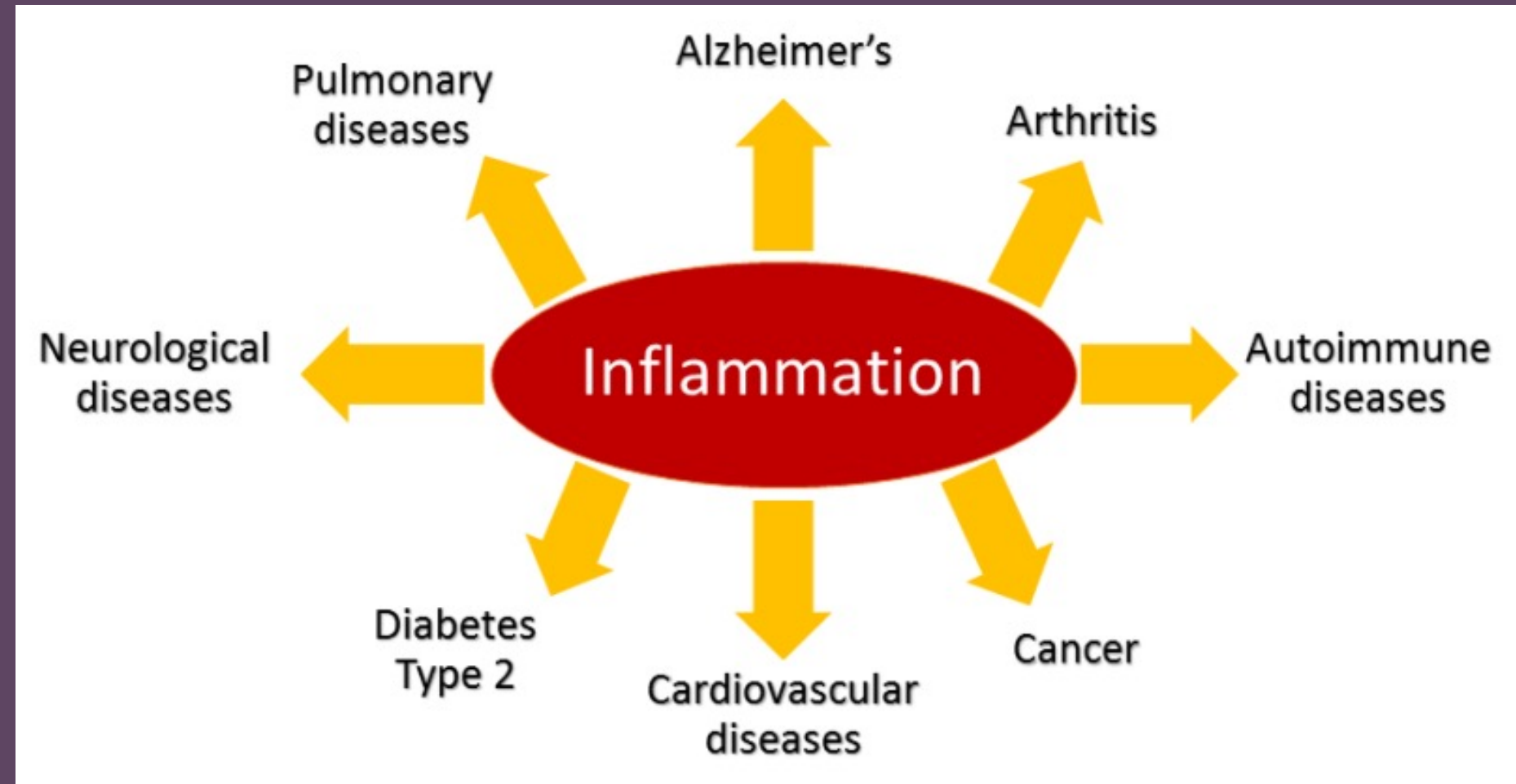
Session will be starting at 12 PM

Please note this call will be recorded





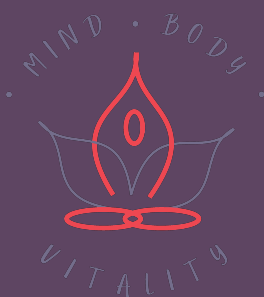
May Topic
The Truth About Inflammation



Circle of Life:
Education

Session is being recorded

Mind, Body, Vitality, LLC



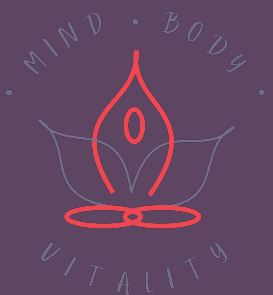
Disclaimer

Participants understands that the role of the Health Coach is not to prescribe or assess micro- and macronutrient levels; provide health care, medical or nutrition therapy services; or to diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. Rather, the Coach is a mentor and guide who has been trained in holistic health coaching to help clients reach their own health goals by helping clients devise and implement positive, sustainable lifestyle changes.

Participants understands that the Coach is not acting in the capacity of a doctor, licensed dietician-nutritionist, psychologist or other licensed or registered professional, and that any advice given by the Coach is not meant to take the place of advice by these professionals.

If you are under the care of a health care professional or currently use prescription medications, please discuss any dietary changes or potential dietary supplements use with your doctor and do not discontinue any prescription medications without first consulting with your doctor.

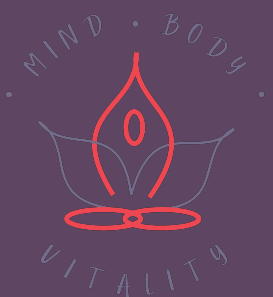
Participants understands that the information received should not be seen as medical or nursing advice and is not meant to take the place of seeing licensed health professionals.



Recap of April

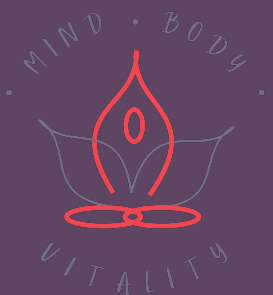
“Finding Your Calm”

- Long-term stress can cause or exacerbate many serious health problems.
 - Cardiovascular
 - Mental health
 - Gastrointestinal
 - Skin and hair loss
- Ways to holistically relieve some stress
 - Eating better
 - Movement
 - Mindfulness
 - Nature



Chat Box

*What have you implemented
into your routine?*

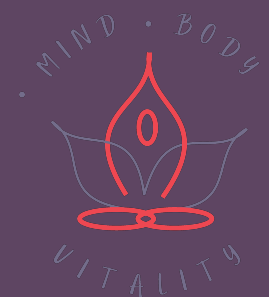


Opening Meditation



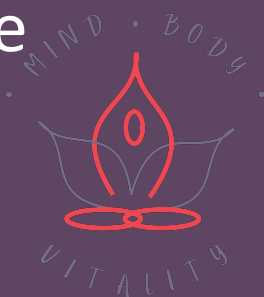
Session is being recorded

Mind, Body, Vitality, LLC



Channel Meditation

- Picture a white light at the top / crown of your head. As you breath in, picture that ball of light as it travels to your navel center
- As you breath in, fill up that breath in your abdomen.
- Pause, if you can, for 2 seconds and exhale, feeling your belly contract and allow that breath to travel back to the crown of your head.
- Repeat this process 6 more times
- After the 6th breath, allow the white light to stop at your heart center. This time, on the inhalation allow the white light to expand to the sides of your chest.
- Pause, if you can, for 2 seconds and exhale, feeling your chest contract and allow that breath to travel back towards your heart center.
- Repeat this process 6 more times.
- Slowly bring your awareness back to the room. Open your eyes slightly and allow the light to reenter the room.



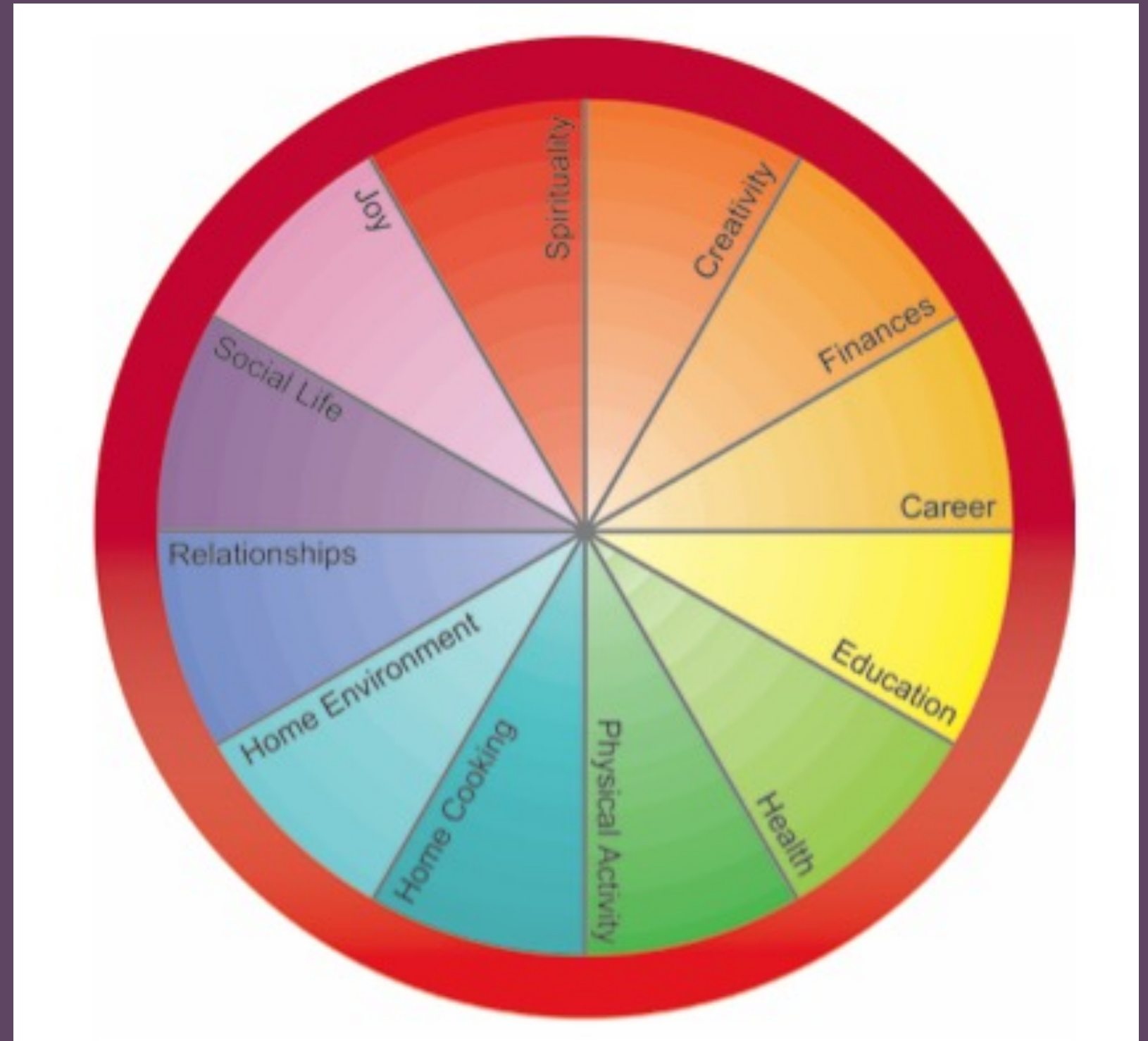
Circle of Life

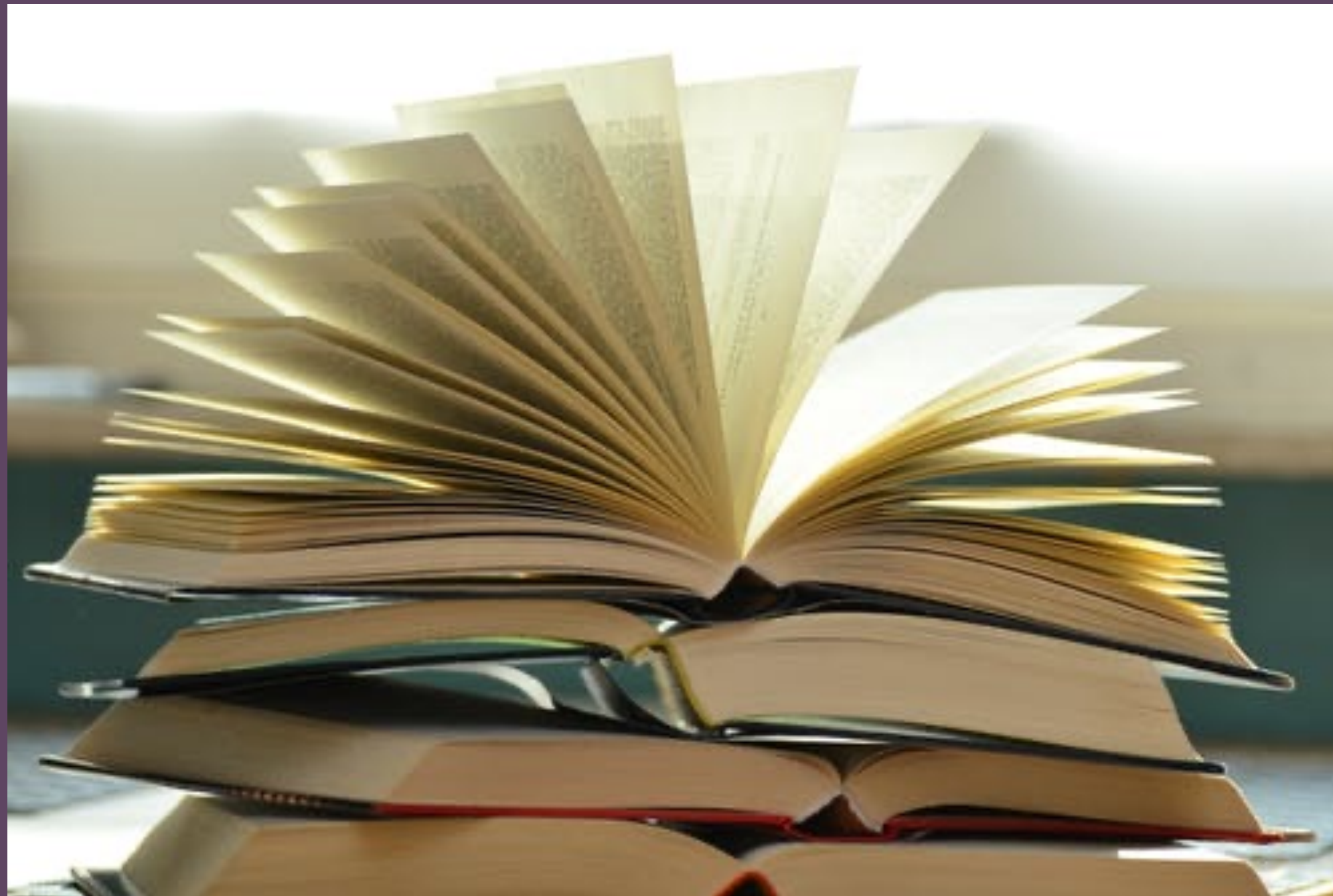
1st quarterly review and assessment

- Are the same areas coming up
- Have some areas changed

Remember:

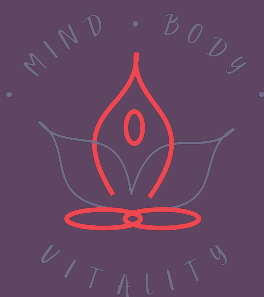
Health is a journey and not a destination.





Circle of Life: Education

Henry Ford: "Anyone who stops learning is old, whether at 20 or 80, anyone who keeps learning, stays young. The greatest thing in life is to keep your mind young."



Education

Education:

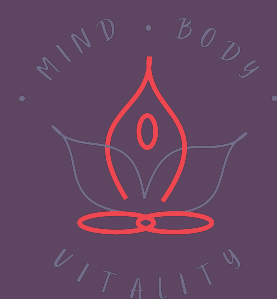
- The act or process of imparting or acquiring general knowledge, developing the powers of reasoning and judgment, and preparing oneself intellectually for mature life.
- The act or process of imparting or acquiring particular knowledge or skills as for a profession.
- Education is not just about acquiring answers and knowledge from external sources but it's about drawing the wisdom and creativity that reside within us.

Why is education important:

- Without education, we become stagnant.
- A healthy and happy life requires growth and expansion.
- Continued education has been shown to increase brain health
- Aside from improving the health of our brain
- Research has shown that education is key to slowing brain aging.
- Education supports a greater sense of confidence.

As you check in and assess this area, reflect on your current relationship with education.

- What does education mean to you?
- What areas are you most interested in learning about
- Is education an area where you currently invest your time
- Does your continued learning support your emotional and physical health
- On a scale of 1-10, what is your level of satisfaction in this area.



What is Inflammation?

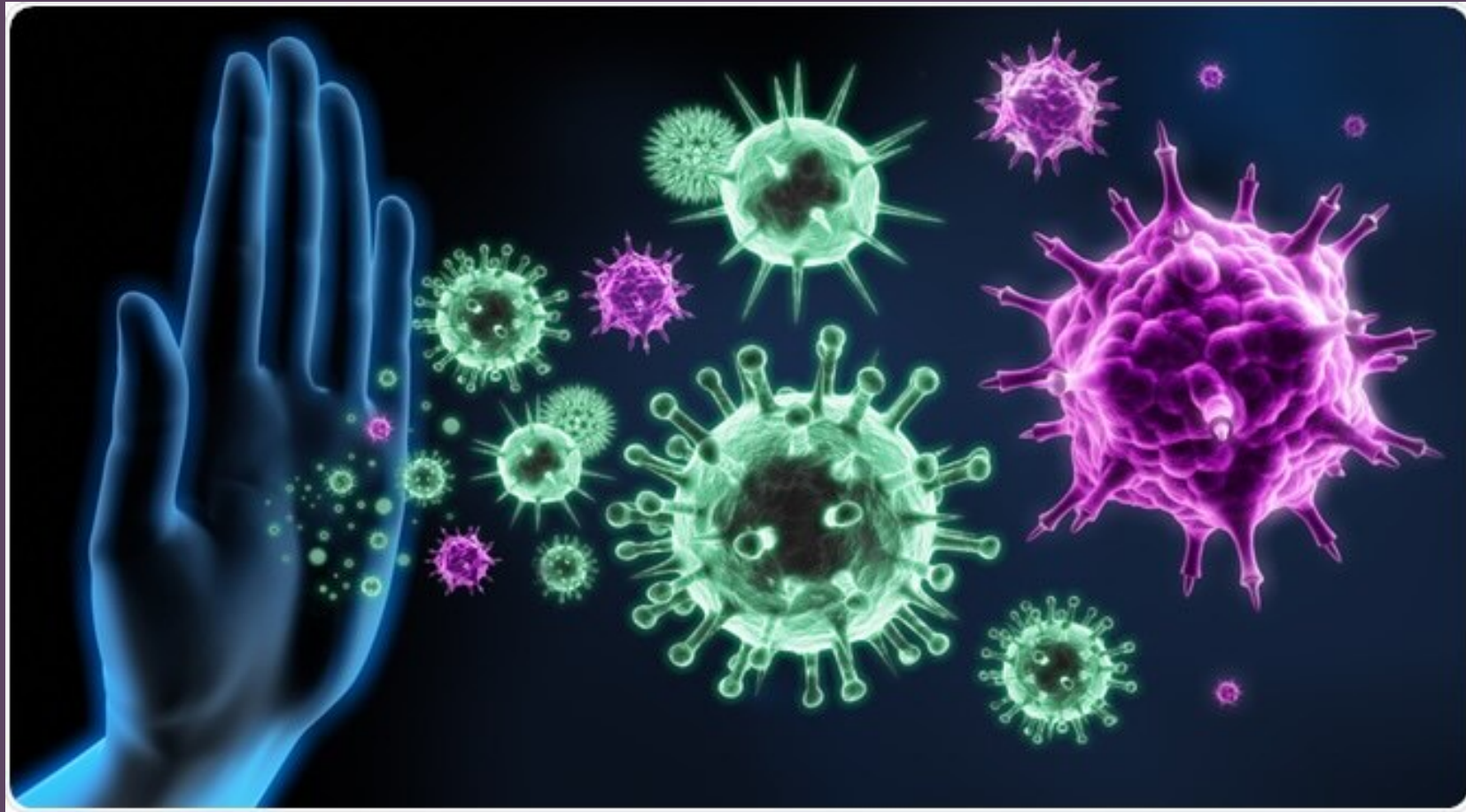
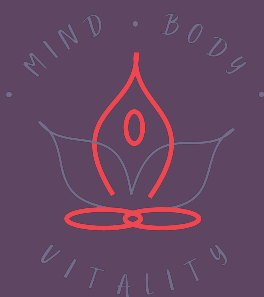


Image Credit: Peterschreiber.media/Shutterstock.com

- A biological response triggered by the body's immune system.
- It's essential in healing and repairing injuries; keeping the body safe and healthy
- Some inflammation is good; too much can be bad.
- The goal is to recognize the good from the bad.



The GOOD, BAD and The UGLY

The Good:

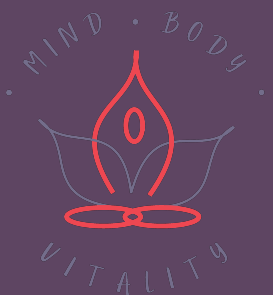
Acute Inflammation: The body's first line of defense, self protection to begin the healing process.

The Bad:

Chronic Inflammation: Prolonged periods of inflammation and the immune system continues to release WBC

The Ugly:

Diseases: Chronic Inflammation is associated with many diseases and conditions



Acute vs Chronic Inflammation

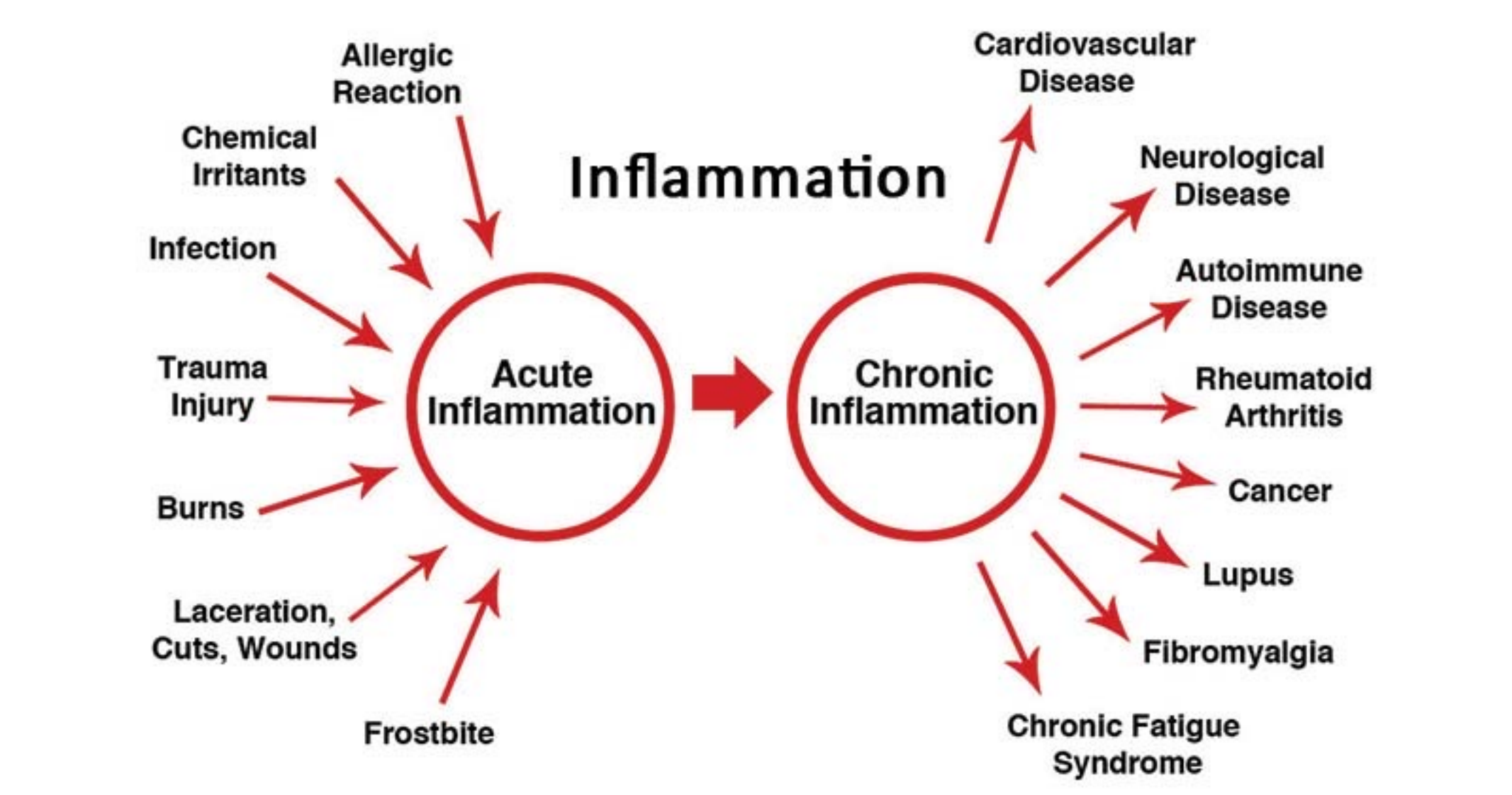
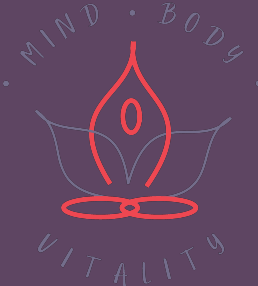


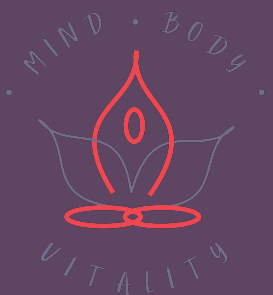
Image Source: [Inside Out Health And Wellness](#)



What Causes Chronic Inflammation



- The body fails to eliminate the cause of acute inflammation
- Long term exposure to irritants such as chemicals or foreign material
- An autoimmune disorder which the immune system attacks healthy tissue
- Oxidative stress caused by an imbalance of free radicals

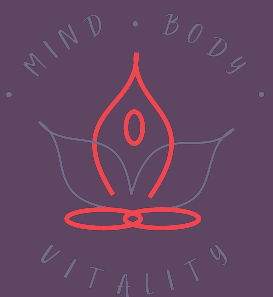


Most Significant Cause of Death In the world

CHRONIC INFLAMMATORY DISEASES

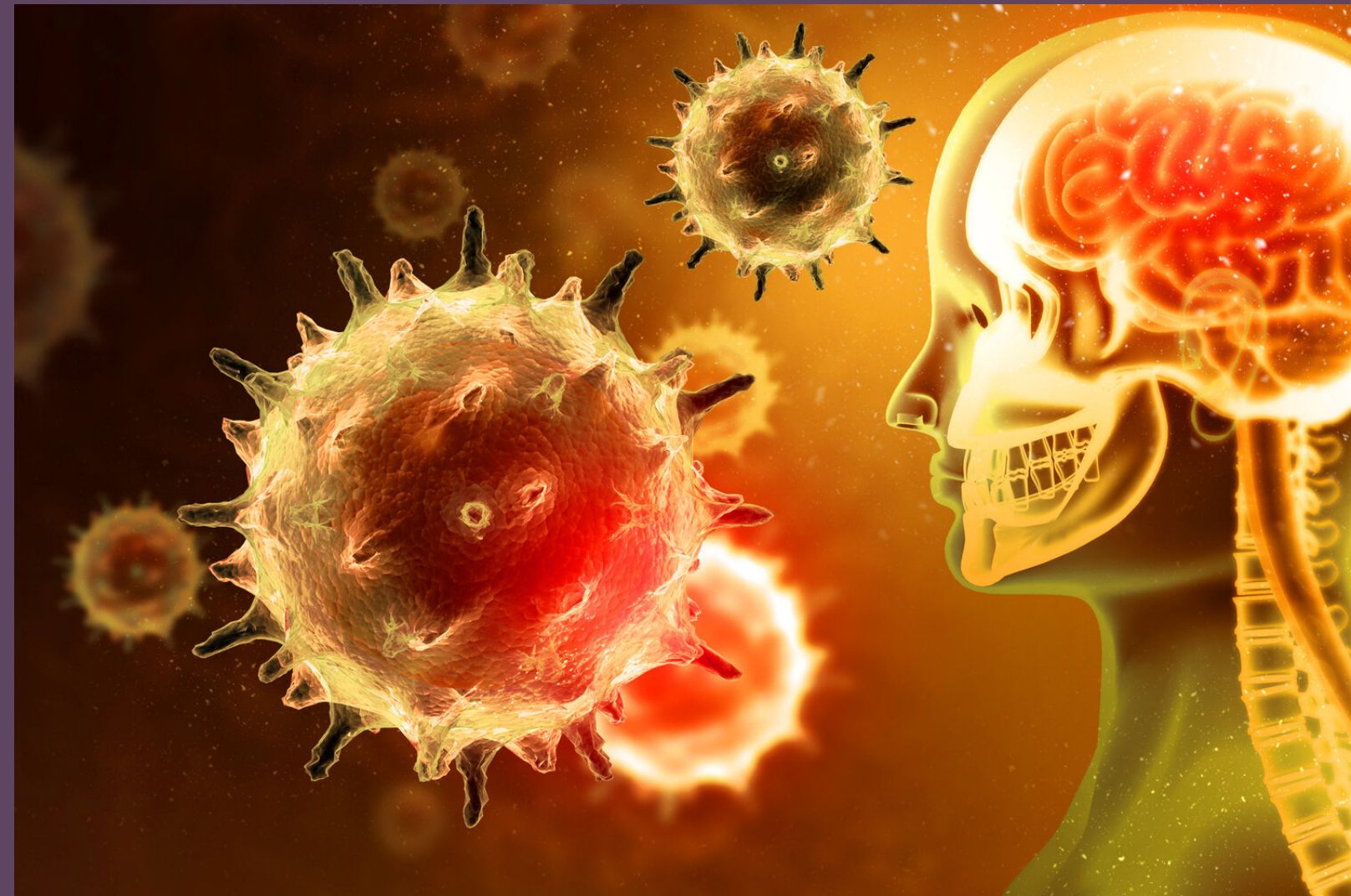
According to the World Health Organization:

- ranks the greatest threat to human health
- are the most significant cause of death

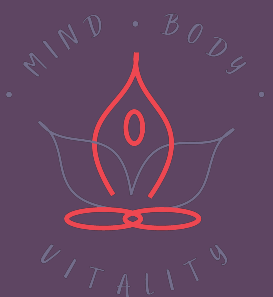


Symptoms of Chronic Inflammation

- Body pain, arthralgia, myalgia.
- Chronic fatigue and insomnia.
- Weight gain or weight loss.
- Frequent infections.
- Depression, anxiety and mood disorders.
- Gastrointestinal complications like constipation, diarrhea, and acid reflux.



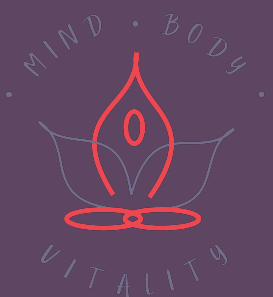
Copyright: ©Crystal light - stock.adobe.com



Risk Factors Associated with Chronic Inflammation

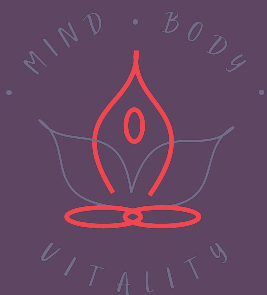


- Age
- Obesity
- Diet
- Smoking
- Stress
- Sleep Disorders



The Good News

Lifestyle
Changes



Prevention

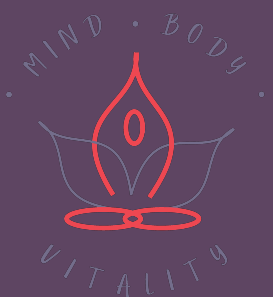


Quit smoking

Anti-inflammatory Diet



- Olive oil
- Green leafy vegetables
- Nuts
- Fatty fish
- Fruits



Inflammation Causing Foods

Avoid or Limit



- Refined carbohydrates: white bread and pastries
- Fried foods
- Sugar
- Soda and other sugar-sweetened beverages
- Processed meat (hot dogs, sausage)
- Processed foods

The Mediterranean Diet



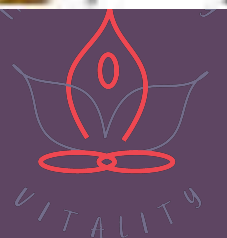
Low Glycemic Diet

Glycemic Index

Low GI (<55), Medium GI (56-69) and High GI (70>)

Grains / Starchs		Vegetables		Fruits		Dairy		Proteins	
Rice Bran	27	Asparagus	15	Grapefruit	25	Low-Fat Yogurt	14	Peanuts	21
Bran Cereal	42	Broccoli	15	Apple	38	Plain Yogurt	14	Beans, Dried	40
Spaghetti	42	Celery	15	Peach	42	Whole Milk	27	Lentils	41
Corn, sweet	54	Cucumber	15	Orange	44	Soy Milk	30	Kidney Beans	41
Wild Rice	57	Lettuce	15	Grape	46	Fat-Free Milk	32	Split Peas	45
Sweet Potatoes	61	Peppers	15	Banana	54	Skim Milk	32	Lima Beans	46
White Rice	64	Spinach	15	Mango	56	Chocolate Milk	35	Chickpeas	47
Cous Cous	65	Tomatoes	15	Pineapple	66	Fruit Yogurt	36	Pinto Beans	55
Whole Wheat Bread	71	Chickpeas	33	Watermelon	72	Ice Cream	61	Black-Eyed Beans	59
Muesli	80								
Baked Potatoes	85								
Oatmeal	87								
Taco Shells	97								
White Bread	100								

<https://www.daravinto.com/2020/03/18/control-your-blood-sugar-with-low-glycemic-index-food/>



...More on Prevention

Get Moving



Eliminate Stress

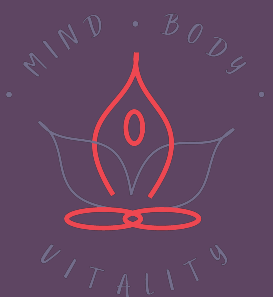


Sleep



- Create a bedtime routine

- Yoga
- Meditation
- Guided imagery
- Gratitude journaling
- Practice deep breathing
- Walking
- Self-care



Resources

Understanding Chronic Inflammation

<https://www.ncbi.nlm.nih.gov/books/NBK493173/>

<https://www.healthline.com/health/chronic-inflammation>

<https://www.medicalnewstoday.com/articles/248423.php>

<https://health.clevelandclinic.org/why-you-should-pay-attention-to-chronic-inflammation/>

Foods that fight inflammation

<https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>

<https://www.healthline.com/nutrition/mediterranean-diet-meal-plan#sample-menu>

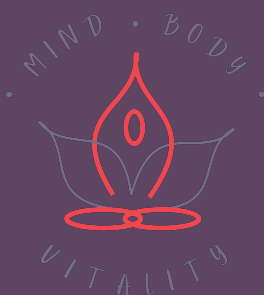
<https://www.healthline.com/nutrition/low-glycemic-diet#section6>

Tips on reducing inflammation

https://www.scripps.org/news_items/4232-six-keys-to-reducing-inflammation

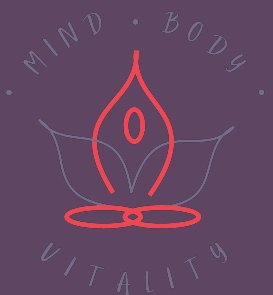
https://www.cdc.gov/tobacco/data_statistics/sgr/2020-smoking-cessation/?s_cid=OSH_misc_m180

<https://www.ifm.org/news-insights/lifestyle-effects-meditation-inflammation/>





Quarterly Wellness Review

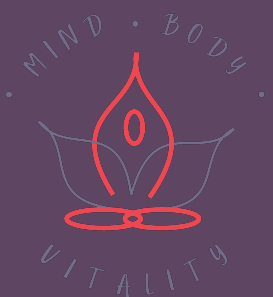


Building Our Foundation to Wellness Checklist

- ✓ Drink more water
- ✓ Stand up and stretch often
- ✓ Take time to breath and meditate
- ✓ Monitor time spend on social media
- ✓ Set a routine and get started early
- ✓ Check in with co-workers
- ✓ Incorporate mindfulness in everyday life (meals, walking)
- ✓ Be aware of what is happening right now (current situation / environment)
- ✓ Get moving
- ✓ Spend time in nature
- ✓ Thoughts aren't facts

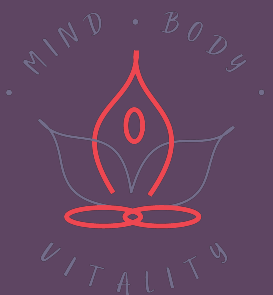
“Surrender to what is, let go of what was, and have faith in what will be”

Sonia Ricotti



Remember

- Register on the group Facebook Page (CalTimes Wellness Group)
- Complete your Circle of Life quarterly assessment and assess your satisfaction in the area of Education by answering the discussion questions?
- Incorporate something that you've learned in today's session into your daily ritual.
- Contact me if you have any questions or suggestions regarding these session.



Chat Box

*I'd love to see in the chat box
one takeaway from today's
session.*

