

# The Yammer

Evergreen Wellness

April '18

Happy April! Did anyone pull off a prank on Easter Sunday, that just also happened to be April Fool's Day? We hope you all had a safe long weekend.

Couple of reminders and notes:

1. We are now **direct billing!** This will make a BIG difference for many of you as it would mean that your extended health insurance will take care of most (if not all) of the cost for your appointments ;) Bring your details with you and we can check and see if they cover anything.

2. We have a facebook page. You can follow us at <https://www.facebook.com/DrPeterYam>. We will use this to provide any last minute updates, specials, etc.. Our website, [www.doctoryam.com](http://www.doctoryam.com), will still be our detailed information site.

3. **Chris** will be **away** for one week (**Monday April 9 - Friday April 13**). He will be back on Monday, April 16, 2018.

4. Flash Sale on Spa Treatments on April 11(Wed.) & 13(Fri.) ONLY! 20% off! This does not include Facial Acutherapy as Chris is off this week.

Specials of the month (April 9 to 30) focus on Spring into Health - 15% off tests & remedies/retail products only!

Wishing you all a healthy month ;) Let's hope Mother Nature provides some warmth soon ☀.



**April 11 & 13 ONLY!**

**20% off Spa Treatments** (except Facial Acutherapy)

**Book now as spots will fill up quickly!**



**April 9 - 30, 2018**

**15% off of the following:**

**Tests  
Remedies  
&  
Retail Products**



**Things That Make You Go Hmmm...**

*'No matter how long the Winter, Spring is sure to follow.'*



~Proverb

# Inflammation

Inflammation is the cause and/or consequences of almost every infection, injury and disease. Whether it is acute or chronic, it is the defence mechanism of the immune system in response to an infection or injury.

Acute inflammation after injury usually presents four common symptoms: pain, swelling, redness and heat.

These are telltale signs that the body is under attack and needs immediate attention. As the healing process progresses, these symptoms will gradually subside and the body returns to a normal state of functioning.

Any acute SYSTEMIC (throughout the body) infection often takes longer time for those symptoms to manifest .

For instance, allergies, due to foods or environmental substance, can set off an inflammatory response. The immune system will launch an attack as nasal congestion, runny nose, itch skin, swollen joints, etc.

During inflammation the body mobilizes specialized cells and chemicals to fight invading organisms and toxins.

When the invaders or allergens are removed, normally the symptoms will gradually improve except in the case of anaphylaxis (hypersensitive allergic reactions), which requires immediate medical attention, due to its life threatening nature. In the case of flu virus invasion, initially the individual may experience a vague feeling of unwell, followed by chills, burning sensation in joints, eye sockets and fever in the course of destroying the invaders.

Generally speaking there are two stages to the inflammatory response:

1. Stage one is PRO-INFLAMMATORY- each participating cell build on the work of the previous cells and make the immune reaction stronger; symptoms like pain, heat, swelling or itching appear. A number of preparatory substances, such as Histamine and Eicosanoids ( e.g. Prostaglandins), make blood vessels more porous; this increases their permeability and causes swelling associated with inflammation. Cytokines and C-reactive protein work together in response to an infection.

2. Once the preparatory substances have readied a injured site, Stage two, the ANTI-INFLAMMATORY process, begins. This stage begins to extinguish the fire, so to speak, by turning the pro-inflammatory reaction around and returning the body to normal. The active fighters in this stage, including white blood cells (both neutrophils and macrophages), are armed with highly reactive free radical substances to attack the pathogens.

Two families of essential fatty acids EFAs play opposite roles during the inflammatory process: Omega 6 essential fatty acids tend to increase inflammation and the Omega 3 essential fatty acids, on the contrary, curtail inflammation. There are other substances also play a role in resolving inflammation and repairing the injured area such as Cortisol, Resolvins ( Omega 3 fatty acids), and Protectins (Omega 3 fatty acids).

Chronic inflammation is due to the disruption of the balance of inflammatory regulation (e.g. exact amount of cortisol being released) process; however, uncontrolled and continued release of cortisol throughout the body slows the healing process, heightens insulin resistance, causes abnormal weight gain and negatively affects the brain cells that control the memory and the heart.

Chronic inflammation is a silent killer; it is unproductive inflammation which may be present in the body for years with no obvious symptoms. Ailments caused by chronic inflammation include heart disease, diabetes, Alzheimer's and cancer.

The causes of chronic inflammation are mainly due to the exposure to toxins, a natural component of the aging process, and/or poor lifestyle choices. The dietary factors are linked to refined fats, refined carbohydrates, and animal products. Before the advent of processed foods, human diet had an almost equal balance of omega 3 and omega 6 fats. Most modern diets are now composed of much higher quantities of omega 6 fats which compete with anti-inflammatory omega-3 and overrides the production of COX-2 enzymes for making anti-inflammatory prostaglandins.

The production of cytokines signal the need for inflammation to begin, along with the release of C-reactive protein to assist the healing process. For example, the semi-solid trans fats, such as vegetable shortening and margarine, are chemically modified with high heat and derived from cheap liquids oils. The unnatural chemical structure of trans fats disrupts the natural flow of nutrients in and out of cell membranes, while, at the same time, allowing harmful substances to enter the cells. Therefore, fried foods create and contain toxic substances, called Advanced glycation end products (AGEs), from both fats and proteins.

Animal products, particularly meat and dairy products, contain higher amounts of pro-inflammatory essential fats, such as arachidonic acid, than plant foods and pathogenic microbes. Also, red meat has a form of simple sugar, called N-glycoIneuraminic acid (Neu5Gc), that the human body is unable to process because of a lack in the necessary enzyme!

Other related lifestyle factors include: oral estrogen therapy, which increase C-reactive protein (CRP); obesity; inactivity; sleep deprivation; stress; sun exposure; intense exercise; exposure to toxins; the use of non-steroidal anti-inflammatory drugs (NSAIDs), exacerbating the LEAKY GUT SYNDROME in the small intestine; and smoking, which can consequently trigger the immune inflammatory reaction.

## **What Can We Do to Fight Chronic Inflammation?**

The right balance of Omega-3 oils.

Plenty of Phytochemicals.

Avoid Trans Fats , alcohol, and caffeine.

Maintain a healthy weight.

Avoid processed foods.

Be friends with high-protein plant foods.

Follow an anti-inflammatory diet (low glycemic index foods and good fats only) and increase anti- oxidants and vitamins C, E, K, and Bs, as well as selenium and zinc.

Lower the amount of food that contains the bad amino acid, Homocysteine, a possible indicator for heart disease and Alzheimer's.