

## Spanda® Yoga for Resilient Aging™: Managing Inflammation & Stress

Chronic inflammation has been implicated in many disease processes including main ones plaguing people in the west such as cardiovascular disease, Alzheimers, cancer, depression and asthma. Inflammation can be either *acute* or *chronic*. *Acute inflammation* is the body's natural response to something harmful. *Chronic inflammation* is a shift in the type of cells present at the site and is characterized by simultaneous destruction and healing of the tissue.

**Inflammation Is Not Always Bad** When you can't remove a splinter, the whole area turns red, heats up, is painful and gets puffy. That's acute inflammation working at the site of the injury to fight any viruses or bacteria that might have gotten in. If you were to leave the spot alone, not irritating it further, the swelling would eventually go down and your finger would eventually go back to normal. The body might even work the splinter out. In another case of inflammation, your body ends up "better than normal". Exercise actually causes "injury" causing an inflammatory response to muscles. Your body's vascular and immune systems heal the injury and you come back stronger (as long as you don't overtrain.)

**When Inflammation Is Bad** If a person continues to irritate or re-injure an area of the body without giving it a chance to recover, inflammation never has a chance to resolve. In the splinter example above, this would be like continuously stabbing yourself with that wood chip in the same spot. In terms of physical training, it looks like training very hard everyday without enough downtime to allow the body to repair. In these cases, the inflammation never goes down, because in essence you're constantly re-injuring your self. This is chronic inflammation. This also happens when someone continues to eat foods for which they have a sensitivity.

**Chronic Inflammatory Stress** results from: failure to eliminate the initial acute cause, a faulty autoimmune response, or persistent, low intensity irritation. Sources include: environmental toxins, dehydration in combination with dietary imbalance, too much refined sugar, lack of sleep, overtraining, food sensitivities, imbalance in bacteria and fungi in the gut, excess Omega-6 fats like in soy and peanut oil, and *stress*.

Inflammation is part of our body's high alert system. Chronic inflammation makes us feel not up to snuff. Over time it can decrease tissue functioning and bring on disease. Inflammation is the response of a healthy body reacting in a normal way to chronic, repeated injury. The way to stop it is to stop the chronic repeated injury.

### Countering Inflammation

Limit Omega-6 fats; trans fats

Limit excess sugar and refined carbohydrates, possibly gluten

Get plenty of antioxidants from fresh fruits and veggies

Eat whole natural foods in as close to their natural state as possible

Check food sensitivities to gluten, dairy, eggs, nuts, soy-eliminate for 2 weeks

Get enough Omega-3s

Take care of gut flora

Get enough sleep

Get enough recovery time between working out

Manage stress and do yoga!

Here's a good link with lots of information:<https://www.womentowomen.com/?s=inflammation>  
Also go to Youtube and watch Dr. Oz and Andrew Weil on the topic of inflammation.