



INFLAMMATION

Inflammation is now commonly considered the root of all disease. It can be caused by a lack of mineralization and poor diet, dehydration, viral or bacterial infections, fungus and mold, a liver overburdened by toxins from the environment and in the diet, emotional stress or trauma, and injury and illness.

DIET

A typical anti-inflammatory diet is one free of gluten, dairy, soy, corn, and nightshades. These tend to be foods that create or cause pain and inflammation specifically in the joints and digestive organs. Mostly these foods have become indigestible for our systems for many reasons. Most people have a hard time with wheat due to contamination by glyphosate, which is a potent neurotoxin, (and sprayed on all American wheat). We have a hard time with corn and soy due to GMO contamination and cross contamination. Any livestock fed with corn and soy, which is most of it, can give us the same difficulty with digestion, because the livestock are eating the GMO crops, which are indigestible and inflammatory to us as humans. Dairy poses another set of problems. Many people are genetically lactose intolerant. Many health professionals maintain that the human body is not designed to digest animal milk, and therefore it will inflame and congest the body. Much of the dairy available is of extremely poor quality.

Going beyond the above foods, I've now become increasingly aware, in the past several years, of "lectins," based on the work of cardiologist Dr. Steven Gundry. It is my theory now that many diets, whatever they are, do not work for people not because of the specific diet, but specifically because of too high of a lectin intake. Any diet can be followed on Gundry's diet, (paleo, keto, vegetarian, and vegan), and I believe he himself is predominantly vegetarian, but the common denominator is to eliminate lectins: tomatoes, nightshades including potatoes, gluten, zucchini, squash, soy, peas, beans (unless pressure cooked), soy, and more, and all animals that eat corn and soy, which includes almost all livestock. The lectins then end up in the animals' milk, meat, and eggs.

Lectins are identified by Gundry as proteins found in some plant foods that cause inflammatory reactions in the body,

and create holes in the intestinal wall itself, leaky gut, to then "poison" the body leading to autoimmune disorders, insulin resistance, heart disease, and neurodegeneration. The problem with lectins is that they act, according to Gundry, as a poison in the body. Gundry states that lectins bind to sugar molecules in the gut, brain, nerve endings, and joints, and more. Individuals all have different "weak" organs and glands that may be targeted. These "poisons" interfere with proper functioning and then create inflammation, lack of coherence, pain, and degeneration.

I have had a lot of success with moving people towards a lectin free diet in attaining their health goals—whether that is clearing root cause of pain, inflammation, weight loss, autoimmune, brain fog, thyroid and adrenal dysfunction, and more. Taking the lectins out of the diet brings quick and noticeable change and improvement in digestion and inflammation. I've seen lives change for the positive as people clear and decrease inflammation in their bodies. The brain functions more clearly, emotions even out, and they feel happier. We have seen such great results from his work that we have made our menu at GLOW predominantly lectin free, and we have made shifts on our cleanses to eliminate all lectin foods.

Changing the diet will greatly accelerate health goals, and very importantly, it allows the individual to take responsibility for their own conditions, and do as much as possible to improve on their end. So often, and I feel we are moving away from this, people just want a pill, medication or even a supplement to feel better, but without any change on their part. In the long run, improving and eliminating inflammatory foods is essential to optimal health. Once inflammation is lessened, the real root of the problem whether it's injury, demineralization, or infection, can then be more effectively cleared. On the other end, usually diet alone won't clear infections, but it will lessen inflammation and create significant improvement.

ENZYME THERAPY

There is nothing more powerful for clearing inflammation in the body than enzymes. Specific enzymes of all types are powerhouses I use in my health practice, everything from decreasing specific inflammatory responses in blood or lymph, to dissolving cystic activity and sinus infections. Enzymes are the catalysts for all biochemical reactions in the body. Enzyme reactions provide power to keep all systems active. Serratiopeptidase is a proteolytic enzyme that benefits skin, heart, circulatory, systems, inflammation, and overall joint and tendon health. It specifically inhibits systemic inflammation. Over the 1980s and early 1990s, Japanese and European researchers compared several enzymes for potential anti-inflammatory activity, and their study indicated that serratiopeptidase was the most effective of all of them in reducing the inflammation response. (Joshi, Nerurkar) Digestive enzymes support healthy thyroid and immune function, gallbladder, pituitary, hypothalamus, pancreas, and lymph function. Digestive enzymes help in effective digestion and absorption of proteins, and naturally support immune health and energy levels. The digestive enzyme of my choice contains 24 different synergistic enzymes, a digestion powerhouse. Another enzyme I use specifically promotes bladder and urinary support, enhances sinus function and dissolves biofilms, and eliminates excess mucous. Yet, another enzyme I use frequently promotes healthy heart function, enhances circulation, and enhances the body's ability to dissolve clots. I use enzymes in many cases to target specific inflammatory responses. Enzymes are natural, have no side effects that steroids and medical drugs have, and are effective.

AUTOIMMUNE CONDITIONS.

When acute inflammation becomes chronic, it paves the way for a viral or bacterial condition to overtake the body and attack certain organs or glands such as the brain, thyroid, liver, or adrenals. These infections must be cleared. I work with homeopathic series therapy for all chronic low-grade infections including Epstein Barr Virus (commonly attacks thyroid and adrenals), Borrelia-Babesia (targeting brain or digestion), and H.Pylori (stomach). Many are non responsive to antibiotics and must be cleared with natural therapies for success. Infections will create inflammation in targeted areas, whether that is joints, brain, liver, or kidneys. It is possible to restore full functioning in most cases once the low-grade chronic infection, often not detected in blood work, is cleared and immunity restored.

Inflammation is a marker of a body out of balance and is the leading cause of chronic illness. If acute inflammation is not managed, it becomes chronic, and systemic. A well-mineralized anti-inflammatory diet will always move us towards optimal health and decreased inflammation. Adding in specific and targeted supplementation will aid our energy and immunity in all ways. Pinpointing low-grade infections and using enzyme therapy can clear the root causes of inflammation with minimal or no side effects and complications.

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