

Overcoming Inflammation- Jeffrey Von Stetten CCN, BSHS

Preface: This is an actual transcription from a live seminar I gave regarding Inflammation, with very minimal modest edits to make it flow nice and smoothly, and keep a live feel to it. This will also be available soon as an audio download on Itunes and Soundcloud. Enjoy!

Hello. Thank you for tuning in and listening. I'm going to be starting doing these audio clips on different subjects over the next few weeks and trying to just cover different things that I think are important. My goal in this is to try to help people just have a better quality of life and to try to help give them some information that is helpful and is beneficial in a way to help educate the way they choose food and maybe just give some information and give people information that is both constructive and done in a way that I think is the most easy to deal with and done in way that I think is the most congruent with our lives. I love to listen to audio books when I'm cruising around or I basically usually play stuff while I'm making dinner. And I think that this is done in a format that is very helpful, that works best for me. And I have a feeling it works best for a lot of people to try and cover certain topics in little audio groupings like this. And the focus of this particular audio clip is regarding inflammation. And I'm going to try to be offering some good suggestions and ideas on both causality and remedy and just some healthy, helpful suggestions.

This is not meant to be something that is an intense chemical dissertation on cell functionality and tissue agitation. This is not something that is going to go into huge in-depth chemistry because honestly, I don't feel that that's as helpful to people as interesting as it is. And as much as I love that aspect of holistic medicine and nutrition, I don't know if in trying to treat people the way that I would want to be treated, I feel that that's the most respectful way to approach a particular subject. A lot of people, I feel that there is some more heavy chemistry that the time would just be just not as much appreciated. I think you'd check out a little bit if I start to go into it because I check out when I listen to people talk about it and I just wouldn't want to subject either my goal and this is to try provide very simple, very easy to understand ideas on this given subject to just help you feel more empowered, to help you feel a little bit more solid on what you're doing and how things work and how you get to an inflamed state, how do you get un-inflamed and the different types of inflammation that can occur in your body.

And when people talk about inflammation, what that actually means, and hopefully I can try and at least approach this subject in a way that you feel is beneficial and then help make some suggestions for substances that are correlative to that, that can help possibly improve your quality of life and help educate you and maybe just give you some good selections on what to be looking for when you go into stores and into the vitamin store or to a juice bar and just go out and get stuff to eat. Or if you're going to make the effort to juice at home or do protein drinks or when to start gardening or getting fresh veggies, just anything along those lines.

So before I go off on a tangent too much, I hope that gives you an understanding of what we're doing. So the topic that I'm going to be trying tonight is inflammation and what is it.

What is inflammation when we talk about that in a person's body?-

Well, inflammation can be broken down into a few different categories systemically and then more specifically per organ, per joint or very deeply inflamed states that have to do more with certain types of dispositions both genetically and sometimes due to trauma like rheumatoid arthritis, more chronic and specialized conditions. That's the easiest way I can break it down. We'll go with that first one which is starting. What is inflammation? Inflammation basically is just a very general term that denotes an agitated state of higher acidity and susceptibility to dysfunction within the state of the human body. It can mean that you have a highly acidic or a greater than normal acidic balance in your body just so that you understand the way acidity and alkalinity works.

You have a basic general template and just like a speed limit, if you were to add up human beings and then take the mean average of it, you're going to definitely have a healthy range for a wide variety of people that is slightly variant within a given focus of variables usually, I believe a lot of people like to break it down to I think like 6.8 to 7.1 is okay, if you were to do, and what I'm referring to is the numbers that show up on a pH test if you – it's very easy to get pH strips at your local health food store. You can test your saliva. For the more dedicated of people that are out there, you can test your pee. Some people feel that it's better to measure what is going out of your system. Some people feel that it is better to measure what is more of like your hovering state within your body, which is your saliva. I really think you should just do them both and add them together and divide it and you'll probably get the most accurate if you want to really go about it that way and you want to be that thorough. There's nothing wrong with that and I think that that's great. Otherwise, either one of them is fine.

With that said for different genetic backgrounds and different familial histories, you're going to, if you really want to be as honest as possible and as accurate as possible, the ideal zone that you want to be in for your body is going to vary by a decimal point or two. It's not going to always be the same thing. I do not believe that one size fits all. I do believe that some things fit most and apply to most. But that would be your most average and accurate reading. You're going to be talking about your overall systemic acidity and alkalinity. So with regards to inflammation, acidity basically contributes to the overall inflammation of your entire system. That means that your cells within your system are going to be basically functioning at a greater agitated state which means everything from a heightened histamine response which can lead to a lot more allergenic responses. Things like your eyes being red from dust, nasal problems and infections. It can mean more joint pain for your joints, not specifically any joint. It can be your fingers or anywhere where one bone meets

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another. That is really a good way to go. If you're going to kind of identify it, it can be anywhere within your whole system and it just means that you have a heightened disposition to experience dysfunction and discomfort in your body over a given region. It also means that you have a much higher rate of injury from any type of trauma, excessive exercise, anything along those lines because if you can think of an agitated cell in your body, basically picture it kind of like a, I don't know, let's think of it like a cloth that you can stress just a little bit out or a little bit more. Or even better, think of a paper towel that you can hold really tight. So the paper towel is great and absorbent. Normally it can handle a lot of stuff. If you start to stretch it a little bit more, the tension from that increases and you'll tear it much more easily. That same basic principle is analogous to what happens within your body when you have a heightened state of inflammation. That is the easiest way to phrase it.

And inflammation in heightened acidity within your body can be brought about by a whole number of different ways. Part of it can just be a genetic disposition with a higher metabolism. You're running on more adrenal and more cortisol more often than not and you are just more prone to inflammation. Those hormones and that body chemistry, those two things specifically can really crank stuff up and each one of them has a proper good function in your body and there's nothing wrong with that but there are different types of people. In Ayurvedic medicine, they break it down to Pitta, Vatha, Kapha, which is fire, air, and earth. There's one that represents your overall Dosha for you, you as a person, your being and your soul and your Chi, however you would like to break that down. The other one represents more of your body type so when you refer to somebody accurately within Ayurvedic medicine, you say they are a Pitta Pitta, Pitta Vatha, Pitta Kapha, those combinations, one referring to your overall disposition, one referring more to your body type and your body structure. So, with these different dispositions, certain combinations are more prone to inflammation than others and categorically require a higher amount of anti-inflammatories. Other people don't. You have different health challenges and different things that are the most common to your body. So, in understanding what inflammation is, part of it can be brought about by just those simple hormones also, just your sex hormones of testosterone or estrogen especially with women predominantly estrogen flare-ups can trigger inflammation quite a lot. Testosterone in men as a dominant hormone, oddly enough, does not. It does factor into it but it doesn't quite, occupy the same dominant turf as a disposition towards inflammation for the body. So these hormones can contribute to your inflammation.

You can also have a heightened acidic state from your dietary choices. I would say that your standard poor US diet which is if you're taking a lot of fried foods, intaking a lot of fried foods, if you're intaking a lot of sugars specifically simple refined sugars in one format or another and there are versions which are much worse but they're all sugars whether it's high fructose corn syrup or refined sugar or if you were to just crank in a lot of, say, like citrus, even though those are naturally occurring sugars and are better, it still is a sugar, still can contribute to it. Part of your insulin regulation does fit into this quite a bit. People with diabetes are also more prone to inflammation because sugars, those simple sugars also raise your acidity which also raises your inflammation which raises problems with everything else. And your dietary choices are huge in that lots of things that factor in those simple sugars are a

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huge cost and then you add in things like a soda, really bad. Sodas are horrible. You really shouldn't be doing those at any time. It's a combination of all of the worst things you could possibly shove into your system.

Circumstance can play a certain part in this if you have a heightened state of stress, mostly due to the adrenal and cortisol. That would be more of a circumstantial or intermittent form of inflammation if you're constantly prone to traumatic stress, people that are in war zones, people that are in a lot of just very hostile environments or an intense urban environment where you have things that crank up your blood pressure, again, which relates specifically a lot to your adrenal and your cortisol hormones floating around in the way they function in your system. These are all things and then, animal tissues, the consumption of animal tissues absolutely raises your uric acid, and uric acid is something that's present in your system and is neither here nor there. It is a component in your body's functioning and it is not related to urine. U-R-I-C, uric acid.

But the consumption of animal tissues specifically those of cows and pigs are insanely inflammatory. Birds and fish are not as bad although they still do knock it up a little bit. It is something that affects us. So if you're looking at a dietary choice of an average human which consists of large amounts of cow that is fried and washed down with a soda, you represent and maybe wrapped up in something that contains a flower that is a white flower with lots of simple sugars, you represent probably the worst combination of dietary choices that a human being can get. It's awful. It really is going to wipe you out.

Maybe one of the few single points where allopathic medicine and holistic medicine meets where we're finely, calmly boasting "Yeah, you need to lay off all this stuff if you want to have a good healthy life free of..." And people always, I've heard the stupidest arguments, I've heard the most idiotic stuff said by people sometimes where they're just like, "Oh wow! Life is something, something. I'm going to do what I want. You're going to die anyways. I'm just going to do something." Just the most negative horrible crappy comments sometimes and, I always tell them, "Honestly, A, that's an awful way to look at things." And second of all, I would say, "If only that were the case, it's not a question of you being wiped out super fast. If it was just like if you ate like crap and then bam, you were automatically gone super fast with no compromising of your life quality in the middle, I don't know if there would be much of a discussion that goes on about inflammatory responses and conditions." But unfortunately that is absolutely not what we're discussing.

What we're discussing is a miserable, awful quality of life, which consists of co-morbidity and co-morbidity just means that you have more than one thing significantly wrong with you. Thus, you have another thing that is significantly wrong with you co-existing at the same time, both contributing to the declination of your ideal quality of life. And that is horrible. That's awful, that you, something that adds to just a miserable existence and stretches it out year after year after year of things that you can't do, of achy joints and poor digestive functioning and heart problems and heart disease and just all of these awful things. Then you kind of understand that you're talking about things that make you miserable for a long, long time

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unnecessarily that are 100 percent within your grasp. In changing, I should say, that are 100 percent within your grasp with changing and addressing and getting under control. So, that's the saddest thing is when people deprive themselves of an awesome quality of life for no reason at all and become these miserable human beings that just walk around in agony and being gypped out of a great quality of life. And that makes me sad. It's not needed and that's why I'm trying to give these discussions and these talks to help give you and empower you and maybe just give you good ideas about what things can contribute to it and what things can help.

So, now we've kind of established factors that all come into play in an inflammatory state in general. And, you would basically just when you're thinking of a chronic condition that is very severe like arthritis or rheumatoid arthritis or, gosh, just acid reflux or certain aspects of high blood pressure, coronary disease, they all are the result of prolonged heightened states of acidity. So a good way of trying to get that down is doing things and making choices that are so much better for your system. So what I'd like to do now is just to address those things that are very helpful.

They're great to greatly decrease inflammation in your system through a number of different ways. And I'm going to just talk about a few substances and a few foods and try to help you get some good ideas about what things are the most helpful, what things really help to get inflammation down in your system. And I will mention a few substances, I am going to mention probably a few companies that are my favorites and that I absolutely love, the way they do great products. And certain types of agriculture that are in definitely in your best interest and with certain types that aren't. And I'll try to keep this simple and we can mention a couple of combos as I'm able.

TURMERIC-

One thing that I think is fantastic to help bring down inflammation in the human body is a substance called turmeric, T-U-R-M-E-R-I-C or tumeric, T-U-M-E-R-I-C. It is a potato word depending on who you talk to. I call it turmeric because that's the way I've seen it most accurately represented and has turmeric root. Turmeric root has amazing, powerful anti-inflammatory properties. It is the yellow stuff in curry that makes curry yellow. For those of you that like yellow curry, it makes curry yellow. It has an extremely high ORAC value as an antioxidant. It is also the substance for people that are familiar with pharmaceuticals that a pharmaceutical called Coumadin is made from. Coumadin is an extremely isolated, unnaturally synthetic extract that is made from turmeric, turmeric root, excuse me. And it is a wonderful substance. There are tons and tons and tons of studies about how this one simple substance both decreases inflammation in the body by soothing, just basically soothing cells. It levels off your chemicals. It is a fantastic substance for getting rid of an inflammatory response. It is also something that has, and you'll find this is common for really powerful substances that occupy a dual or a triple role within holistic and nutritional categories. But basically this is a fantastic substance and I would strongly recommend mixing it in and working it in to anything and everything as much as

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possible. And its anti-oxidant properties are just fantastic because you're also offsetting free radical damage which is also another source of inflammation.

People that are exposed to highly unnatural substances consistently whether it's pesticides and herbicides or paints or exhaust or just anything that is something that really takes away from your health obviously for immediate reasons but it also contributes to inflammation significantly. So turmeric is a fantastic substance. You can buy it in bulk; you can buy it in capsules. You can buy capsules of it in a powdered and extracted form. I'm a big fan of just getting things as is and consuming large amounts of them more so than I am, actually extracts, but extracts are good. It just depends on how it's done.

And sometimes the alcohol that is contained in a common extract is something that can also contribute to inflammation. I actually may have overlooked that when I said substances that contribute to inflammation, there are certain types of beverages or beverages which have alcohol or fermented component to it mostly because of the sugar that is associated or required in the fermentation process that also contributes to inflammation because it converts back into a sugar in your system. And a small amount of sugars within fruits are great to deliver nutrients to your cells. It's when it goes above and beyond of what's needed to actually deliver nutrients to your cells that is the issue. There are certain substances like proteins and water and fats that are kind of given the red carpet treatment when carrying other minerals or things into your cells. So they're great carriers and they're the ones that really helped to get better healthy.

DARK LEAFY GREENS-

So, item number one is turmeric. Fantastic as a root and it is great for getting rid of inflammation and I would strongly suggest to work that into every single type of substance. Other types of things that can help get rid of inflammation are dark leafy greens. And if you can get dark leafy greens that also have an anti or a histamine-lowering quality to them that is even better. Those are fantastic and anything that falls into that dense leafy green territory and dark leafy green territory, which omits lettuce for everybody that needs that distinction made for them. Lettuce is not dark for the most part. It is usually light. Usually iceberg is what we have most commonly here but the darker the leafy green, the better. Your kales, your chards, your parsleys, your cilantros, anything in that category is great. They are extremely alkalizing to your system and have numerous properties and then if you're able to fit in something, say, like arugula, or even better, dandelion and milk thistle.

Dandelion greens actually nettles, dandelion and nettles I would say are amazing because they both have histamine lowering quality as well as dense alkalizing properties. So, those are substances to really consider including into your diet now. There are tons of different greens blends that are out there. I love the greens blends by several companies. And that's a great way to shortcut having to buy fresh agriculture if you're not able to. But fresh is always best so I would strongly

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suggest to incorporate all those in your foods and to consume them as often as possible.

MSM-

So, we've covered turmeric, we have dandelion, we have nettles and dark leafy greens. Another substance that is great for decreasing inflammation is MSM. MSM is found in foods naturally. It's also found in marine but you can buy it as very easy to make kind of inexpensive powder and although it is sort of an odd little substance, I think it has wonderful inflammatory properties or wonderful anti-inflammatory properties that are great for your system. And these are all very easy to include and manage. Some people including myself find that MSM almost has sort of a sedative quality to it due to its anti-inflammatory potency. So be careful when you take it that you're mindful of how it affects your system, that it does work very well and also lowers, it's great for allergies and also lower your histamine responses again like I said with good substances that usually occupy a couple of turfs.

MSM has good detoxifying properties so I would say that just powdered MSM is great and include that in your dietary intake if you're trying to get something in control and if you have a chronic or persistent illness that is say, like arthritis or something along, maybe an injury that flares up, consider taking it a little bit more heavily. It is also a substance that is absorbable through your skin and a lot of people forget this. So if you find that you don't want to consume a whole bunch of it, it is in the sulfur family and doesn't taste amazing. You can easily take some MSM. Gently moisten your hand and gently moisten, your leg or your wrist or your knuckles or whatever it is that's sore and you can take kind of a layer of MSM and put it on a cloth and do a wrap with it, get a lightly moist cloth enough to hold it all there and then you want to moisten it a little bit further so that it starts to soak in and continue to moisten it and get it into your tissues in there very, very deep. And that's a wonderful way to do it. It's going to drip; it's not meant to not be messy. It's a powder but it's something that's very helpful. And you can do it that way. You don't always have to take it in internally but it does help if you can do it and if you can do both, more power to you.

HEALTHY FATS-

Something else that greatly helps to bring down inflammation are healthy fats. Any of the essential fatty acids are wonderful. I think that some of the best ones that are out there are probably flax oil, a clean hemp seed oil, of which I make and that's something that I, I do have a hemp company but I would suggest it whether or not I don't. I think it's a fantastic source of anti-inflammatory properties and I'll tell you why, flax has great Omega 3, 6, 9 fatty acid components but it does not have some of the same properties for getting rid of inflammation. Hemp does. Hemp also has a high GLA content or decent GLA content. Borage also has a good GLA content. It

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also contains a high amount of vitamin E and good amount of chlorophyll. The absence of chlorophyll in flax is one of the reasons why it's not as good at reducing inflammation. So if you're trying to lower your inflammatory response, I would say, at the very least do a combination of hemp and flax. And if you were able to, do rotating combos of that, I would say even like hemp and flax and then maybe Hemp and Chia. Chia has some good components to it. A lot of people find it a little bit more difficult to stomach.

There's something about the Chia seed that seems to give people stomach ache sometimes. Some people are fine with it; some people are even a little defensive of it. I don't know why but it's just another healthy choice. Something that's in there, it's a lot more mucilage-rich than the other two seeds, which has some of its benefits. I would say that we're disregarding oils, not seeds though, and upping your intake of healthy fats is definitely great for helping to get rid of inflammation and if you want to cover a lot more about that, please pick up a book called, "Fats That Heal Fats That Kill" by Udo Erasmus who makes Udo's Choice and is a very active speaker regarding healthy fats both independently and in association with a company called Flora. Flora is a great company. But healthy fats are very good for your body. I wouldn't suggest fish because I suggest a vegan diet for everybody basically and I think that you should really include, if you're trying to get rid of inflammation I would suggest that you go vegan immediately and make sure that you get nothing but organic and or whether it's certified organic or just pesticide, herbicide-free, either one is fine. Just make sure it doesn't have pesticides on it and you're doing great. So I won't suggest that you use fish oil because I'm vegan myself and I'm not going to advocate that you use something that incurs cruelty on a sentient being.

RESVERATROL,L-GLUTATHIONE,SOD-

So we've covered turmeric, we've covered dandelion, we've covered dark leafy greens, we've covered nettles, and we've covered MSM and healthy fats. So these are all things that are really, really great to include in your system now. I would say Resveratrol is a fantastic substance that also has great anti-inflammatory and anti-oxidant properties. It is a substance that is emitted by grapes as anti-molding agent naturally and it has those same types of good benefits for yourself, protecting your cells and helping your body to function. Also, helping your body to produce both dandelion and nettles. There's a lot of substances that fall in this category but dandelion, nettles, and Resveratrol, they all assist in your body's production of a substance called L-Glutathione and SOD which are naturally occurring in your system. They're in your body right now and they are some of the most powerful, if not the most powerful free radicals scavengers, which means an anti-oxidant, the most powerful free radicals scavengers that your body has to work with. So anything that increases the uptake or the presence of L-Glutathione and SOD in your body is 100 percent in your favor. And when you think of what free radicals do to your cells, just think of rust, what rust does to metal. And powerful anti-oxidants are things that clear out the rust and keep yourselves from rusting and are what fight the things that we most commonly categorize as "aging" which just means that your cells are not functioning and getting little nicks and chips in them from a fractionated molecule

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bouncing into your mitochondria and cell tissues. And anti-oxidants lend a molecule to make it a healthy molecule again, a healthy round instead of three anyways.

We've covered some really good stuff here and those are just the basics, and in terms of diet, you want to avoid fried foods, you want to avoid high sugar content foods both sodas and excessively high sugar, high sugar fruits. You want to avoid any type of refined sugars or sugar-based substances, whether they're, simple sugars and that does not include complex carbs. Complex carbs are your friend and you need them and you do need a certain amount of sugar in your body to maintain your glucose and level up your glycogen levels. They fit into that and you need it to function properly. Otherwise you'll be a zombie. It's when it goes out of the balance. So just try to learn where that balance is. But for the most part, you want to not overdo and then anything with like refined sugars basically and especially drinks that are heavy on that, your sodas, your energy drinks, they're all just hideous. Don't do them. In terms of dietary choices, I would absolutely suggest a vegan diet, 100 percent avoiding animal tissues in any fashion is absolutely going to be in the right direction for you. Get rid of, lay off the cows, lay off the pigs and, of course you can but whether if you will, I strongly urge you to please lay off the bird and the fish - none of it is helping you.

So for inflammatories, that's, that covers a lot of it. Another food that I think is great for increasing alkalinity is Miso soup. Any form of Miso promotes alkalinity and detoxification through your body. And there is also a type of Asian cuisine called an Ume plum that is wonderful for helping to increase the alkalinity in your body as well. If you can combine these foods in arrays and varieties that are pleasing to you, you're really going to be going out with a step in the right direction and helping to decrease inflammation. A lot of these is very manageable and it's very doable and you don't have to live with chronic inflammation in your tissues and doing things that decrease inflammation systemically in your system is absolutely in your best interest for a wonderful quality of life and greater happiness and longevity. And that's really what you want. It's about your quality of life and about being free from disease and needless suffering that can be avoided, that is 100 percent avoidable in your body and manageable and that's what I want to do. I want to help people have a better quality of life and to just help them rock and to be happy people. I would like to believe that nobody, well, I should just speak for myself, I certainly don't want to watch anybody suffer needlessly if they don't have to, when they're trying to live a good quality of life.

So, hopefully covering these substances or things that are helpful to you. So, the summation is to try to go with a good vegan diet, the inclusion of dark leafy greens as much as possible, possibly an adjunct to add in like a great greens blend on top of the juices that you're doing, the fresh juices that you're doing and the foods that you're eating, the inclusion of healthy fats, of essential fatty acids, EFAs for short and turmeric, turmeric root, high amounts of turmeric root which is fantastic and for those of you that will tolerate it, MSM.

THE CLEANEST ALKALINE STRUCTURED WATER POSSIBLE-

And then another really easy, simple one just to try to remember is also hydration, getting the cleanest water possible is great. Preferably something that is oxygenated and is structured. We can get into that later. But structured, clean water is wonderful for you so try to get that. Steer clear of the tap as much as possible. I'll even applaud a Brita. Do whatever you can to just get good clean water but don't go buying tons and tons and tons of bottles of plastic, in case healthy water and then go screw up the water tables and throw them out into the gyre in the ocean and make that any worse. I will not back that at all. Get a filter or buy it a local water shop, specialty water shop or just try to do the best you can with a home filter if you live at home or if you have an apartment and something where you can't affix a permanent fixture then, try to get some form of clean water that you have more control over and consume it regularly and getting structured water drives all of that stuff that we discussed even deeper into your system and makes it a lot more effective.

I hope this was helpful and this was just to try and cover inflammation in a way that seemed understandable and presentable and I hope you understand there's a lot of inflammatory conditions that are reversible and manageable and maybe just help give you some of the tools and the education that you need to help make better decisions in your own life and how you can have a much more pain-free, vibrant and lovely quality of health that I think that basically everybody should have already and that you deserve. Or even if you don't deserve it, that you should have or that's obtainable if you want to. And that's the main thing here. There are answers available and ways to address all of this if you choose to seek them out and if you choose to do it. Really, the choice is up to you though. I hope I have done a good job in covering this and I hope that you have enjoyed this moderate dissertation of inflammation and that you find it helpful. And this will be available for download as soon as it gets posted. I hope you enjoyed the time and thank you for your time and your willingness to listen to what I have to say. I hope my efforts to bring my insights and wisdom are well received. I'm here to serve. Thank you.

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