

How to Stop Inflammation



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How to Stop Inflammation

Inflammation is the body's natural response to injury or infection, aimed at protecting and healing the affected area. Acute inflammation is a short-term response that helps the body fight off harmful stimuli and begin the healing process. However, when inflammation becomes chronic, it can contribute to the development of various diseases.

Inflammation can occur throughout our body affecting our vital organs such as the brain, heart, lungs, kidneys and liver. It is crucial to understand the types of food and lifestyle choices that are responsible for keeping our vital organs healthy and functioning well.



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1. Anti-Inflammatory Diet:

Omega-3 fatty acids: Include fatty fish, flaxseeds, and walnuts in your diet to reduce inflammation.

Fruits and vegetables: Eat a variety of colourful fruits and vegetables rich in antioxidants and phytochemicals.

Whole grains: Opt for whole grains like quinoa, brown rice, and oats instead of refined grains.

Spices: Incorporate anti-inflammatory spices like turmeric, ginger, and garlic into your meals.



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Gut Health

Given that the majority of our immune system resides in the gut, it is essential to understand the types of foods that can support a healthy gut and help reduce inflammation throughout the body. The vagus nerve, which establishes a direct connection between the gut and the brain, can be negatively impacted if our gut health is compromised.

Poor lifestyle choices may gradually weaken our immunity, increasing the risk of inflammation and related illnesses. By prioritising gut health through mindful dietary choices, we can bolster our immune system and mitigate inflammation.

A healthy gut supports our digestive system which includes the Enteric Nervous System responsible for the functions of the vagus nerve, gastrointestinal tract and the gut microbiome.

It reduces inflammation in our body and supports our immune system, emotional and mental health and skin and hair health.



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Gut Health

Here are the two groups of foods that are necessary for gut health.

Prebiotics and Probiotics

Prebiotics are fibre from complex carbohydrates like vegetables, fruits, and whole grains, which feed the beneficial bacteria supporting our gut health.

Probiotics are live beneficial bacteria present in fermented foods, such as naturally pickled vegetables such as kimchi and sauerkraut, yoghurts and Kefir which balance the gut bacteria, helps digestion and our immune system.



2. Exercise and Physical Activity

Regular physical activity influences the gut microbiome positively and helps in the prevention of gut-related disorders.

If you find that you are struggling to fit into a daily exercise routine, then opt for short stretches or chair exercises as these will require four to seven minutes of your time where you include overhead stretches, upper body side-twists, half body squats by bending the knees and lowering yourself about a foot above the ground, hold to a count of five and bring yourself back up. This helps to strengthen your lower back, legs and core muscles. Remember to tuck in your abdomen and lower back as you engage in this short exercise.

Movement: Engage in regular physical activity from gardening to cleaning, and low-impact exercises like swimming, walking, or yoga to minimise joint stress, improve mood and mental health, and help reduce inflammation.



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3. Lifestyle Changes

Sleep: Aim for 7-9 hours of quality sleep each night to support your body's natural healing processes to combat inflammation.

Stress reduction: Practice stress-relieving activities like meditation, deep breathing, or spending time in nature.

Avoid smoking and limit alcohol and consuming high levels of processed foods: These habits can contribute to inflammation, affecting our vital organs negatively. So it's best to avoid or reduce them.

4. Hydration

Keep hydrated throughout the day with glasses of water, teas and infusions, and fruits and vegetables with high water content to reduce inflammation by removing toxins from our bodies and help lubricate our joints.





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Thank you for downloading this short guide highlighting the main points to support you in your self-care journey. If there is anything specific that you would like to know then please send your message to my social media platform,
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