

Inflammation: It is all about Balance!



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The immune system is a highly complex network of cells and cellular immune factors produced by immune cells. Although we do not yet understand how the immune system works, scientists have shown that the amount of immune inflammation that occurs in the body directly affects the status of our joints, cardiovascular, nervous, hormonal, and emotional health.

Inflammation: The Body's Stealth Weapons System

Immune inflammation is the main weapon used by the body to: a) heal us when we are injured, and b) fight disease by protecting us from invasion by viruses, bacteria, fungi, or parasites.

The Immune System

The immune system consists of white blood cells (immune cells) and a cocktail of different cellular immune factors messages (for example, cytokines) that they release to recruit more cells into an area.

The Battle

Upon invasion by pathogens, a fierce battle begins between immune cells and the invaders. If the body previously mounted a specific immune response to the microorganism, immune white blood cells will recognize this and release antibodies, large immune proteins, that attach to the pathogens. Antibodies mark pathogens for rapid destruction by inflammatory immune cells.

Attachment of antibodies to the invader initiates a highly orchestrated inflammatory response with different types of immune inflammatory cells and the release of additional immune factors by these cells. This brings in more immune inflammatory cells to fight the invaders.

Healing

Immune inflammation is also the way that the body responds to trauma. When we are hurt, immune cells migrate into the wound site where they release cytokines and other immune factors that recruit and activate other cells in an inflammatory response. During the process of healing, other immune cells come into the area and release antiinflammatory cytokines and other immune factors to calm the inflammatory response down.

A proper inflammatory response depends on the release of the appropriate amount, and kinds, of immune inflammatory cytokines and cell factors that help recruit other killing cells into the battlefield.

Balanced Immune Inflammatory Responses

Balanced immune responses are the key. Once the organism has been successfully contained, or entirely eliminated, in a healthy person the immune system needs to decrease (down-regulate) the amount of inflammation the body is producing.

If not, or if the immune response is inappropriately "boosted", the exaggerated inflammatory responses damage previously healthy tissues. ("Run-away" levels of inflammation results in immune disorders such as arthritis, diabetes, lupus, bowel, and cardiovascular disease, etc.).

The Importance of Immune Homeostasis

Optimal health depends on immune homeostasis (balance). A healthy, balanced immune system defends the body, results in self-healing, good energy levels, and a healthy mental attitude. "Everything works just right!"

Restoring Immune Homeostasis

No medications, herbs, juice extracts, vitamins, or minerals, exist that guarantee that you will achieve immune balance. Only by making different lifestyle choices will you maximize your chances of achieving immune homeostasis (balance).

Steps To Approach Immune Balance:

Be Physical! You are never too old to become more active. You do not have to run a marathon, just move. If you walk to the bus, walk briskly and then for 30-90 seconds as fast as you can, then repeat [This is termed "interval training"].

Aim for a minimum of 150 minutes/week or about 40 minutes/4 times a week. You do not have to exercise for 40 minutes at one time; instead being physically active for 10-minute intervals; 4 times a day will help keep you fit. [Even if you are overweight, keeping fit has enormous benefits!] Exercise is the body's natural antiinflammatory. Every time we contract our muscles, we release powerful antiinflammatory cellular factors.

Lose Those Inches. Fat cells produce inflammatory molecules. Shrinking the size of fat cells decreases the amount of inflammation generated, resulting in less inflammation that the body needs to counteract.

Decrease the Number of Calories You Consume. Limit the consumption of fried foods, white flour products, sweets, and sweet beverages (like mauby or sodas [regular or artificial]). Instead, concentrate on consuming lean protein such as lean meat, poultry, seafood, beans and peas, eggs, and unsalted nuts. Fill half of your plate with a variety of darkly pigmented vegetables (darker vegetables are healthier than lighter-colored vegetables).

Incorporate Hyperimmune Egg Into Your Diet. Along with exercise and diet, make hyperimmune egg an important part of your life. Hyperimmune egg is an all natural, pure protein ingredient, containing a combination of cellular immune factors that help the body rapidly achieve immune balance, joint, digestive, and cardiovascular health.

Lifestyle Choices:

If you are tired of always being tired—you need to do something different. Unfortunately, there are no silver bullets, fad diets, or medications that can do it for you.

A lifestyle that emphasizes regularly scheduled exercise, well-balanced nutritious meals, lower caloric intake, and at least two servings of hyperimmune egg on a daily basis, will help promote optimal energy levels, and physical and emotional health.

It is simple: Change your habits--change your life!