



DAVID FAIRLAMB THE FIT FACTOR

INFLAMMATION is the body's first defence mechanism when fighting against infection and dying cells. Whether it be from a disease, wound or an injury, the body will naturally produce inflammation to protect itself from further damage.

If left to prosper in the body inflammation can lead to chronic issues, leaving us with a lot of the diseases and disorders we face today including, obesity, cancers, Alzheimer's and osteoporosis to name a few.

Ideally our bodies will produce pro inflammatory compounds and help repair the infected area then switch off ready for when they are needed again. In some cases the response will not turn off, leading to inflammation of other healthy cells eg blood vessels, joint tissues leading to more infection and illness.

Poor choices

I believe one of the main causes of inflammation and illness comes from poor nutrition and lifestyle choices. Today's 100 mile an hour

way of living often leads to:

- Eating on the run
- Living on fast food
- Excess refined sugar consumption most through sugary drinks, sweets, ice cream etc
- Raised stress levels
- Higher alcohol levels, especially for the middle aged
- Lack of sleep

Fighting Inflammation

A recent study looked at longevity and concluded that having low levels of inflammation

in your body is the key to living a longer, life in good health. Also many of these problems are caused by an unhealthy inflammatory diet and lack of exercise.

Here are a few of my tips explaining what to add to your diet to help fight inflammation:

Omega 3 fats Foods such as oily fish, nuts, seeds, and organic grass-fed beef contain high levels of omega 3 fatty acids. All of these foods we would associate with our primal ancestors, therefore they are the most natural and organic sources of food available and what we were designed to eat. **Leafy greens** such as kale, spinach and Swiss chard contain powerful antioxidants, flavonoids, carotenoids, and vitamin C - all of which help protect against cellular damage. Try to buy organic locally grown greens, which are in season. **Blueberries** are rich in anti-oxidants compared to other fruits and vegetables and low in sugar.



NUTRITION CORNER

Another good way to add more greens to your diet is to juice - eg spinach, kale, broccoli, celery - adding herbs and spices where you can; they are healthy and full of antioxidants and you will probably consume more greens juicing than through any other method of cooking.



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Celery - studies have shown eating celery improves both antioxidant and anti-inflammatory abilities that help improve blood pressure and cholesterol levels, as well as prevent heart disease.

Garlic - adding garlic into your diet has shown to improve many areas of your health, including helping your immune system, especially through times of stress.

Turmeric is a hugely powerful anti-inflammatory, and a recent study showed its primary com-

pound was more powerful than an aspirin.

Ginger is renowned for its ability to break down toxins in your body.

Pineapple helps strengthen your immune system.

Cherry Active (www.cherry-active.com) a 30ml serving of the montmorency cherry juice per day is superb for antioxidant health. A study has shown this to have the same free radical quenching ability as over 20 portions of fruit and vegetables.

This is yet another article I've written underlining the fact that making the correct food choices, on a consistent basis, is crucial to your health and longevity.



Motivational quote of the day

Stop being afraid of what could go wrong think of what could go right



FITNESS TIP

Training helps to clear toxins from your body. This, combined with healthy antioxidant food, will speed up your recovery rate.

NORTHUMBRIAN WATER *living water*

KNOW WHERE EMMIE GETS HER BOUNCE?

It's in the water

Drinking plenty of tap water instead of sugary drinks and staying hydrated helps children grow up happy and healthy. What's more, our water in the north east is one of the highest quality drinking waters in the UK. Clean, clear and great tasting.

www.nwl.co.uk/hydrate

