Summit Introduction and Inflammation Myths

Welcome to the Silent Killers Summit, where my guests and I are uncovering the root causes and giving you solutions for chronic inflammatory symptoms and diseases. I'm your host, Laura Frontiero.

Today, I'm addressing common myths about inflammation. So let's start with some simple myths, and we'll move into the more complex concepts about inflammation.

Now, I talk a lot about inflammation to my clients every week and what they perceive as the cause or solution for inflammation. It's kind of a buzz word that is widely misunderstood.

So I want to make sure that you walk away from this with some deep understanding about this. So the first myth and you may know this when I said I was going to start with simple and we're going to go to more complex.

So the first myth is that inflammation is harmful. All inflammation is harmful. So in reality, inflammation is a natural and essential response by the body to an injury or an infection.

So chronic inflammation is actually different and it's detrimental to health. So those are the flames.

Myths 1-2: Inflammation, Diet, and Root Causes

We want to put out the chronic flames, but we also want to encourage a normal inflammatory response to a toxin or an infection when you get exposed. We want your body to react acutely.

We want your systems to be operating correctly and not overwhelmed so you can clear issues through the healthy, inflammatory process. So in other words, what I'm saying is inflammation, acute short term is critical for your body to resolve infections and toxins.

It's the chronicity. It's the long term that's a problem. Once you get out of that long term inflammatory state, now you have a problem. Okay. Myth number two inflammation is diet related, and I can solve my inflammation by eating healthy.

I can eat my way out of this. In reality, diet plays a significant role, but so many other factors like environmental toxins, infections and stress and unresolved traumas can also contribute to inflammation.

So basically, you can't eat your way out of this. I am telling you, if you've got heavy metals or mold toxins in your body, you can't eat enough algae or cilantro to get this out of your body.

You cannot. You need some help. And I really want you to hear that. And I'm okay if you're listening to me say that right now and you're not aligned with that and you say, No, Laura, I know I can solve this with food.

I'm okay with you disagreeing with me. That is not the hill that I am willing to die on with my audience. We have to do something more to support you.

I've actually had clients get mad at me that we didn't talk enough about food in my programs because I don't believe you can eat your way out of this.

Myths 3-5: Antioxidants, Pain Relief, and Symptoms

We teach you how to eat right. We give you the foundations we give you. You know, these are the recommended ways to eat that we think can help you the most.

But we're going to focus on a lot of different strategies to reduce inflammation and eating in our programs. I just sidebar on that. So not all inflammatory foods have the same impact on the body and this is really important to know.

Some are worse than others. And it also depends on your gut health, your genetics and your mitochondrial health. So myth number three, antioxidants can cure inflammation.

So in reality, while antioxidants can help reduce inflammation, a holistic approach is often required to address the root causes. Again, you cannot antioxidant yourself out of this.

You cannot get out of this by just taking, you know, to record curcumin or just, you know, taking green tea or just, you know, having fish oil. So Myth four is pain relievers like ibuprofen and botanicals like CBD can solve inflammation.

I mean, how many people say, Oh, I'm inflamed, I need my CBD, I'm inflamed, I need my Advil. So in reality, pain relieving medications and herbs may alleviate symptoms.

So it's like a Band-Aid, but they don't resolve the underlying causes, the root causes of inflammation. And I want to be really clear on that. You could take CBD every day for six months, and you're not solving the inflammation, you're just making it more tolerable.

Makes it hurt less. Okay. Myth five Inflammation is only a symptom and nothing more. So in reality, inflammation can be both a symptom and a cause of various health conditions.

And this creates a complex interplay within the body. So here's an example.

Myths 6-8: Reversing Inflammation, Hormones, and Adrenals

The myth is that inflammation in the joints is merely a symptom of rheumatoid arthritis. Well, in reality, in rheumatoid arthritis, inflammation is both a symptom and a cause, as the immune system mistakenly attacks healthy joint tissues, perpetuating the inflammatory cycle.

Myth number six is it's too late to reverse inflammation. Now, in reality, with identification and elimination of the root cause infections, toxins, nutrient deficiencies and stressors traumas these are the four buckets of root causes that you hear me talk about all throughout this summit.

It's possible to reduce and even reverse chronic inflammation for improved health. Myth number seven Fixing hormonal imbalances will relieve inflammation.

Now, in reality, while addressing hormonal imbalances, it's important. It's important to address hormones. Inflammation is a multifaceted issue, influenced by factors way beyond hormones.

A root cause approach that includes solving infections, toxins, nutrient deficiencies, stressors and traumas is needed even when hormonal imbalances are present.

We do not hyperfocus on hormones. In my programs, we don't hyper focus on thyroid. We don't hyper focus on adrenals. We know that these things will clear and improve imbalance when we get underneath it and we hyper focus on other things.

We hyper focus on infections, parasites, bacteria, viruses, fungus. We hyperfocus on toxins, all of them mold, toxins, heavy metals, PFAS, PFOS, PFAS forever chemicals, volatile organic compounds, pesticides, herbicides, radioactive elements.

I mean, on and on and on when we get underneath that. We saw that when we solved nutrient deficiencies, when we solve traumas and stress, that's when hormones start to get better.

Adrenals start to come back online. Thyroid medication doses decrease. Gut health gets better. So this is a different approach. Myth number eight If I fix my adrenals, my inflammation symptoms will go away.

In reality, while adrenal health is vital, it's one tiny piece of the puzzle. Chronic inflammation results from various factors, not solely adrenal dysfunction.

We do adrenal testing on people in our programs.

Myths 9-10: Thyroid, Blood Sugar, and CGMs

We do right adrenal protocols. We do a lot of other stuff. First. Myth number nine Fixing my thyroid is the answer. It will solve all my health problems, including inflammation, while in reality, while optimizing, optimizing thyroid function is crucial for overall health.

Inflammation is usually not directly caused by a thyroid issue. Even if you get your thyroid issues resolved, you still need to solve the underlying root cause that got you there in the first place.

So do not ignore your thyroid. If you have known thyroid dysfunction, work with a naturopath Work with a thyroid specialist. Make sure you're working with somebody to get underneath all those other issues.

We have a great thyroid talk here by Amy Hornaman I love her and I send all my thyroid clients to her and I deal with the underlying issues. She helps you get that quick relief.

Okay. Myth number ten Normal blood sugar levels mean no inflammation or wearing a CGM will solve my problems. A continuous glucose monitor. In reality, while it's true, blood sugar spikes can trigger inflammatory responses in the body.

Even people with normal blood sugar levels can experience inflammation if their diet lacks balance and is high in processed sugars. And you don't need a CGM to tell you that.

That may be unpopular because a lot of people are promoting using CGM right now. I'm actually not. I feel like the CGM get people in a cycle of anxiety and that does not help people heal.

I'd rather just work through a proven protocol to support your mitochondria, support your drainage pathways, balance gut microbiome, move toxins out because naturally blood sugar starts to regulate.

And you don't have to be in this spinning cycle of worry over what your blood sugar's doing. CGMs are great for people with diabetes. I'm not saying don't use a CGM if you have diabetes and you're trying to figure out how to dose your medications.

Root Cause Approach and Healing Order

But if you don't have diabetes, you could create more harm than good in your psyche, in your emotional health with a CGM. That may be a very unpopular opinion, but I'm going to say it.

That's what you can always count on for me. So I'm very opinionated about some things and I'll tell you how I feel about it. So some of this may be a bit surprising to you.

I just said you can't eat your way out of this. I just said you don't need a CGM unless you know you're working with a diabetes doctor and you have diabetes.

And yes, I just told you that working on your adrenal health won't help you. I just told you that focusing on hormones will help you. I just told you that focusing on your thyroid might not help you.

And here's what I want you to take away from this. There's more to solving inflammation than a singular approach,

like addressing hormones, thyroid, adrenals, or cutting out inflammatory foods.

So many times when I work with people, they've been trying to solve all these midstream issues. These are midstream issues, thyroid, adrenals, you know, hormones and not going after the real root cause, the hidden infections, the environmental toxins stored in the body, the nutrient deficiencies caused by infections and toxins and stressors and traumas.

And when we bring it back to basics and we solve these four buckets of problems in the right order with the right support. Inflammation goes away. Inflammation goes away.

Symptoms resolve. People get off their prescriptions. They become productive and energetic again. They get their lives back. Now, I've mentioned this throughout this summit, and I'll do it again here.

The order of operations to help your body eliminate inflammation and your symptoms is to first support mitochondrial energy production. If you didn't catch my talk on mitochondria energy.

Physical energy. Invisible energy. Make sure you catch that. Second, open your internal drainage pathways. Third, restore gut health. Fourth, clear stresses and traumas.

And finally, you are ready to start the deep cellular detox of heavy metals, mold, mycotoxins and environmental toxins. Now, if you're ready to get this healing process started, get in contact with me or one of the practitioners who are teaching you on this summit.

I brought in many of my friends and colleagues and mentors onto this summit.

Next Steps and Summit Resources

And while you're viewing the summit, look for the practitioners that resonate with you and be sure to connect with them to get the help you need. Stay tuned after the summit finishes airing because I will be hosting a series of masterclasses to get you more information on your favorite topics from the summit, including how to get functional gut microbiome lab testing, how to get mitochondria support.

How to start solving those four buckets of root causes that cause all the other issues. We help people from many countries around the world. So be sure to add laura@laurafrontiero.com to your safe email list and I'll be in touch after the summit.

You can find me at laurafrontiero.com There's a clickable link to my Bio-Radiant Health website near the bottom of the page where you're viewing this video.

And if you'd like to get permanent access to the summit interviews, just email support@drtalks.com and the help team will get you all sorted out. Until next time. Take good care bye now.