Introduction to the inflammation myths

I just said you can't eat your way out of this. I said, you don't need a CGM. Welcome to the Silent Killer 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 Frantero. Today, I am addressing common myths about inflammation. So let's start with some simple myths and we'll move into the more complex concepts about about inflammation to my clients every week and what they perceive is the cause or solution for inflammation.

It's kind of a buzzword that is widely misunderstood, so I want to make sure that you walk away from this with some deep understanding about this.

Myth 1: All inflammation is harmful

So the first myth, and you may know this one, I said I was going to start with simple and we're going go to more complex. The first is that inflammation is harmful, all inflammation are harmful.

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.

Those are the flames we want to put out, the chronic flames. But we also want encourage a normal inflammatory response to a toxin or infection when you get exposed.

We want your body react acutely. You want 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 long term that's a problem.

Once you get into that long-term inflammatory state, now you have a problems.

Myth 2: Diet alone can solve inflammation

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 outta this, I am telling you, if you've got heavy metals or mold toxins in your body, you cant 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 are not aligned with that, and say no Laura, I know I can solve this with food, i am 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.

We teach you how to eat right. we give you the foundations. These are the recommended ways to get that. That we think can help you 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. 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.

Myth number three, antioxidants can cure inflammation. In reality, while antioxidants 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 this by just taking turmeric or curcumin or just, taking green tea or having fish oil.

So, myth four is pain relievers like ibuprofen and botanicals like CBD can solve inflammation.

Myth 3: Antioxidants can cure inflammation

I mean, how many people say, oh, I'm inflamed, and I need my CBD. 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 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 are just making it more tolerable, makes it hurt less. Okay, myth five, inflammation is only a symptom and nothing more.

Myth 4: CBD and pain relievers fix inflammation

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.

The myth is that inflammation in the joints is merely a symptoms of rheumatoid arthritis. Well, in reality, with rheuma arthritis, inflammation is both symptoms and 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.

Myth 5: Inflammation is only a symptom

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 is 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.

Myth 6: It is too late to reverse inflammation

We do not hyper-focus on hormones in my programs. on adrenals. We know that these things will clear and improve and balance when we get underneath it, and we hyper-focus on other things. We hyper focus on infections, parasites, bacteria, viruses, fungus.we hyperfocuss on toxins, all of them, mold toxins heavy metals, PFAS, forever chemicals, volatile organic compounds.

Myth 7: Hormones are the main cause

pesticides, herbicides, radioactive elements, I mean, on and on, and when we get underneath that, we solve that. When we solved nutrient deficiencies, when you solve traumas and stress, that's when hormones start to get better, adrenals start 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. We do write adrenal protocols.

You 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 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.

Myth 8 and 9: Adrenals and thyroid will solve it

If you have known thyroid dysfunction, Work with a naturopath, work with the 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 Horniman. I love her and I send all my thyroid clients to her. And I deal with underlying issues, she helps you get that quick relief.

Okay, myth number 10, normal blood sugar levels mean no inflammation or wearing a CGM will solve my problems, a continuous glucose monitor. In reality, while its true blood-sugar spikes can trigger inflammatory responses in the body, even people with normal sugar blood 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. Ooh, that may be unpopular because a lot of people are promoting using CGMS right now.

I'm actually not. The Cgms get people in a cycle of anxiety and that does not help people heal. I'd rather just work you through a proven protocol to support your mitochondria, support 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 sugars doing.

CGMs are great for people with diabetes.

Myth 10: Blood sugar and CGMs solve inflammation

I'm not saying don t use a CGM if you have diabetes and are trying to figure out how to dose your medications. But if you don't have diabetes, you could create more harm than good in your psyche, in you 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 from me. So I am very opinionated about some things and I'll tell you how I feel about it.

Some of this may a bit surprising to you. I just said you cannot eat your way out of it and you do not need a cgm unless you are working with the diabetes doctor and have a diabetes and yes.

I just told you that working on your adrenal health won't help you. I told that focusing on hormones won t help. 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 mid stream issues, thyroid adrenals, you know, hormones, and not going after the real root cause, the hidden infections, environmental toxins stored in the body, 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 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. Then 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.

The root-cause approach to healing inflammation

If you didn't catch my talk on mitochondria energy, physical energy and visible 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.

And while you are viewing the Summit, look for the Practitioners that resonate with you and be sure to connect with them to help you get the help that you need.

Stay tuned after the summit finishes airing because I will be hosting a series of Master Classes to give you more information on your favorite topics from the Summits.

including how to get functional gut microbiome lab testing, how get mitochondria support, and how 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 at laurafrontiero.com to your safe email list and I'll be in touch after the summit.

You can find me at LauraFrontiro. Com. There's a clickable link to my BioRadiant Health website near the bottom of the page where you're viewing this video.

Closing remarks and summit resources

And if you'd like to get permanent access to the summit interviews, just email support at DrTalks.com and the help team will get you all sorted out. Until next time, take good care.

Bye now. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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