Learn The Truth about Inflammation! Transcript

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Introduction to Inflammation

All right, so welcome back. This is Sibling RX. I'm Dr. Yas. Dr Roddy, welcome. And today we're going to be talking about inflammation. So the good and the bad, right?

So there's two types of inflammation, there is acute inflammation and there chronic inflammation right. Why don't you tell us about acute. Yep. Acute inflammation obviously is something that is new.

Um, I think the easiest kind of segway to describe it as, let's say you sprain your ankle, for example, you throw your back out or whatever, but a sprained ankle.

Your body alerts, your body's super smart, right? So, it knows to send helpers. So I just kind look at it, as these little help soldiers come down to the ankle and they start to kind heal.

But in the healing process, starts to swell up. Unfortunately, people do everything in their power to disrupt the swelling process, which good and bad, right?

There's some swelling that needs to happen. And then if you eliminate the other swelling, then you're you're impacting healing, right?

Acute Inflammation and Healing

You're decreasing the way it heals. So acute inflammation is your body's way of just trying to control what just happened. And there's things that you should do that, you know, can help during that acute phase.

Yeah. It's more short-term and protective, Right? That's a key word, protective. You want to make sure you are not inhibiting it too much because you want your inflame that particular area to heal it.

So you don't want to mitigate the swelling too much, but you want it to be comfortable too, right? So, you wanna to lower it? That's the easy type of inflammation, so let's talk about the more complex inflammation which is chronic inflammation.

So chronic inflammation is more low grade and damaging to your overall health. So a lot of times, chronic information won't even have an immediate trigger or an immediately infection or a strain or anything like that.

It's something that gradually increases. So there are certain things that can increase your chronic inflammation, whether it's diet or environment, or even just environment meaning the toxins around you, weather it is in your home or in the air.

And then there's things what we used to see all the time in practice, which is chronic stress from repetitive stress, repetitive things we do during the day, like the way we sit at our computer, ergonomics, and things like that, right?

Sometimes those repetitive stress disorders, carpal tunnel or tennis elbow or back pain, can start acute. You go through the acute phase and sub-acute phase, and if you don't properly treat it, Now you've let it become chronic.

But I think the category of inflammation that is the root of all evil, the route of disease, because all chronic, fatal, diseases are a form of inflammation.

Chronic Inflammation and Its Causes

And like you said, there's no, light doesn't go off when, you know, unfortunately cancer cells have perforated and

spread, it's just one of those things that's happening.

So, and chronic inflammation is just the root of all of that stuff. How do we know what to do? How did we knew if we're doing enough? how do know if were not doing is always the trick, right?

Yeah. So chronic, when we talk about chronic inflammation, the more detrimental type of inflammation that causes diabetes, heart disease, you know, cancers, different, all cause mortality type That's the chronic inflammation.

That is the low grade that usually is very silent, undetectable, not really tested for very often unless you go to a functional health practitioner. So that's a type of inflammation that I really want to hone in on today.

And that gets me fired up because those are the things we can control, right? We can't control what we put on our body. We control we have in our environment.

to lessen the inflammation, right? So there's three major things we wanna avoid in our diet and our environment that really help increase and actually are major factors of increasing inflammation.

Chronic inflammation so the first one is having the hidden sugars in your diet, so hidden sugar are things that aren't necessarily like a candy bar, right?

It's the sugar that is in an ingredient, as an ingredients that we don't even recognize or- Because it's not even called sugar. Right. It is called, you know, You'll see it as something like high fructose corn syrup.

And you think, oh, I'm just eating corn, Right? Well, we all know that's syrup and it is concentrated sugar, right? So it's an unnecessary amount of sugar.

So we want to make sure that we're eating things that don't have hidden sugars. And I always tell people if you eat things, that come in the original form.

if it's a piece of fruit or if its some sort of plant or something that's grown in the original form. It's better to have that than to the orange juice, right?

It better have the oranges than the juice. Because the Orange juice for sure is going to some hidden sugars especially. They got to make it taste good and they got make a profitable.

Like, yeah, profitable to sit on the shelf, but I think sugar from fruit is definitely better than having a bowl of ice cream or something like that. But sugar, let's just make sure we people understand.

If inflammation is a fire, for example, sugar is gasoline for that fire. So if you're inflamed and you are over consuming sugar. Because again, I think that for me, it's always to understand the concept of it, but also to put it in a real life perspective, because you are going to naturally ingest some sugar in your life.

You have to. It's going happen. But if you can control your intake of And if you have a chronic inflammatory condition happening, then you're going to kind of lessen that fire, right?

You know, it's interesting. I think about that. And I thinking about when our mom was going through chemotherapy, and we took her to that holistic center in California.

One of the first things that they wanted to do with her was to put her on a, instead of chemotherapy. They wanted her put on insulin therapy as a drip.

Because, I was learning about all the holistic ways of treating cancer. And the first thing that they said was, well, tumors thrive off of sugar. The more sugar you have in your body, the more the tumor will grow and the aggressive it will get.

they put people on insulin drips to drop their sugar levels. Yeah. So it's really interesting. Hidden sugars is a huge cause of inflammation. And as we all know, cancer is caused by inflammation, so the other thing was the environmental toxins that are in our food, right?

So we've got pesticides and herbicides and different things that our spray, preservatives, chemicals that were sprayed on our foods. chemicals that are put into our foods that all are known to be chronic inflammatory causers.

And those are all there to, like we said a few minutes ago, to just increase the shelf life of a product. There's no other reason that they're there than to increase how long that stuff can stay on the until they sell it.

And like I always tell my kids, if you look at something and you turn it around, you'll look the box and read the ingredients.

Diet, Toxins, and Bad Fats

If it's got stuff on there you can't pronounce or you cannot find in the grocery store, it is probably not good for you. You want to have stuff that doesn't have a laundry list full of ingredients, right?

And the more foods, boxed and packaged foods you have that have a lower amount of ingredients, the better it's going to be for your overall health, right?

What about foods that are anti-inflammatory? There's a lot of things that help decrease inflammation and not supplements, but both are supplements but like herbs and foods in general, obviously.

The first spice that comes to mind is turmeric. Turmeric is a huge thing. As Persians, we ingest turmeric probably before we adjust a bottle of milk when we were a little kid.

But turmeric is in a lot of cuisines. A lot people don't know that curcumin and turmeric are such good anti-inflammatories. So that really is great way to get some anti inflammatory nutrients into your body.

Yeah, and there's other things you can, a fruit like, you would have to eat a lot of it, but pineapple has bromelain, right? Bromelaine is a really good and natural anti-inflammatory.

Bell peppers have capsaicin, which is another really anti inflammatory. But again, do you have have eat to a of those foods to get the amount that you need for them.

That's why it's nice to be able to go get that herb in a capsule form, it is more concentrated. Totally, yeah. just rampant in the U. S. that is banned in Europe is the bad fats, right?

The unhealthy fats. And what I mean by the Bad Fats is, the trans fats the fats that are the cooking oils that we use here in The United States, like the canola oil, soybean oil and palm oil.

These are all fats oxidized when you cook in them and these are the oils that they use to cook with in restaurants because it's cheaper. And unfortunately, even growing up, you know, when you go to the Persian market or whatever, canola oil is everywhere, right?

And you, know they used to use it as motor oil? Oh, I'm sure. Yeah. No, yeah. It was, it was used as Motor oil. So and it, and its, its rancid. These oils actually increase your inflammatory markers and they are the number one cause right now of our top three comorbidities, I can't even say that word, heart disease, cancer and diabetes.

And when you go to other countries, like you go to Europe or you to Japan or outside of the United States, those things are banned. They don't even ingest them.

Yeah, they're not allowed in restaurants. It's an interesting, you've heard people say, people that have like, this is a different topic, but like a gluten sensitivity and they have it here and overseas.

And they're like, I had pizza in Rome, and I felt perfectly fine. Totally fine, And, they don't get any of the digestive issues. They drink all the wine, the eat all of bread and pasta, They feel great.

and they lose weight. Yeah. You know, because- And their walking everywhere. I was going to say, their are walking every where. Their not getting the bad fats in the food when they eat out.

Then on top of that, The wine And the food doesn't have any of the preservatives or the chemicals that we allow here. There's over 500 different chemicals and preservative the United States allows that other countries have banned.

And it's unfortunate. Hopefully, with the whole Maha movement, it'll Yeah. But until then, you gotta do, I mean, it's like, again, like we talked about the very first episode, even if there's one takeaway that our listeners will take away, because it is hard to do everything.

It is. Even if you take one thing and say, You know what? I don't read labels. I'm going to start reading labels and educate myself. Because you can get a little over consumed with reading the labels, and now you're like getting a bit manic about it.

Yeah. And that's the thing is like, you can't really do everything because it's impossible. But I always say that if there's one thing you change that is going to be better for your health overall, it is change the amount of times you eat out during the week.

Because at least if you cook with the good stuff at home, you know you're controlling that environment, right? If you can just minimize how much you out, because I know people, there's kids, I hear about kids eating out every single day because their parents don't cook.

So they go to even like Circle K to get food. I'm like, are you kidding me? So even if we just stop eating out and we restrict it to once a week or just minimize it, then at least we know we're minimizing those bad chemicals, the bad fats, hidden sugars, all of the main things that contribute to the inflammation.

Well, inflammation is a massive topic.

Healthspan, Epigenetics, and Takeaways

I know that we are only going to talk about it for a few minutes. here today, but really quick back to the acute inflammation just from clinical experience.

If you have acute information of any sort, you should have it looked at to make sure you don't have anything more severe. You want to be sure that that sprained ankle isn't a torn ligament or torn achilles or whatever it might be.

But understanding how severe it is really will determine what's the proper course of care to properly manage the inflammation or the injury and whatnot.

Those are the easy ones, right? It's the chronic inflammation conditions that become more difficult because now you've got a bigger ball of knots to kind of untangle and kind take apart and things like that.

And people just ignore things. I just learned to live with it. Well, now it's not that it is late, but it like it much more difficulty to treat. Yeah, and you want to make sure that you try to minimize the amount of chronic that is contributed into your lifestyle.

Because the more you minimize that, the better your overall health span is going to be, right? So you're going not only live long, but you are going live a healthier life, a longer healthier.

Yeah. The other day, we were talking, and I know I came in the office, where we're talking about healthspan and lifespan. And I think that's a pretty awesome concept.

I was just visualizing in my head if each of those was its own barometer and you had the needles kind of moving, your lifespan is how you're going to live.

You're gonna live to 75? That's where your needle moves to. The problem is a lot of people start to inherit or bring in unhealthy lifestyle habits where their lifespan, excuse me, their health span starts to go the opposite way.

And the ideal situation for them to be right on top of one another type of thing. It's really important, you know, we talk about lifestyle and the term epigenetics gets thrown around and that's basically epi genetics is just the lifestyle you have that contributes to your DNA, right?

So what you do in your life now in, your lifestyle, contributes to your DNA. So it's not necessarily always about genetics. You know, if it was about Gen X, well, then, you know you and I, we don't have long to live, right?

So we can change our epigenetics and increase our lifespan because, We know more. We have healthier lifestyles. And there's more resources. There's resources and yeah, you're right.

I think people will go, Oh yeah. My mom and dad had heart disease. So, it is what it, but that's not the case. You can rewrite history a little bit and change that through knowledge and implementation of one or two things at a time before it becomes the normal thing for you.

Yeah. It's all inflammation. That's the core of it. cellular health is inflammation. So again, any takeaways from this episode, it's making sure you've got the hidden sugars taken away, mitigated as much as you can from your diet.

You've less bad fats, less soybean oil, palm oil and canola oil. And then you want to make sure that you're trying to eliminate as many toxins in your food that you can, like the chemicals, the preservatives, you know, all that stuff.

It's a quick inflammation episode. I mean, it's quick, but there's lot you could talk about. And we'll be doing more on inflammation too, because it is such a big topic.

If you have any questions on Inflammation, if there are things that help you to manage your inflammation, chronic inflammation. I mean, we can talk about acute inflammation but I think most people understand how to managed that.

But please just comment below. We'll be happy to answer any questions you have and share any information that you had with other people as well. Yeah, and you can also direct message us too through Instagram.

Awesome. Thanks for tuning in. Until the next episode, we're going to continue down our list of the five non-negotiables. Three more to go. What are they that we have coming up?

So we just did… We have hydration coming up. Yeah. But what did we do? We did sleep and movement. Then we're going to do hydration, protein, and probiotics.

So those three are huge. I'm sure everybody that's listening does some level of that, but we'll give you some of the things that we did, some things out there to help improve your lifespan.

All right. Awesome. Thanks for listening. Until next time. And healthspan. That's right, that's what I meant to say, health span, not lifespan. All Right.

Cool. Talk to you next. The information provided in this podcast is for educational and informational purposes only and is not intended as medical advice.

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