

INFLAMATION FREE LIFESTYLE

If you are allergic or sensitive to any of these foods, they can also cause inflammation.

Servings listed are a guideline; adjust as needed for weight reduction or gain.

FOOD GROUP	ALLOWED	AVOID
Meat Fish Poultry Protein One (1) serving of meat is 4 ounces (the size of a deck of cards)	Free range poultry (2-3 servings per week) Free range beef, lamb, or buffalo (1-2 servings per week) Free range organic eggs (6-8 per week) Wild caught cold water fish. Ex. Salmon. (2-3 servings per week) Wild game meats Non GMO fermented soy products like tofu, tempeh, miso (4 ounces 2 times per week) Uncured bacon or sausage	Any processed meat. Ex. Cured, salted, nitrates, smoked, added chemical preservatives such as found in salami, sausage, hot dogs, luncheon meats, bacon, processed deli meats. Farm raised or fresh water fish due to toxic runoff in lakes and rivers
Dairy 1-2 servings daily	<u>Organic raw or grass fed milk, butter, cheese products only</u> 2-3 ounces milk or half and half 4 ounce yogurt or cottage cheese ½ cup ricotta cheese 1 ounce feta or mozzarella cheese One (1) - ½ ounce portion of cheese 1 tablespoon grated Parmesan or Romano	Commercially made milk, cheese, cottage cheese, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, soymilk
Starch/Grains/Bread/Cereals 1-2 servings 3-4 times per week (organic if possible)	¼ - ½ cup steel cut oatmeal ½ cup amaranth, quinoa, millet, buckwheat ¼ - ½ cup short grain brown rice ½ cup cooked beans, chickpeas, or lentils ½ cup tapioca, arrowroot	White rice, barley, spelt, kamut, rye, wheat, wheat pasta, corn, processed cereals, French fries, white flour products, soy flour. (Try to go gluten free unless you know you are not gluten sensitive)
Fruit - Fresh or frozen (All fruit is acceptable but lower glycemic index fruits are best. See www.glycemicindex.com 1-2 servings daily, organic if possible.	Examples of a serving: ½ cup berries, or chopped fruit ½ avocado 2 figs 4 ounces pomegranate juice ½ banana	Fruit juices (except pure pomegranate juice, nothing added)
Fats/Oils (unrefined) *If possible use organic, extra virgin first cold pressed oils.	Extra Virgin olive oil, flaxseed oil, sesame oil, walnut oil, almond oil, avocado oil, coconut oil	Margarine, shortening, hydrogenated or partially hydrogenated oils, processed mayonnaise, trans fats, vegetable oils (corn, soybean, canola, sunflower,

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		safflower, peanut)
Vegetables (organic if possible) (4-5) ½ cups servings per day	All vegetables, fresh or frozen Seaweed NOTE: Many vegetables commercially grown are GMO, avoid if possible	Canned vegetables (unless no sodium added)
Sugars, spices, condiments	All spices. Especially good are: cinnamon, garlic, ginger, turmeric, basil, cilantro, parsley Stevia (pure) may be used as a sweetener Celtic sea salt Braggs liquid aminos (like soy sauce) Apple cider vinegar (with mother) Organic dark chocolate (at least 60% cocoa (1-2 squares 4-6 days per week) Raw local honey (1 tablespoon per day)	Sugars, all artificial sweeteners, all syrups. Commercially made ketchup, mustard, relish, chutney, soy sauce, barbecue sauce, mayonnaise, salt, and other condiments.
Nuts, Seeds (raw unsalted) Organic if possible Serving size – 1 ounce 5 servings per week	8 walnut halves or 12 almonds 1 tablespoon flaxseeds or chia seeds 2 teaspoons tahini (sesame paste), peanut and other nut butters per day	Salted, processed, cooked, fried or dry roasted nuts Nut butters with added sugar or oils
Beverages	64 ounces purified water daily Organic green tea- two (2) 8 ounce glasses per day Organic vegetable juice Organic herbal tea Red wine – 1 glass 3 times per week	Soft drinks, coffee (if you must have coffee use organic and limit to one cup per day), tea, cocoa, caffeinated drinks, alcoholic beverages

***No one follows a diet 100% of the time. Don't put yourself in food prison. Follow the 90/10 principle. 90% of the time stick to the allowed foods, 10% of your meals (2-3 per week) eat sparingly from the avoid list.**

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2

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What is Gluten?

Gluten is a protein found naturally in foods.

Where can it be found?

Gluten can be found in numerous products. You must read labels and look for “gluten-free” on the product. Do not trust that you will be able to read the ingredients and determine if it is gluten free. Below is a partial list of foods that could contain gluten:

Bread, including muffins, pancakes, waffles, etc. (white, wheat, rye, barley, spelt, kamut)
Breading
Cereal
Cakes, cookies
Crackers
Dips
Dressings
Flavored Coffees and Teas
Gravy
Oatmeal
Packaged foods (even those labeled “wheat-free” could still have gluten)
Pasta
Pretzels
Seasonings
Soups
Soy Sauce

Can cause...

In some people, gluten can cause inflammation, which can cause autoimmune diseases such as:

- Arthritis
- Fibromyalgia
- Hashimoto’s disease
- Irritable Bowel Syndrome
- Psoriasis
- Thyroid disease

In some people, gluten can also cause respiratory distress (including asthma), skin disorders (including eczema), weight gain or weight loss, gastrointestinal distress (including diarrhea, constipation, gas, bloating, reflux), infertility, insomnia, fatigue and headaches (including migraines).

Gluten must be completely avoided for 3 months before any change in symptoms may be felt.

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3

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Brands We Use

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Baking mixes	Hogson Mill	Pancake		x		P W
Baking mixes	Glutino	Pancake		x		W
Baking powder	Rumford	Aluminum free	x	x	x	
Beans	Greenwise	Kidney, garbanzo, black beans, pinto	x	x	x	P
Beans	Dried beans	varies	x	x	x	P
Beans	West brae natural	"organic"	x		x	P
Beans	Amy's	varies				P
Bread	Udi's			x		P
Bread	Rudi's			x		P
Bread	Ezekiel					P
Butter	Canyon Creek Farms		x			P
Butter	Organic Valley		x			P
Butter	Kerry gold	butter	x		x	W- diary
Cereal	Alpen				x	P
Cereal	Kashi	Pilaf (non GMO)			x	P
Cereal	Baker's on Main street			x		P W
Cereal	Ezekiel				X	P
Cereal	Mona's		x		x	P
Cereal	Cascadian Farms					P
Cereal	Udi			x		P W
Cereal	General Mills	Chex		x		P W
Cereal	Uncle Sam	varies	x	x	x	W
Cereal	Erewhon	Brown rice cereal	x	x	x	W
Chips	Rice Works	Rice Chips		x	x	P W
Chips	Lundberg	Rice Chips		x	x	P W
Chips	Mediterranean	Lentil chips		x		P
Chips	Xochitl	Corn chips	x	x	x	P WD
Chips	glutino	Chips		x		W
Chips	glutino	pretzels		x		P W
Coffee Sub	Pero, cafix, Roma					P
Condiment	Buddies	Pickles dill	x	x	x	P
Condiment	Buddies	Sauerkraut	x	x	x	P
Condiment	Lindsay Naturals	olives	x	x	x	P W
Condiment	Bragg's	ACV	x	x	x	P
Condiment	varies	Extra virgin olive oil- 1 st cold press				P W
Condiment	veganise	Mayonnaise				P

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4

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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Condiment	Ojai Cook	Lemonaise	x	x	x	P
Condiment	Louisiana	hot sauce	x	x	x	P
Condiment	Greenwise	Organic Ketchup	x	x	x	P
Condiment	Heinz	Organic Ketchup				W
Condiment	Greenwise	Organic Mustard	x	x	x	
Condiment	Braggs	Vinegar with Mother	x	x	x	P
Condiment	Heinz	Vinegar with Mother	x	x	x	W
Condiment	Lemonaise					
Crackers	Kame	Rice cracker	x	x	x	P
Crackers	Matzos	100% whole wheat	x		x	P
Crackers	Mary's gone Crackers	Varies crackers	x	x	x	P
Crackers	Vann's	Varies crackers		x		W
Drinks	Marinellis	Unfiltered apple juice	x	x	x	P
Drinks	*Zevia					P
Drinks	Lakewood	Unfiltered cranberry	x	x	x	P
Drinks	Lakewood	Unfiltered tart cheery	x	x	x	P
Flour	Hodgson Mill	varies	x	some	x	P
Flour	Bob's Red Mill	varies	x	some	x	P
Flour	Arrowhead	varies	x	some	x	P
Fruit	Dole	Pineapple	x	x	x	P W
Fruit	Publix	pear	x	x	x	P
Hot Cereal	Bob's Red Mill	Mighty tasty hot cereal	x	x	x	P W
Hot Cereal	Hodgson Mill	Buckwheat hot cereal	x	x	x	W
Jelly	Polaner	All fruits jelly			x	P W
Jelly	Smucker	Simply Fruit				W
Marinara/ Spaghetti sauce	Walnut Acres	Marinara & herbs	x	x	x	P
Marinara/ Spaghetti sauce	Publix Premium	Pasta sauce	x	x	x	P
Marinara/ Spaghetti sauce	Muir Glen Organic	Pasta sauce	x	x	x	W
Meat	Royal Red	Wild sockeye Salmon	x	x	x	P
Meat	Black Top	Pink Salmon	x	x	x	W
Meat	Crown Prince	Caught in the Wild	x	x	x	P
Meat	Grass fed Beef	Meat department	x	x	x	P
Meat	Buffalo Meat	Meat department	x	x	x	P
Meat	Aidell's	Chicken Meatballs	x	x		P meat
meat Lunch	Boar's head	"all natural"	x	x		P-Deli
Milk	Rice Dream, almond silk	Note: look for ones without Carageenan				P W
Nut Butters	MaraNatha	Cashew butter	x	x	x	W
Nut Butters	Smuckers	Organic peanut butter	x	x	x	P W
Nut Butters	Laura Scudders	Organic peanut butter	x	x	x	W

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5

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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Oatmeal	Greenwise	Original instant oatmeal	x		x	P
Oatmeal	McCann's	Quick cooking Irish	x		x	P
Pizza	glutino			x		P
Pizza	Udi's			x		P
Pizza	Amy's					P W Frozen
Quinoa	Arrow Head	Organic quinoa	x	x	x	P
Rice & Couscous	Bob's Red Mill	Brown or Wild Rice	x	x	x	
Rice & Couscous	Lundberg	Brown Rice	x	x	X	
Salsa	Green mountain	Gringo Salsa	x	x	x	P
Salsa	Paul Newman					W
Sauce/Dips	San-J	Tamari Soy sauce	x	x	x	P
Sauce/Dips	Eden Organic	Tamari Soy Sauce	x	x	x	P
Skin care/cosmetic	Tom's	Deodorant	Aluminum free			P
Skin care/cosmetic	Jason	Deodorant				
Snacks		Brown Rice cakes		x	x	P
Snacks	Kind	Nut bars		x		P
Snacks	Cascadian	varies				W
Soup stock	Amy's Soup	Varies	x	some	x	P
Soup stock	Imagine	Organic Chick broth	x	x	x	P
Soup stock	Kitchen Basics		x	x	x	P
Spices	Simply Organic	varies				P
Spices	Badia Organic	varies				P
Spices	McCormick		No MSG			P
Spices	Arora Creations		x		x	P
Sweeteners/sugar	Stevia					P W
Sweeteners/sugar	Truvia					P W
Sweeteners/sugar	Organic Florida Crystal					P W
Tomato Paste	Publix	Tomato paste	x	x	x	P
Tomato Paste	Greenwise	Tomato whole-paste		x	x	P
Tomato Paste	Muir Glen	Tomato paste		x	x	W
Toothpaste	Nature's gate					P
Toothpaste	Natural Tea Tree Oil & Neem					
Water	Publix	purified				P
Yogurt	Cabot Greek		x	x	x	P
Yogurt	Stonyfield		x	x	x	P W
Yogurt	Chobani		x	x	x	P W

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6

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P is Publix, W is Walmart, WD is Winn Dixie – I did not go to Winn Dixie so they might carry many more of these items.

Brands you can feel safe with; Amy's: www.amys.com; Glutino: www.glutino.com; Bob's Red Mill: www.bobsredmill.com, Walnut Acres: www.walnutacres.com, Arrowhead Mills: www.arrowheadmills.com,

Cascadian Farms: www.cfarm.com, Enjoy Life Foods (wheat and gluten free cookies, bagels, bars & more) www.enjoylifefoods.com or 888-50-enjoy), Muir Glen: www.muirglen.com, udi's: www.udisglutenfree.com

on line store: www.vitacost.com

It is so important to read labels. I encourage you to read the label on any product on this list before buying it. Companies change in ingredients in their products.

Many of the restaurants have gluten free menus ...Just ask your server!

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7

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Pantry Conversions

The following items are found in our pantry. Items on the left are found in the standard pantry; items on the right are found in a healthier pantry. **ATTENTION DIABETICS! The foods listed below in all capital letters should be AVOIDED until the doctor has instructed you it is safe to choose these foods as part of your diet. As your glucose stabilizes, you will be able to incorporate more foods.**

<u>Pantry Items</u>	<u>Healthier Pantry Choices</u>
baking powder	aluminum free baking powder 1t baking powder = 1/2t Cream of Tartar + 1/4t baking soda
BISCUIT MIXES	WHOLE-GRAIN* MIXES
black tea	herbal teas
bouillon cubes	Pure vegetable bouillon; Miso (store in refrigerator); Chicken bouillon
Canned beans	The following beans can be purchased dried: adzuki beans, black beans, black-eyed peas; garbanzo beans; great northern beans; kidney beans; lentils; lima beans; navy beans; pinto beans; split peas
Canned tuna	Fresh or frozen tuna steaks
Cereals	Use whole-grain* hot or cold cereals; avoid cereals with additives, sugar, hydrogenated fats, or white flour
CHIPS	LOOK FOR ORGANIC, LOW-SALT, AND BAKED CHIPS; CORN OR TORTILLA CHIPS; BLUE CORN CHIPS
Coffee	herbal teas; roasted grain beverage swiss water decaf process coffees (Be aware most commercial coffees use a chemical to get the caffeine out)
Nuts and seeds	raw, unsalted (store in the refrigerator); almonds & almond butter; cashews & cashew butter; pecans; sesame seeds & tahini; sunflower seeds; pumpkin seeds; walnuts; pine nuts
PANCAKE MIXES	WHOLE-GRAIN* MIXES
Salt	Ms. Dash varieties; sea salt (sparingly)
SALTINE CRACKERS	WHOLE GRAIN* CRACKERS WHOLE GRAIN*; RICE CAKES; HONEY GRAHAMS (WITH WHOLE GRAIN* FLOURS AND NO SUGAR)
Shortening	"Spectrum" Organic Shortening (palm oil); expeller pressed oils (keep refrigerated); olive oil; grape seed oil
Spices and herbs	all varieties sold in glass containers or bulk; avoid any sold in cans
canned soups	instant cup O soups home-made soups
soy sauce	liquid aminos

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8

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<i><u>Pantry Items</u></i>	<i><u>Healthier Pantry Choices</u></i>
WHITE BREAD	WHOLE-GRAIN* BAGELS; WHOLE-GRAIN* BREAD; WHOLE-GRAIN* MUFFINS; WHOLE-GRAIN* PITA BREAD; WHOLE-GRAIN* TORTILLAS
WHITE FLOUR	WHOLE-WHEAT* FLOUR; WHOLE-WHEAT* PASTRY FLOUR; CORNMEAL; SPELT FLOUR; OAT FLOUR; RICE FLOUR; BARLEY FLOUR; BUCKWHEAT;
WHITE PASTA	ARTICHOKE PASTA; VEGETABLE PASTAS; SPELT PASTA; 100% DURUM SEMOLINA PASTA. MAKE SURE THESE PRODUCTS ARE NOT ENRICHED.
WHITE RICE	ARTICHOKE PASTA; VEGETABLE PASTAS; SPELT PASTA; 100% DURUM SEMOLINA PASTA. MAKE SURE THESE PRODUCTS ARE NOT ENRICHED.
WHITE SUGAR ASPARTAME(NUTRASWEET) SACCHARIN SUCRALOSE (SPLENDA) SORBITOL, XYLITOL	RAW, UNFILTERED HONEY; MAPLE SYRUP; BROWN RICE SYRUP; MOLASSES; SUCANAT; APPLESAUCE; STEVIA (Limit these sweeteners if you are on a diabetic or hypoglycemic diet with the exception of Stevia) (Stevia is preferred for Diabetics and Hypoglycemics)
<u>REFRIGERATOR ITEMS</u>	
Cheese	Goat's milk cheese or sheep's milk cheese (Feta, Romano, Cheddar, Chevre) sparingly
Eggs	Farm fresh, from grain fed chickens
FRUITS	FRESH OR FROZEN; ORGANIC, IF POSSIBLE; ALL VARIETIES only 1 for diabetic, borderline diabetic and hypoglycemic
Margarine & butter	Olive oil; sesame oil; grapeseed oil or other vegetable oil (avoid canola oil)
Meat	Organic meats (no steroid, hormones, antibiotics used)
Milk	Oat milk; rice milk; almond milk; cashew cream; raw goat's milk (from a clean source) Most people prefer almond milk and/or oat milk
Sauces and condiments	Natural ketchup (sugar free) Safflower mayonnaise Preservative-free salad dressings with no hydrogenated fats; preservative and sugar free mustards; low sodium salsa's; FRUIT ONLY JAMS AND JELLIES
vegetables	Fresh or frozen; organic, if possible; all varieties

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9

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[Heart Surgeon Speaks Out On What Really Causes Heart Disease](#)

Dr. Dwight Lundell

PreventDisease

Thu, 01 Mar 2012 21:58 CST



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We physicians with all our training, knowledge and authority often acquire a rather large ego that tends to make it difficult to admit we are wrong. So, here it is. I freely admit to being wrong. As a heart surgeon with 25 years experience, having performed over 5,000 open-heart surgeries, today is my day to right the wrong with medical and scientific fact.

I trained for many years with other prominent physicians labeled "opinion makers." Bombarded with scientific literature, continually attending education seminars, we opinion makers insisted heart disease resulted from the simple fact of elevated blood cholesterol.

The only accepted therapy was prescribing medications to lower cholesterol and a diet that severely restricted fat intake. The latter of course we insisted would lower cholesterol and heart disease. Deviations from these recommendations were considered heresy and could quite possibly result in malpractice.

It Is Not Working!

These recommendations are no longer scientifically or morally defensible. The discovery a few years ago that inflammation in the artery wall is the real cause of heart disease is slowly leading to a paradigm shift in how heart disease and other chronic ailments will be treated.

The long-established dietary recommendations have created epidemics of obesity and diabetes, the consequences of which dwarf any historical plague in terms of mortality, human suffering and dire economic consequences.

Despite the fact that 25% of the population takes expensive statin medications and despite the fact we have

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10

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reduced the fat content of our diets, more Americans will die this year of heart disease than ever before.

Statistics from the American Heart Association show that 75 million Americans currently suffer from heart disease, 20 million have diabetes and 57 million have pre-diabetes. These disorders are affecting younger and younger people in greater numbers every year.

Simply stated, without inflammation being present in the body, there is no way that cholesterol would accumulate in the wall of the blood vessel and cause heart disease and strokes. Without inflammation, cholesterol would move freely throughout the body as nature intended. It is inflammation that causes cholesterol to become trapped.

Inflammation is not complicated -- it is quite simply your body's natural defense to a foreign invader such as a bacteria, toxin or virus. The cycle of inflammation is perfect in how it protects your body from these bacterial and viral invaders. However, if we chronically expose the body to injury by toxins or foods the human body was never designed to process, a condition occurs called chronic inflammation. Chronic inflammation is just as harmful as acute inflammation is beneficial.

What thoughtful person would willfully expose himself repeatedly to foods or other substances that are known to cause injury to the body? Well, smokers perhaps, but at least they made that choice willfully.

The rest of us have simply followed the recommended mainstream diet that is low in fat and high in polyunsaturated fats and carbohydrates, not knowing we were causing repeated injury to our blood vessels. This repeated injury creates chronic inflammation leading to heart disease, stroke, diabetes and obesity.

Let me repeat that: The injury and inflammation in our blood vessels is caused by the low fat diet recommended for years by mainstream medicine.

What are the biggest culprits of chronic inflammation? Quite simply, they are the overload of simple, highly processed carbohydrates (sugar, flour and all the products made from them) and the excess consumption of omega-6 vegetable oils like soybean, corn and sunflower that are found in many processed foods.

Take a moment to visualize rubbing a stiff brush repeatedly over soft skin until it becomes quite red and nearly bleeding. you kept this up several times a day, every day for five years. If you could tolerate this painful brushing, you would have a bleeding, swollen infected area that became worse with each repeated injury. This is a good way to visualize the inflammatory process that could be going on in your body right now.

Regardless of where the inflammatory process occurs, externally or internally, it is the same. I have peered inside thousands upon thousands of arteries. A diseased artery looks as if someone took a brush and scrubbed repeatedly against its wall. Several times a day, every day, the foods we eat create small injuries compounding into more injuries, causing the body to respond continuously and appropriately with inflammation.

While we savor the tantalizing taste of a sweet roll, our bodies respond alarmingly as if a foreign invader arrived declaring war. Foods loaded with sugars and simple carbohydrates, or processed with omega-6 oils for long shelf life have been the mainstay of the American diet for six decades. These foods have been

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11

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slowly poisoning everyone.

How does eating a simple sweet roll create a cascade of inflammation to make you sick?

Imagine spilling syrup on your keyboard and you have a visual of what occurs inside the cell. When we consume simple carbohydrates such as sugar, blood sugar rises rapidly. In response, your pancreas secretes insulin whose primary purpose is to drive sugar into each cell where it is stored for energy. If the cell is full and does not need glucose, it is rejected to avoid extra sugar gumming up the works.

When your full cells reject the extra glucose, blood sugar rises producing more insulin and the glucose converts to stored fat.

What does all this have to do with inflammation? Blood sugar is controlled in a very narrow range. Extra sugar molecules attach to a variety of proteins that in turn injure the blood vessel wall. This repeated injury to the blood vessel wall sets off inflammation. When you spike your blood sugar level several times a day, every day, it is exactly like taking sandpaper to the inside of your delicate blood vessels.

While you may not be able to see it, rest assured it is there. I saw it in over 5,000 surgical patients spanning 25 years who all shared one common denominator -- inflammation in their arteries.

Let's get back to the sweet roll. That innocent looking goody not only contains sugars, it is baked in one of many omega-6 oils such as soybean. Chips and fries are soaked in soybean oil; processed foods are manufactured with omega-6 oils for longer shelf life. While omega-6's are essential -they are part of every cell membrane controlling what goes in and out of the cell -- they must be in the correct balance with omega-3's.

If the balance shifts by consuming excessive omega-6, the cell membrane produces chemicals called cytokines that directly cause inflammation.

Today's mainstream American diet has produced an extreme imbalance of these two fats. The ratio of imbalance ranges from 15:1 to as high as 30:1 in favor of omega-6. That's a tremendous amount of cytokines causing inflammation. In today's food environment, a 3:1 ratio would be optimal and healthy.

To make matters worse, the excess weight you are carrying from eating these foods creates overloaded fat cells that pour out large quantities of pro-inflammatory chemicals that add to the injury caused by having high blood sugar. The process that began with a sweet roll turns into a vicious cycle over time that creates heart disease, high blood pressure, diabetes and finally, Alzheimer's disease, as the inflammatory process continues unabated.

There is no escaping the fact that the more we consume prepared and processed foods, the more we trip the inflammation switch little by little each day. The human body cannot process, nor was it designed to consume, foods packed with sugars and soaked in omega-6 oils.

There is but one answer to quieting inflammation, and that is returning to foods closer to their natural state. To build muscle, eat more protein. Choose carbohydrates that are very complex such as colorful fruits and vegetables. Cut down on or eliminate inflammation-causing omega-6 fats like corn and soybean oil and the

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12

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processed foods that are made from them.

One tablespoon of corn oil contains 7,280 mg of omega-6; soybean contains 6,940 mg. Instead, use olive oil or butter from grass-fed beef.

Animal fats contain less than 20% omega-6 and are much less likely to cause inflammation than the supposedly healthy oils labeled polyunsaturated. Forget the "science" that has been drummed into your head for decades. The science that saturated fat alone causes heart disease is non-existent. The science that saturated fat raises blood cholesterol is also very weak. Since we now know that cholesterol is not the cause of heart disease, the concern about saturated fat is even more absurd today.

The cholesterol theory led to the no-fat, low-fat recommendations that in turn created the very foods now causing an epidemic of inflammation. Mainstream medicine made a terrible mistake when it advised people to avoid saturated fat in favor of foods high in omega-6 fats. We now have an epidemic of arterial inflammation leading to heart disease and other silent killers.

What you can do is choose whole foods your grandmother served and not those your mom turned to as grocery store aisles filled with manufactured foods. By eliminating inflammatory foods and adding essential nutrients from fresh unprocessed food, you will reverse years of damage in your arteries and throughout your body from consuming the typical American diet.

Found online at <http://www.sott.net/articles/show/242516>

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13

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Sugar Tied to Heart Woes

A new study published Monday, Feb. 3, 2014 in the journal, *JAMA Internal Medicine*, says diets high in sugar are linked with increased risks for fatal heart disease, and it doesn't take that much extra sugar to boost the risk, anything more than a 20-ounce Mountain Dew soda a day.

CHICAGO (AP) — Could too much sugar be deadly? The biggest study of its kind suggests the answer is yes, at least when it comes to fatal heart problems.

It doesn't take all that much extra sugar, hidden in many processed foods, to substantially raise the risk, the researchers found, and most Americans eat more than the safest amount.

Having a cinnamon roll with your morning coffee, a super-sized sugary soda at lunch and a scoop of ice cream after dinner would put you in the highest risk category in the study. That means your chance of dying prematurely from heart problems is nearly three times greater than for people who eat only foods with little added sugar.

For someone who normally eats 2,000 calories daily, even consuming two 12-ounce cans of soda substantially increases the risk. For most American adults, sodas and other sugary drinks are the main source of added sugar.

Lead author Quanhe Yang of the U.S. Centers of Disease Control and Prevention called the results sobering and said it's the first nationally representative study to examine the issue.

Scientists aren't certain exactly how sugar may contribute to deadly heart problems, but it has been shown to increase blood pressure and levels of unhealthy cholesterol and triglycerides; and also may increase signs of inflammation linked with heart disease, said Rachel Johnson, head of the American Heart Association's nutrition committee and a University of Vermont nutrition professor.

Yang and colleagues analyzed national health surveys between 1988 and 2010 that included questions about people's diets. The authors used national death data to calculate risks of dying during 15 years of follow-up.

Overall, more than 30,000 American adults aged 44 on average were involved.

Previous studies have linked diets high in sugar with increased risks for non-fatal heart problems, and with obesity, which can also lead to heart trouble. But in the new study, obesity didn't explain the link between sugary diets and death. That link was found even in normal-weight people who ate lots of added sugar.

"Too much sugar does not just make us fat; it can also make us sick," said Laura Schmidt, a health policy specialist at the University of California, San Francisco. She wrote an editorial accompanying the study in Monday's *JAMA Internal Medicine*.

The researchers focused on sugar added to processed foods or drinks, or sprinkled in coffee or cereal. Even foods that don't taste sweet have added sugar, including many brands of packaged bread, tomato sauce and salad dressing. Naturally occurring sugar, in fruit and some other foods, wasn't counted.

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14

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Most health experts agree that too much sugar isn't healthy, but there is no universal consensus on how much is too much.

U.S government dietary guidelines issued in 2010 say "empty" calories including those from added sugars should account for no more than 15 percent of total daily calories.

The average number of daily calories from added sugar among U.S. adults was about 15 percent toward the end of the study, slightly lower than in previous years.

The authors divided participants into five categories based on sugar intake, from less than 10 percent of daily calories — the safest amount — to more than 25 percent.

Most adults exceed the safest level; and for 1 in 10 adults, added sugar accounts for at least 25 percent of daily calories, the researchers said.

The researchers had death data on almost 12,000 adults, including 831 who died from heart disease during the 15-year follow-up. They took into account other factors known to contribute to heart problems, including smoking, inactivity and excess weight, and still found risks for sugar.

As sugar intake increased, risks climbed steeply.

Adults who got at least 25 percent of their calories from added sugar were almost three times more likely to die of heart problems than those who consumed the least — less than 10 percent.

For those who got more than 15 percent — or the equivalent of about two cans of sugary soda out of 2,000 calories daily — the risk was almost 20 percent higher than the safest level.

Sugar calories quickly add up: One teaspoon has about 16 calories; one 12-ounce can of non-diet soda contains has about 9 teaspoons of sugar or about 140 calories; many cinnamon rolls have about 13 teaspoons of sugar; one scoop of chocolate ice cream has about 5 teaspoons of sugar.

Dr. Jonathan Purnell, a professor at Oregon Health & Science University's Knight Cardiovascular Institute, said while the research doesn't prove "sugar can cause you to die of a heart attack", it adds to a growing body of circumstantial evidence suggesting that limiting sugar intake can lead to healthier, longer lives.

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15

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