Anti-Inflammatory Strategies for Wellness

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EASE Cancer Foundation
Chronic inflammatory diseases: Inflammatory bowel disease, Rheumatoid arthritis, Psoriasis, Prostatitis, COPD

Neurological diseases: Parkinson’s disease, Alzheimer’s disease, Epilepsy, Dementia

Chronic fatigue syndrome

Cardiovascular diseases: Atherosclerosis, Stroke, Heart failure, Cerebrovascular disease

Metabolic diseases: Diabetes, Metabolic syndrome

Bone: Osteoarthritis, Muscular dystrophy

Skins: Wrinkles, Cellulite
Determinants of Health

- Breath
- Hydration
- Sleep
- Rest and recreation
- Nutrition and Digestion
- Exercise
- Structural integrity
- Love, love, love 😊
Full breath awareness

- No breath holding
- No shallow breathing
- Full deep abdominal breaths (diaphragmatic breathing)

- If you observe restricted breathing - give a gentle reminder
Inflammation can be aggravated by dehydration.
Water: for Life

- 75% of Americans estimated to be dehydrated

- Mild dehydration = can slow metabolism by up to 3%

- Thirst mechanism - mistaken for hunger
Water Goal: aim for 1 cup per most hours of day
Hydrate – Consistently!

- Avoid sub-therapeutic dehydration
- Stimulate metabolism upon waking: Drink 8-12 oz of water (with juice of ½ fresh lemon)
- Herbal decaf tea counts
- “I am juicy and lubricated!”
Eliminate:

- Processed/fast food
- (or drastically reduce): sugar/simple carbs
- Hydrogenated/partially hydrogenated fats & oils
- (or drastically reduce): dairy products and wheat/flour/gluten products

RESOURCE: www.nourishingmeals.com
EVERY TIME YOU EAT IS AN OPPORTUNITY TO NOURISH YOUR BODY.
Caution: Caffeine

- Stimulant: can increase pain
- Prior to treatments, avoid:
  - Coffee
  - Tea
  - Energy drinks
  - Sport drinks
  - Chocolate
  - Weight loss stimulants
- Recommend hydration prior treatment
Organic Green tea
(Camellia sinensis) *caffeine exception ☺

- De-caffeinate leaves: steep 60 secs, throw out water, re-steep 4-5 minutes
- 2-3 cups/d, maintenance; 6-10 cups/d, medicinal
- Antioxidants; polyphenol, flavonoid/EGCG; theanine
- Anticancer, heart health, blood sugar control
- Eliminate: flavored, sweetened, packaged
- Sei Mee tea (130 times more polyphenols)
Add Turmeric

- **Anti-inflammatory**, antioxidant, aids digestive, immune
- Prevention of colon, breast, prostate cancer
- *Optimal absorption*: with good fat, ? black pepper
- Turmeric alone/in curry powder; like salt/pepper on steam/roasted veggies, soups, salads, stir fry, snacks; smoothie
- **Therapeutic dosing**: up to 2 TSP/day OR **Theracumin HP**
- **Caution**: Coumadin, other blood thinners; surgery
Bowel Movements

- Your bowels need to move multiple times each day
- Not “normal” to move less
- Hydration!
- Fiber - plant foods
- Magnesium
Regular Physical Activity

- Combat sedentary lifestyle
- Move your body every 30 min - counter prolonged sitting
- Stretch
- Yoga, Tai Chi, Qigong
- Walk or other aerobic exercise - aim for 30 minutes per day
Whole Person Support

● SLEEP! Sleep hygiene = critical
● Massage

● REGULAR positive outlets to counter stress – on calendar!
● Relaxation Techniques
● Breaks from technology/EMFs
Reframing

- Conscious shift in a person’s mental perspective
- Thoughts, beliefs, attitudes
- Neurons - electrical - vibration
- “Energy” follows your thoughts
# Pain vs. Power

<table>
<thead>
<tr>
<th>Pain phrases:</th>
<th>Power phrases:</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can’t</td>
<td>I won’t</td>
</tr>
<tr>
<td>I should</td>
<td>I could</td>
</tr>
<tr>
<td>It’s a problem</td>
<td>It’s an opportunity</td>
</tr>
<tr>
<td>Life’s a struggle</td>
<td>Life’s an adventure</td>
</tr>
<tr>
<td>I hope</td>
<td>I know</td>
</tr>
<tr>
<td>If only</td>
<td>Next time</td>
</tr>
<tr>
<td>What will I do?</td>
<td>I know I can handle it</td>
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Eat Well, Live Well, Be Well!

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