

## What Contributes to a “Pro Inflammatory” Lifestyle?

1. **High-sugar foods**: Immunosuppression for 2-4 hours after eating
2. **High-fat foods**: Especially foods with arachidonic acid and saturated fats (dairy and animal fat primarily)
3. **Food Allergens**: Allergens may form immune complexes and lead to inflammation
4. **Foods that promote bacterial overgrowth of the small bowel**: Simple sugars and complex carbs quickly digested such as refined white flour and white potatoes
5. **Insufficiency of fiber**: Fiber pulls toxins from the GI tract and acts like a broom to sweep them out
6. **Insufficient phytonutrients**: Phytonutrients primarily found in fruits, vegetables, nuts, and seeds act as anti-inflammatories and antioxidants, which quench inflammation
7. **Insufficient exercise**: 1) Adipose tissue (fat) is pro-inflammatory; 2) Exercising muscle reduces inflammation improves insulin sensitivity
8. **Vitamin D deficiency**: Causes inflammation, promotes autoimmunity, and expedites progression of osteoarthritis
9. **Fatty acid imbalances**: Insufficiencies of Omega-3 and -6 fats, along with excesses of saturated fat and trans-fats lead to inflammation
10. **Vitamin and mineral deficiencies**: Especially magnesium, deficiency of which is seen in 20-40% of most “industrialized” populations.
11. **Xenobiotic/toxin accumulation**: Non-specific but can lead to inflammation and is an underdiagnosed problem
12. **Emotional stress and toxic relationships**: Promote inflammation, impair wound healing, and promote immunosuppression