



THE TOTAL FITNESS & SELF LOVE PROGRAM

Week 6

Inflammatory Food Response

What to do if you have ingested something that is reacting to your body.

The inflammatory process. – textbook/explanation

What happens (symptoms may be different for everyone but here is a list of common symptoms):

- Inflammation in the area that has been traumatized – example most likely the digestive system when eating inflammatory foods. Skin is also a way for the body to indicate there was trauma. The liver actually has a difficult time removing the toxins and therefore they must be expressed out of the body some way. skin – eczema is another indicator that there is something happening – some inflammation is trying to be removed from the body.
- Cortisol into the blood stream. Now you are in fight or flight mode. Whenever there is inflammation in the body, cortisol is secreted as this is a hormone that assists with healing and repair.
- Shakiness due to the cortisol – fight or flight mode creates energy. Unfortunately this energy is supposed to be just to the area of assault, but it ends up making you feel a bit spun, and as though you want to work out or run around the block.
- Brain fog related to blood heading to the area of injury/inflammation
- Dehydration because of the fluid shift to the area of inflammation
- Edema – gain fluid - as your body is desperately trying to give you protection and security (fluid and edema always follows an assault on the body – example if you have ever heard your knee, or

had surgery, that area swells so the fluid can protect the area from more trauma). Edema around the tummy = bloating and distention happens for many people after eating something inflammatory.

What To Do

Immediately:

- Drink extra fluids – best is filtered water, and also herbal tea – want to flush out the toxins as much as possible if you normally only drink 2L of fluid a day, increase this and have another 2 or 3 glasses of water over the next 30 -60 mins. Toxins are floating around inside your body now and therefore the water will help to remove them quicker – through urination and bowel movements.
- Take some magnesium glycinate. Magnesium binds to cortisol, so it will help to reduce the attack on the body and thereby decrease the inflammatory response.
- Rest and be gentle with your body, it's healing from an "injury" right now. Treat your body with as much respect as possible and be as calm as possible. Rest and Recovery right now.
- Try to just accept the process of discomfort, and gas. The more you fight the process the more uncomfortable you will become. Try your best not to become a victim to the pain, and just accept it and now that it will get better and that this is just temporary.
- Continue to have strength in knowing that "this too shall pass." The more you can overcome being a victim of the process and just accept it and continue to move on, the better it will be for you and for others around you.
- Have a bath with Epsom salts if you have access. The warm-hot water with the magnesium in the Epsom salts will encourage movement of the food that was consumed that causing trouble. Essentially you want to try to rid your body of the toxin as quickly as possible (but not too quickly because that might cause trouble down the road).
- You can try some liver cleansing milk thistle. Just ensure that you are drinking enough water while taking this, so that the
- In the next few hours you will want to stick close to a bathroom, as your body will want to get rid of the toxin as quickly as possible and since you will be drinking more water, you will have to urinate and have a few extra bowel movements.

The Next Day

- Fasting, sticking with fluids and avoiding food is the best idea right now so that your bowels are can relax and are able to process everything through. Sometimes when the bowels are inflamed and more food is added the body can't handle the extra load and therefore constipation occurs, or the opposite: diarrhea is exacerbated.
- Try to avoid any stimulants or foods that would cause any extra inflammation.
- Also try to avoid Immodium or anti-diarrheal medication as the body is trying desperately to remove the toxins, so bunging the bowels up will cause more toxicity down the road. We want to help the body as much as possible right now.
- Use some essential oils in a diffuser, or directly on the skin (with carrier oil) to encourage healing.

- Burn some incense to feel more comfortable with the smell. Most likely there will be a foul smell as gas is produced via the bowels when foods are not digested properly they create an off gas of carbon dioxide due to fermentation in the bowels. Matches also help to remove the smell as sulphur is a natural purifier.
- Open the windows and turn on fans to help move the air
- If you haven't already, try to figure out what food it was that caused the inflammation. Try a food journal and/or elimination diet to help determine what food it was. Once you figure this out, it's best to avoid that food for at least 30 days to allow the digestive system to heal and repair.
- Only eat the same food type every 3 days to give your body a break on foods. Example only have gluten, oats, avocado, mustard, etc once every 3 days a) to determine any food intolerances and b) to avoid created a food intolerance. Food intolerances can actually be created if a food is consumed too frequently.
- It will probably take a few days to feel back to your normal self. Each inflammatory food is different depending on how intense the reaction is and also how quickly it is removed from the body. It could be as short as 12-24 hours and as long as 7 days (even 30 days depending on the health and status of the digestive system).