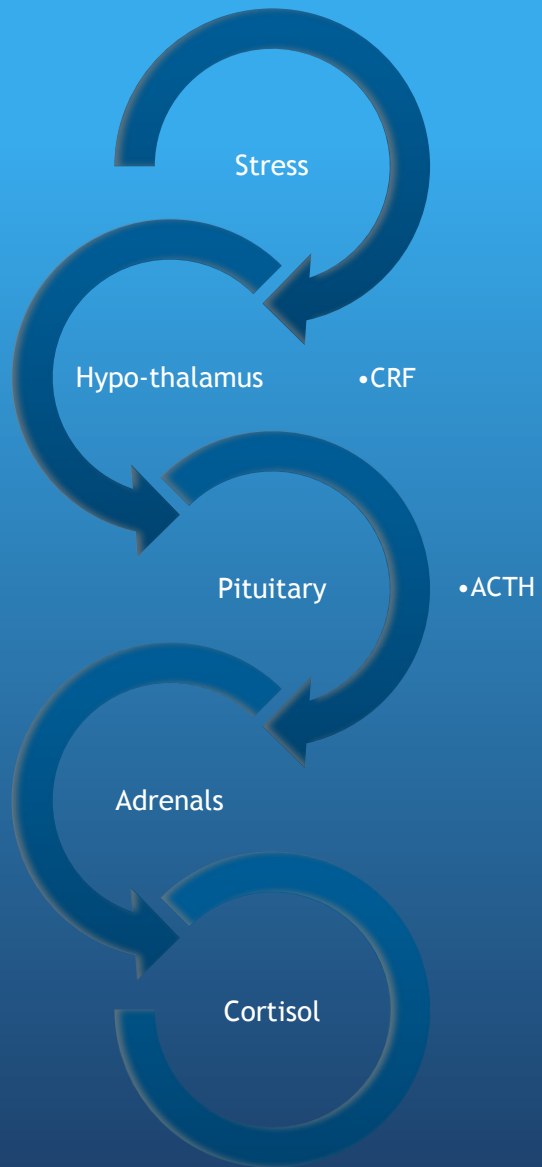


Nutrition and Inflammation

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HPA Axis

Ayurvedic Medicine-Addressing Inflammation

In today's environment, our foods are toxic in fat and sugar content, thus the brain adapts by shutting off some of the dopamine receptors which results in a diminished "high" feeling so people need to have more.

Current Eating Patterns in the U.S.

- About $\frac{3}{4}$ of the population has an eating pattern that is low in vegetables, fruits dairy and oils.
- More than $\frac{1}{2}$ of the population is meeting or exceeding total grain and total protein food recommendations, but are not meeting the recommendations for the subgroups within each of these food groups.
- Most Americans exceed the recommendations for added sugars, saturated fats and sodium.

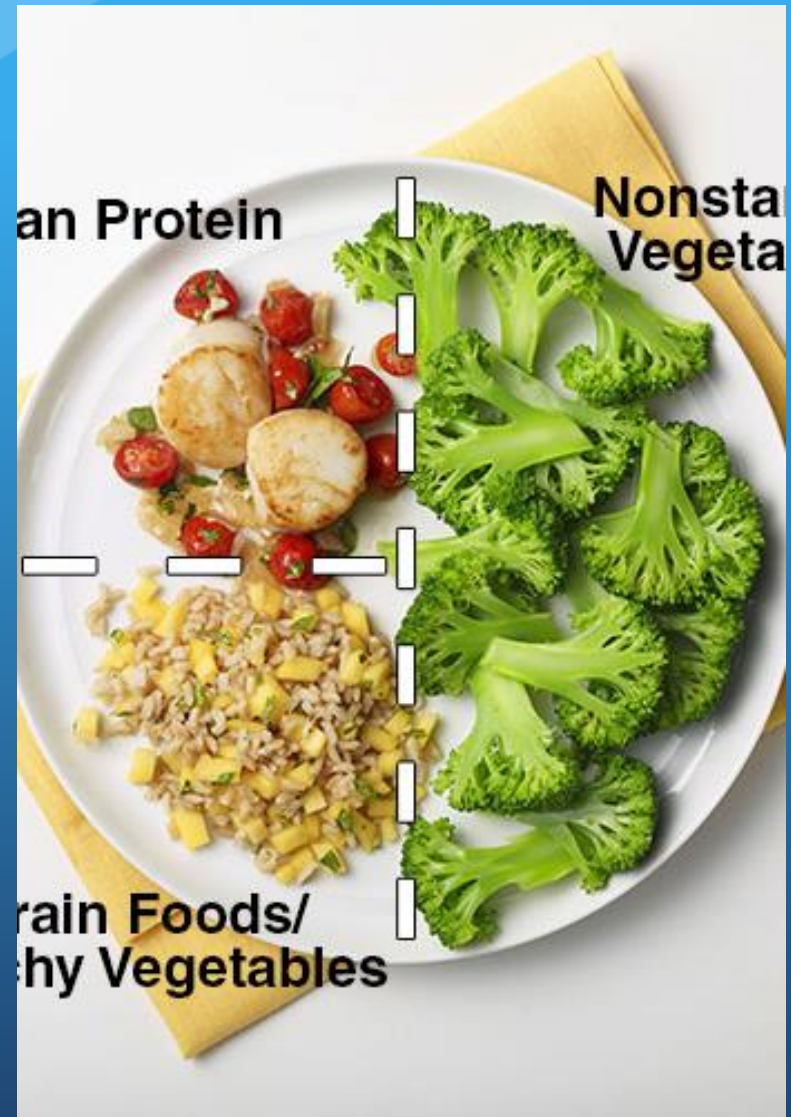
ENS- “Enteric Nervous System”- which are two thin layers of more than 100 million nerve cells lining your GI tract from esophagus to rectum and research reveals that irritation in the GI tract causes communication with the CNS via neural, hormonal and chemical pathways.

**GBBB-”Glial cells that form tight junctions, sealing the nerves as protection against toxins for the GI tract like the BBB protects the nerves in the brain

Dietary Guidelines 2015

*Follow a healthy eating pattern across the lifespan to maintain a healthy body weight, support nutrient adequacy and reduce the risk of chronic disease.

*Focus on variety, nutrient density and amount of food in all food groups.



*Limit calories from added sugars and saturated fats and reduce sodium intake.

*Small shifts in food choices over the course of a week, a day, or even a meal—can make a big difference.

Foods That Inflamm

- Sugar. Common culprits: Soda, snack bars, candy, baked sweets, coffee drinks. ...
- Vegetable-Oil
- Fried Foods
- Refined Flour
- Dairy
- Synthetic Sweeteners
- Artificial Additives
- Gluten for some

Anti-inflammatory Foods

Fish oil is high in omega 3 fatty acids. Fish oil may help improve blood flow, reduce inflammation and ease the symptoms of neuropathy.

Vitamin B6 and B12 are needed for blood cell production and assist in maintaining healthy nerves.



Vitamin D- after surgery, nerves may not heal correctly and research has found that taking vitamin D supplements may help regenerate and heal the damaged nerves.

Vitamin E-protecting your nerves from damage is a first step in combating neuropathy. Vitamin E has been shown to have protective effects on nerves and may help prevent or reduce neuropathy.

Anti-inflammatory foods cont.

Magnesium is needed in correct amounts to help avoid nerve damage.

Many people are deficient in magnesium and thus may need a supplement.



Anti-inflammatory foods cont.

Alpha-lipoic acid has been shown to improve neuropathy symptoms like burning pain.



Anti- Inflammatory Herbs/Spices

Ashwagandha-curbing sugar cravings and reducing the stress response

Brahmi-reverse neuroadaptation to addictive food components

Triphala-berries that have strong anti-inflammatory properties

