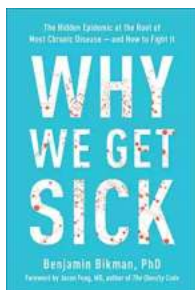


The Hidden Epidemic At The Root Of Most Chronic Disease And How To Fight It

Chronic diseases are a major concern in today's society, affecting millions of people worldwide. From heart disease to diabetes, these ailments have a significant impact on quality of life. While many factors contribute to the development of chronic diseases, one often overlooked factor is chronic inflammation.

Inflammation is the body's natural response to injury or infection. It helps protect the body by fighting off harmful pathogens and promoting healing. However, when inflammation becomes chronic, it can wreak havoc on our health.

Many studies have linked chronic inflammation to the development of chronic diseases such as heart disease, diabetes, obesity, and even cancer. The constant activation of the immune system can lead to damage of vital organs, tissues, and cells, setting the stage for long-term health problems.



Why We Get Sick: The Hidden Epidemic at the Root of Most Chronic Disease--and How to Fight It

by Benjamin Bikman(Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English

File size : 3726 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled

Word Wise : Enabled



So, what causes chronic inflammation? There are several factors at play, including poor diet, sedentary lifestyle, stress, lack of sleep, and environmental toxins. These factors can trigger an inflammatory response in the body, leading to the development of chronic diseases over time.

It's essential to understand that chronic inflammation is often a silent condition. Many individuals may not be aware that their body is constantly in a state of low-grade inflammation until they experience the symptoms of a chronic disease. By then, it may be too late to reverse the damage that has been done.

Fortunately, there are steps we can take to fight chronic inflammation and reduce the risk of developing chronic diseases. The first step is to evaluate our diet and make necessary changes. A diet rich in whole foods, including fruits, vegetables, lean proteins, and healthy fats, can help reduce inflammation in the body.

In addition to diet, regular exercise is crucial for combating chronic inflammation. Engaging in moderate-intensity exercise, such as brisk walking or swimming, for at least 30 minutes a day can have significant anti-inflammatory effects. Exercise helps regulate the immune system and promotes the production of anti-inflammatory molecules in the body.

Managing stress is another critical aspect of fighting chronic inflammation. Chronic stress releases stress hormones, which can trigger an immune

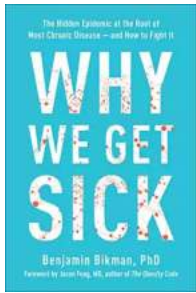
response and increase inflammation in the body. Incorporating stress-reducing techniques into our daily routine, such as meditation, yoga, or deep breathing exercises, can help keep inflammation at bay.

Getting enough sleep is often overlooked but is essential for overall health and wellbeing. During sleep, the body repairs and regenerates cells, including the immune cells responsible for fighting inflammation. Aim for seven to eight hours of quality sleep each night to support your body's natural healing processes.

Lastly, reducing exposure to environmental toxins can help minimize inflammation in the body. Household cleaning products, pesticides, and pollutants can introduce harmful chemicals into our system, triggering inflammation. Opting for natural, eco-friendly products and ensuring proper ventilation in your home can make a difference in the long run.

It's crucial to understand that chronic inflammation may not be entirely avoidable. Certain medical conditions or genetic predispositions can make some individuals more prone to inflammation. However, by adopting a healthy lifestyle and addressing the modifiable risk factors, we can significantly reduce our chances of developing chronic diseases.

, chronic inflammation is a hidden epidemic that underlies many chronic diseases. By understanding the causes and taking proactive steps to fight inflammation, we can improve our overall health and reduce the risk of chronic diseases. Remember to prioritize a healthy diet, exercise regularly, manage stress, get enough sleep, and reduce exposure to environmental toxins. With these simple adjustments, we can take control of our health and well-being.



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A scientist reveals the groundbreaking evidence linking many major diseases, including cancer, diabetes, and Alzheimer's disease, to a common root cause—insulin resistance—and shares an easy, effective plan to reverse and prevent it.

We are sick. Around the world, we struggle with diseases that were once considered rare. Cancer, heart disease, Alzheimer's disease, and diabetes affect millions each year; many people are also struggling with hypertension, weight gain, fatty liver, dementia, low testosterone, menstrual irregularities and infertility, and more. We treat the symptoms, not realizing that all of these diseases and disorders have something in common.

Each of them is caused or made worse by a condition known as insulin resistance. And you might have it. Odds are you do—over half of all adults in the United States are insulin resistant, with most other countries either worse or not far behind.

In *Why We Get Sick*, internationally renowned scientist and pathophysiology professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters. Unless we recognize it and take steps to reverse the trend, major chronic diseases will be even more widespread. But reversing insulin resistance is possible, and Bikman offers an evidence-based plan to stop and prevent it, with helpful food lists, meal suggestions, easy exercise principles, and more. Full of surprising research and practical advice, *Why We Get Sick* will help you to take control of your health.



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