

## Fighting inflammation in your body

**H**ave you ever heard anyone talk about the health dangers of inflammation? The fact is that inflammation is both a good and bad thing for your body. Inflammation is good when it responds to a cut on your finger, showing redness as your body works to heal you. But chronic inflammation — when your body forgets to shut off that response — is a bad thing.



Photo above by Manolo Ramos, below by AsiaVision, courtesy iStockphoto

### Quick facts on inflammation:

**1** There are many reasons for chronic inflammation. It can come from poor diet, environmental pollution or something else. It can make you feel tired and achy and hurt your appetite. It can also lead to Type 2 diabetes, cancer or heart disease.



**2** Stress can harm your immune system, which leads to chronic inflammation. It is important to have ways to relieve stress in your life. Yoga, meditation, exercise and good sleep habits are all great ways to reduce stress.

**3** A healthy diet also helps. Eat leafy greens, whole grains, vegetables, fruit and fish. The Mediterranean Diet is a

good choice, as it features a balance of these foods.

**4** Avoid processed foods, such as frozen pizzas, potato chips, cereals and soft drinks. These foods are high in sugar and carbohydrates and contain unhealthy fats.

**5** Stay away from alcohol as well, especially hard liquor, as it tends to worsen inflammation.



>> For more tips on healthy eating and reducing stress, visit [www.cdc.gov](http://www.cdc.gov).