

Baritz Wellness Center, P.C.

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Inflammation

03/20/11, 03/22/11

Inflammation is a localized protective reaction of tissue to irritation, injury, or infection, characterized by pain, redness, swelling, and sometimes loss of function. Inflammation is an important factor in healing, however if inflammation becomes chronic ill health can result. Inflammation can affect any part of the body leading to many different conditions such as eczema, arthritis, rheumatoid arthritis, ankylosing spondylitis, type I diabetes, lupus, scleroderma, inflammatory bowel disease, Crohn's disease, ulcerative colitis, chronic active hepatitis, some thyroid disorders, endometriosis, irritable bowel syndrome, psoriasis, and asthma.

As causes are often listed as genetic, auto-immune and "unknown", medical treatment focuses on symptom suppression. But when we classify these conditions as "inflammatory", they can be addressed by enhancing the body's natural mechanisms for controlling inflammation. Our program uses a step-by-step strategy "Remove, Replace, Re-inoculate & Repair" to organize two protocols "The Elimination Diet" and "Weeding, Feeding & Seeding"; and to align the use of nutritional supplements and herbs to promote healing.

Remove, Replace, Re-inoculate & Repair

The four "R" strategy is designed to address basic causes of inflammation. Start with step 1 for one to two months, then step 2 for one to two months, next step 3 for one to two months, and then step 4 for ongoing support.

The Elimination Diet

The "Elimination & Challenge" protocol is the most effective and least expensive method of identifying food intolerances and allergies. Reactions confirm intolerance and the offending food should be eliminated from your diet.

1. For two weeks eliminate the basic four allergens wheat, corn, soy and any food that includes milk.
2. After two weeks take a heavy dose of one of the above and watch for four days to see if there is a reaction. Initial response can include red-burning-watery eyes, tiredness, sleepiness, headaches, mood changes, irritability, rashes, hives, nausea, cramps, diarrhea and/or low mental acuity. Delayed response can include cold or flu symptoms, achiness, runny nose, phlegm, fever, eczema, and/or vomiting.
3. If there is no reaction challenge with a heavy dose of the next (If there was a reaction eliminate that food type for five days and then continue to challenge the above one at a time).
4. You can test any other food you suspect. Common suspects include: chocolate, peanuts, tomatoes, eggs, beef, gluten, food additives, yeast extracts, pork, beef, night shade vegetables¹, and nuts.

Weeding, Feeding & Seeding

Over 60% of the immune system resides in the gut and is a primary mediator of inflammation. This protocol assists in achieving healthy gut flora by using the time proven strategy of "weeding, feeding, and seeding".

- Weeding: using herbs with proven anti-parasitic, anti-microbial and anti-fungal activity, to reduce abnormal and pathogenic intestinal microorganisms.
- Feeding: with pre-biotics to provide food for beneficial bacteria. Make sure to drink plenty of water and reduce starch, sugar, alcohol and yeast containing foods.
- Seeding: addition of beneficial bacteria to further enhance the health of the gut flora.

For more details see Health Tip, "Inflammation, The Program"

To have a custom program created for you or for a free consult call 508 583-2565

*****To view this and other health tips go to www.baritzwellness.com and select the Health Tips tab*****

1. Potatoes, tomatoes, peppers, eggplant, tomatillos, pimentos, paprika, cayenne, and Tabasco sauce are classified as nightshade foods.

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