

SAVE THE DATE!

Watch for upcoming details on our seminar, September 16 & 17, in Atlanta, GA, with Dr. Dan Murphy – “Prolonging the Health Span”



**SEE
SPECIAL
BELOW FOR
APRIL!!!**

THE TWO INFLAMMATIONS: ACUTE & SYSTEMIC

Inflammation can be uncomfortable; however, scientific research tells us that undetected, systemic inflammation can lead to heart problems, Alzheimer's, diabetes, and many degenerative diseases. With every bite that you take, you could be feeding inflammation, or with every bite that you take, you could be promoting a healthy, non-inflammatory environment in your body.

Unhealthy pro-inflammatory foods include sugar, refined or excess carbohydrates, trans fats, processed/packaged foods, deep-fried foods, sodas (even diet soda!), high omega-6 intake (vegetable oils), and restaurant food (hidden ingredients). Sugar and carbohydrates (that turn to sugar fairly quickly) are low-fiber foods that cause insulin production, and when we ask the body to keep producing more and more insulin, it promotes an inflammatory state. Trans fats are man-made altered fats that upset body chemistry, and processed/packaged foods are usually full of trans fats. Omega-6 fats are essential in the diet, but when too many are consumed in relation to the omega-3 fats, they block the anti-inflammatory omega-3 pathway. Healthy anti-inflammatory foods include omega-3 containing foods, wild-caught fatty fish, wild game/lean organic meats, olive oil, organic fruits, organic vegetables, raw unsalted nuts, clean filtered water, organic green tea, and spices. After the body experiences trauma, cellular debris can cause an inflammatory cascade. Part of that cascade involves pathways that produce inflammatory substances. Proper nutrients can attack the cellular debris before the cascade or even block the production of inflammatory substances.

Are you eating the right foods and taking the right supplements to support a healthy, active lifestyle? Combine exercise, good food, and Nutri-West supplements for a positive approach to inflammation!

Top leaders when it comes to choosing supplements for inflammatory support:

****Complete Hi D-3, Complete H-Potency Omega-3 Liquid, **Complete Omega-3 Essentials, **Enzyme Forte, Enzyme Pforesis Ice (topical), **Liga-PN, **Lyso-Lyph-Forte, Phyto Renew Chewable, Phyto Renew Powder, **Pro-En-Zyme, **Total FLM**

**** MONTHLY SPECIAL ****

April 1-30, Buy 6 of one of these products, and receive 1 free!!!

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