

I - Inflammation

Inflammation has been linked to almost every disease in present day society. AGE's or advanced glycation end products which cause aging throughout our bodies, elevated C-reactive protein, which is an advanced marker for cardiac disease, joint inflammation, skin problems, Alzheimer's, dementia, Parkinson's, MS, cancer, arthritis, IBS, Crohn's, fibromyalgia and autoimmune disease, all have inflammation as the origin.

The wheat in the modern diet has been genetically engineered and is present in almost everything you eat, causing inflammation in the gut and the release of the chemical zonulin which causes "leaky gut". Food is leaked into the body through the leaky gut and the body reacts by producing antibodies. This upregulates the immune system and causes chronic inflammation leading to a host of diseases.

MINDSET™ - Seven Key Elements of Health & Longevity

