

# Susan's Healthy Living



## *Is Inflammation Getting the Best of You?*

by Susan Smith Jones, PhD ©

Excerpt from Susan's new book—*RECIPES FOR HEALTH BLISS*

### **Why You May Be Losing Your Health Quest to Inflammation**

Most of us never give a second thought to inflammation unless we get a bee sting, experience a physical injury such as stubbing our bare toe on a piece of furniture or injure our back. As soon as one of these events takes place, we experience an immediate sensation of pain that tells us something is definitely wrong. Redness, heat and swelling usually follow almost immediately. This immediate reaction is a result of inflammation. But, as you'll read here, there's something you can do *today* to help abate the problem.

Unfortunately, the most devastating diseases known to humankind—cancer, heart disease, diabetes, asthma, Parkinson's, Alzheimer's, and the list goes on – are almost always preceded by months and years of very subtle, unnoticed inflammation. Inflammation is good when an injury is experienced in that often the swelling and pain limit the range of motion allowing the body to heal. However, when subtle inflammation continues for too long, it becomes destructive and may lead to manifestation of various diseases. Almost all diseases are preceded by and accompanied with inflammation. In this article, I'll explore what is involved with inflammation, its impact on the body, what we can do to reduce uncontrolled inflammation and its damaging effects on our health and how to preclude falling prey to nutritional flapdoodle.

In his book, *Inflammation Nation*, Floyd H. Chilton, Ph.D. provides us with some interesting insights into inflammation. He discusses inflammation in the sense of it being a “double edged sword” – both a helper and a villain. While inflammation is great when it serves as a warning signal as in the stubbed toe illustration, it becomes a villain when initiated by diet and lifestyle and subtly begins an uncontrolled destructive process in the body that goes unnoticed for decades until a disease of inflammation is manifested. Dr. Chilton states, “We are unquestionably facing an epidemic in inflammatory disease. By my estimate, approximately half of all Americans suffer from an inflammatory disorder, and even more of us are at risk.

“By contrast, (contrasting the infectious diseases of the previous century that have been almost entirely eradicated with inflammatory diseases of today) noninfectious inflammatory diseases have gotten worse in each of the last three decades. A physician friend of mine jokes that Celebrex has replaced Prozac as the ‘must-have’ drug of the decade.

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“A silent plague is sweeping America, and the vast majority of us are at risk.” (*Inflammation Nation*, Floyd H. Chilton, Ph.D., 2006, Fireside, New York, NY)

Dan Chesnut, M.D., in his book, *Lying with Authority* states, “Inflammation results when cells are sick, traumatized, chemically irritated, infected, etc. Sick zones always signal the immune system for assistance. It is important to realize that inflammation can occur in a low grade barely noticeable way, especially in the brain. Almost all vaccines can cause brain inflammation, which may last for as long as a year. Even stress and depression can cause a low grade unnoticed inflammation and signals are sent to the immune system for help.

“When immune cells or other immune components rush into sick or ‘hot’ zones, *free radicals* are formed during the heat of battle. . . . Free radicals can be released and always have the potential of cell and DNA damage, which can lead to disease.” Left unchecked these free radicals can damage a cell membrane or when created within a cell, damage the DNA. The body has a built in system for dealing with and preventing free radical damage when all cells are functioning optimally.

### ***Those Pesky Free Radicals***

A diet rich in antioxidants provides “free radical scavengers” that neutralize free radicals before damage occurs and, ideally, should also supply raw materials from which each individual cell can produce its own master antioxidant, glutathione (also known as GSH), which we will discuss later. Unfortunately, today our diets, lifestyle and nutritionally deficient foods do not support the body’s efforts in preventing free radical damage. Our cells are mal-nourished; toxins are not eliminated efficiently or in a timely manner, resulting in cells becoming sicker by the day.

Prolonged inflammation of a tissue caused by tobacco smoke, alcohol abuse, chemical exposure, exposure to EMR (electro magnetic radiation), improper diet, etc produces a continuous onslaught of free radical damage that left unchecked for years often leads to various types of cancers. *The Blaylock Wellness Report* (vol. 2 no. 2 – Jan/Feb 2005) states, “A recent study found that one central event is most closely associated with cancer development – chronic inflammation. In the study, researchers looked at a large number of cancer patients and found that almost 70 percent had pre-existing chronic inflammatory diseases for 10 to 17 years *before* they developed cancer.

“We know that people with chronic inflammatory diseases like lupus and rheumatoid arthritis, as well as those with inflammatory bowel disease (Crohn's and ulcerative colitis) and certain parasitic diseases, have a substantially higher cancer rates than that of normal people. If we include diabetes (also an inflammatory disease), we see that a great number of people are at risk.”

“Chronic inflammation can lead to free-radical generation and lipid peroxidation, and that can lead to cancer.” (*Lying with Authority*, Dan Edwin Chesnut, M.D., 2008, Restoration Health Publishing, Oklahoma City, OK)

In the June, 2008 issue of *The Blaylock Wellness Report*, Dr. Blaylock states, “It turns out that two physiological processes play a major role in inflammation: the immune system and the prostaglandin system. They interact with each other and either enhance inflammation – or reduce it.

“Now there is growing evidence that one or both of these systems stop functioning correctly in many people and get stuck in the inflammation mode. A process meant to speed recovery, in fact, goes

into overdrive, causing potentially far greater problems.” (*The Blaylock Wellness Report*, edited by Russell L. Blaylock, M.D., published by Newsmax Media, Inc and Newsmax.com). He goes on to state that the key players that influence this process are toxins, infections, injury and heredity, and that our diet has a major influence on all of these factors. Dr Chilton is in full agreement as he states, “I believe that our diet is a major – if not the most important – external factor behind the inflammation epidemic.”

For over a century, science has known that certain chemical exposures, viruses and even parasites can cause cancer and other chronic diseases. But, in reality, do they or could our body’s natural reaction to these exposures actually be the underlying cause of the disease? Growing evidence seems to suggest that this indeed is true.



### ***Inflammation & Cancer***

A wide variety of exposures have for years been thought to be carcinogenic. Those suffering with diseases such as diabetes, cardiovascular, depression, auto-immune and even diabetes generally have a higher risk of developing cancer. All of these conditions have one significant thing in common—they all cause inflammation and may, in fact, be caused by prolonged inflammation themselves. Thus the inflammatory process may be one vicious cycle that is out of control!

External assaults on the body, as well as internal metabolic processes, create free radical damage. This, in turn, creates inflammation, which if left unresolved may lead to various chronic diseases, which cause the body to produce high levels of inflammatory chemicals that promote prolonged inflammation.

Inflammatory diseases such as arthritis, autoimmune disease,

diabetes, etc may develop. Researchers are finding there is often a lag time of 15 to 17 years *after* the development of the inflammatory disease that cancer first appears. One study found that 65 percent of whites and 70 percent of blacks suffered from prolonged inflammatory disease before developing cancer. (Blaylock, June 2008).

So, ongoing inflammation not only contributes to the development of many cancers; it also makes the cancers grow faster and spread more readily. Many processed foods are sources of often unrecognized inflammatory agents found in food additives. According to Dr. Blaylock (June, 2008), carrageenan, which is a common food additive made from seaweed and found in products from ice

cream and beer to toothpaste, is used in inflammation studies. Diluted solutions containing carrageenan are injected close to a tumor in lab animals. This results in more rapid tumor growth and the spreading of the cancer—accelerating in much faster cancer growth than it normally would without the inflammation created by the carrageenan.

It is imperative that you avoid processed foods as much as is reasonably possible; when choosing to consume foods that are processed, read the labels carefully so you can avoid consuming a host of chemicals and additives that may promote inflammation. A diet of primarily raw plant-based foods is most ideal and is anti-inflammatory.

An individual's diet and lifestyle is foundational in supporting the body's efforts to maintain optimal health. The Standard American diet (SAD) is rich in foods such as trans fats from partially hydrogenated oils, sugars and animal foods that promote inflammation. The SAD of today has about 50 times as much Omega-6 fats as the diet of our ancestors a century ago and is radically deficient in Omega-3 fats. Omega 6 in excess promotes inflammation while Omega-3 is anti-inflammatory. A plant-based diet with a high percentage of pukka raw foods with a heavy emphasis on vegetables and Omega-3 rich foods (such as flax seeds, walnuts, flax oil) is anti-inflammatory and supports optimal health at the cellular level.

### *Where Life Begins*

Life begins at the cellular level. Health is maintained at the cellular level. The health of each individual cell is critical in maintaining optimal health and a body that is free of inflammation and disease. Each cell must be able to take in nutrition, eliminate toxins efficiently and replicate new healthy cells, if our organs, tissues and body are to maintain the highest level of health.

The normal processes of metabolism that take place on a daily basis, as we saw earlier, produce free radicals (oxidative stress) that the body must be able to deal with. Each individual cell is a small factory that carries out a multitude of functions on a continuous basis. One of those very important functions is for the mitochondria to produce energy by way of the production of ATP. This process of energy production also creates free radicals that, if not neutralized, may damage the cell membrane, the cellular DNA or other areas of the cell. Fortunately, the body has a built-in mechanism to handle this free radical damage when all is functioning optimally.

### *The Master Antioxidant—Glutathione*

Unfortunately, however, all is not functioning optimally for most people and their level of health is on a gradual decline. Each cell, as well as the liver, produces glutathione—the Master Antioxidant—when the body has the necessary raw materials to do so. The intracellular glutathione has the ability to neutralize the free radical damage that results from the mitochondria's production of ATP (energy). Glutathione is capable of neutralizing thousands of free radicals while antioxidants such as vitamin C and vitamin E only neutralize a very limited number of free radicals. The antioxidant activity of vitamin E is supported by glutathione in much the same way that vitamin C is supported by glutathione.

Olin Idol, N.D., C.N.C, in discussing with me vitamin C's role as an antioxidant states that when a vitamin C molecule cleans up a free radical, it neutralizes it perfectly. However, the vitamin C complex is now tied up. It is either ejected from the cell and eliminated by the body, or it is reused in the body to go back and do more work. Glutathione, in this latter example, is the recycling agent; GSH and GSH enzymes accept the free radical from the vitamin C complex and then, fortunate for us, free it up to get

back to work. This holistic God-given cycle drives antioxidant function in our bodies.

Researchers have learned that beyond the age of 20, the body's ability to produce glutathione declines by 10 to 12 percent per decade. It is thought that this decline is related to poor diet and lifestyle, as well as other external influences on the body. The raw materials necessary for the production of glutathione are often lacking in the diet. And, unfortunately, glutathione is not a supplement that can be taken with any significant benefit, as orally ingested glutathione is degraded in the stomach environment and never reaches the cellular level where it is critically needed.

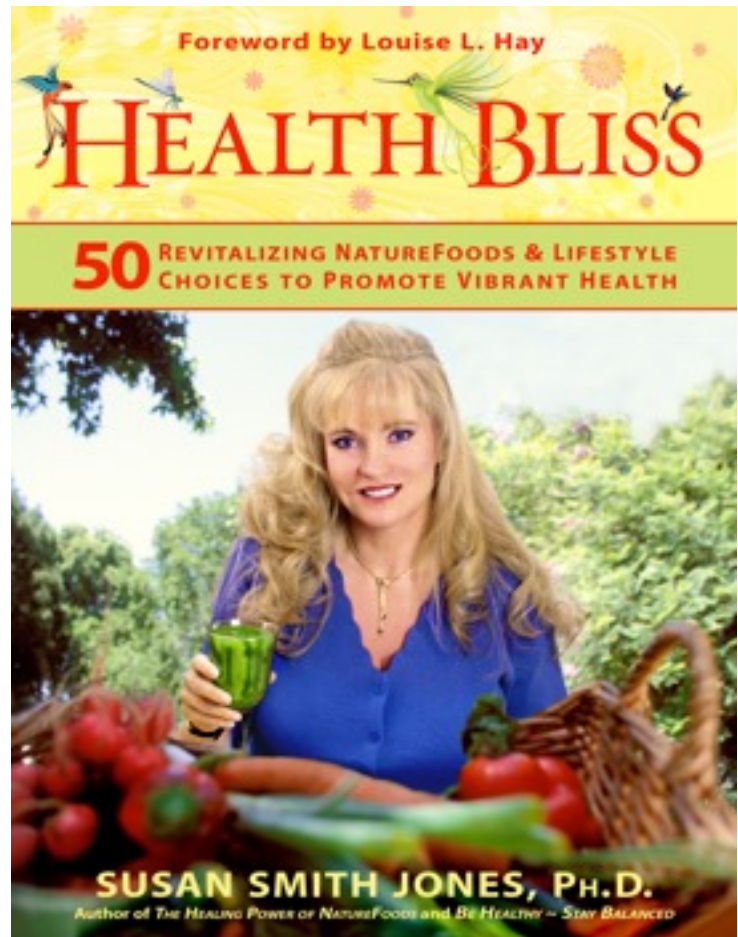
Idol also told me that blood-GSH concentrations in younger people (20–40 years) have been shown to be some 20–40 percent higher than in older people (60–80 years). His research uncovered that some of the world's leading experts on aging (i.e. Walford, Lang, Julius, Crew and others) suggest that elderly individuals with elevated GSH levels have a physical advantage over those with lower levels.

Those with 20 percent higher blood levels have been found to experience approximately one-third the rate of arthritis, high blood pressure, heart disease, circulatory difficulties and other various maladies than others.

### ***Glutathione & Vibrant Health***

One common characteristic seen in patients diagnosed with asthma, Parkinson's, Alzheimer's, AIDS, MS, cancer and a host of other diseases is that they are all usually dramatically low in glutathione. Low levels of intracellular glutathione means free radicals are neutralized less efficiently and inflammation goes on uncontrolled.

In speaking of glutathione's role as a master antioxidant and detoxifier, author and nutrition researcher Michael Murray, N.D. states, "This combination of detoxification and protection from free radicals results in glutathione being one of the most important anti-carcinogens and antioxidants in our cells, which means a deficiency is devastating. When we are exposed to high levels of toxins, glutathione is used up faster than it can be produced or absorbed from the diet. We then become much more susceptible to toxin-induced diseases such as cancer, especially if our phase one detoxification system is highly active. Diseases that result from glutathione deficiency are not uncommon. A deficiency can be induced by diseases that increase the need for glutathione, deficiencies of the nutrients needed for glutathione synthesis or diseases that inhibit the formation of glutathione." (*Encyclopedia of Natural Medicine*, Michael Murray, N.D., Joseph Pizzorno, N.D., 1997, Prima Health Publishing, Rocklin, CA)



Dr. Robert Keller, M.D., Chairman, CEO & CSO of Phoenix BioSciences and practicing physician, is considered to be one of the greatest scholars of the 21st century. Dr. Keller believes the decrease in production of glutathione is much more rapid than stated in scientific literature. He contributes much of this decline to the diets lack of nutrition and the extensive load of toxins our body is subjected to from our environment, our water, our food and our lifestyle.

These factors have an impact on the ability of each individual cell to produce energy, eliminate waste and function optimally. The immune system is then impaired and the body's innate ability to self-heal cannot function as God designed. "GHS protects the body in two ways: enhances the activity of the immune cells and also functions as an antioxidant within them," offers Idol.

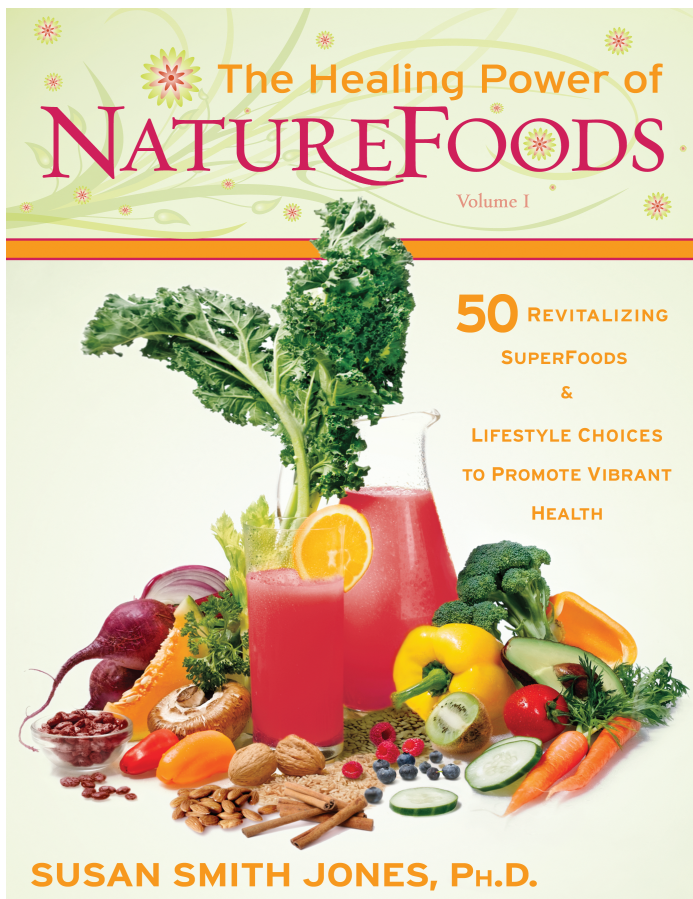
In his medical practice, Dr. Keller has found that almost all of his critically ill patients have had one thing in common—they were dramatically low in glutathione. Over the past 10+ years of intensively researching glutathione's role in the body, he has found a way to increase the glutathione levels in his patients so that they could enjoy a greater quality of life. Interestingly, Dr Keller notes that individuals who live to the age of 100 have GSH levels of a 40-year old. This is indicative of the protection higher levels of glutathione afford an individual as he or she ages!

### ***The Best Way to Increase Glutathione:***

If you think that all you need to do is visit your local pharmacy or natural food store to purchase a bottle of glutathione, think again. Glutathione cannot be used in supplemental form with any significant benefit; when the protein molecule is broken down in the stomach, it is degraded so much that it is no longer GSH. Until Dr. Keller's recent, cutting-edge discovery, the most efficient way of increasing glutathione levels was by injection. Not only is this a short-term solution, but also quite expensive.

Over a period of 10+ years and much trial and error with his patients, he learned how to combine the building blocks of GSH in such a way that it was much easier for the body to produce more optimal intracellular levels of GSH. Now, thanks to Dr. Keller we have available a simple, inexpensive and scientifically proven way to improve our body's ability to produce glutathione (GSH) at the cellular level by **300 percent and more over a 3-month period of time**. In speaking of

Dr. Keller's discovery, John Nelson, M.D, MPH, FACOG and Past President of the American Medical Association states, "This product, in my opinion, represents the single most important breakthrough in health that I will witness in my lifetime. I believe it will revolutionize, change and transform the practice



of medicine worldwide and make Dr Robert Keller more famous than Jonas Salk who created the polio vaccine.”

Dr. Keller just recently completed another study that validates scientifically the astounding benefits of this amazing supplement. It was a *double blind, placebo controlled, crossover clinical study*—the grand prix of all scientific studies—and in only 60 days of using **MaxGXL®**, the users experienced the following results:

- **An average INCREASE of intracellular glutathione levels of 292%**
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- **An average DECREASE of 37% in TNF. Tumor Necrosis Factor alpha is one of the three most significant markers of cellular inflammation.**



To learn more about this amazing glutathione accelerator (**MaxGXL**), please visit: [www.4HealthBliss.com](http://www.4HealthBliss.com). Click on *Products* to learn more about **MaxGXL**. Peruse the variety of information included on glutathione and why it's such a stellar supplement. Additionally, if you go to my website [www.SusanSmithJones.com](http://www.SusanSmithJones.com), click on *Maximize Health*, you'll enjoy listening to interviews with me and also with Dr. Olin Idol as we discuss glutathione's role in the body and the efficacy of **MaxGXL** with radio talk show personality and host Nick Lawrence;

### ***Susan's Personal Favorites***

On a positive and personal note, I've been taking Dr. Keller's nutritional supplement for some time now and it has made a profound difference in how I feel and look. I now have more energy, recover faster after workouts, sleep more easily and deeply, and even experience better concentration, focus and mental alertness from taking this supplement.

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Some of the clients in my private practice have experienced much easier weight loss and a noticeable relief from PMS, menopause symptoms, muscle and joint pain, fibromyalgia, fatigue, diabetes, colds and flu, cellular inflammation, accelerated aging, cardiovascular disease and so much more. I encourage you to try it for three months and see how much better you will look and feel. When optimal levels of GSH are available, a person often experiences renewed energy as well as vibrant health and youthful vitality. Most of us live in an environment where not only are many of our foods toxic from chemicals and environmental pollution, but our water and air is also polluted. It has become increasingly much more important to supplement our diet with nutrients that support optimum health like **MaxGXL**. *If you desire to lose some weight, add **MaxGXL** to your daily health program for effective support.*

For more information or to order, please visit: [www.4HealthBliss.com](http://www.4HealthBliss.com). If you would like to get wholesale pricing, as I do, then click on *Preferred Customer* to order easily and quickly as you also register for a regular monthly auto shipment to keep you continuously supplied with this remarkable supplement that you will not want to be without. You will thank your lucky stars that you found out about this cutting edge, breakthrough supplement and are making it part of your daily health regimen. I would not be without this salubrious supplement.

And, finally, if weight loss is your goal, please refer to my 3-book healthy eating and living series by Hay House Publishers, *Health Bliss*, *The Healing Power of NatureFoods* and *Recipes for Health Bliss*, for more detailed information on how to lose weight easily and effectively, including my *8 Easy Steps to Create the Fit, Lean Body for Life*. This is one of the most requested topics when I do radio and TV interviews. On several occasions, people have told me that these sections in the books are worth the price of the books. You will learn the best exercises to burn fat easily; the healthiest foods to accelerate fat loss; the most efficacious way to eat throughout the day to stoke your metabolism; the role of water to ramp up weight loss; which foods help your body burn *more* fat as a fuel source; and why you always want to nourish your spirit first before you can be successful at long-term weight loss and vibrant health.

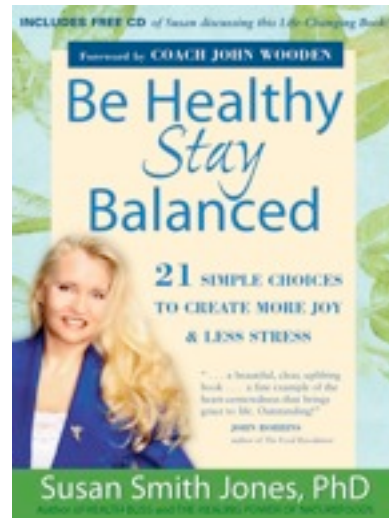
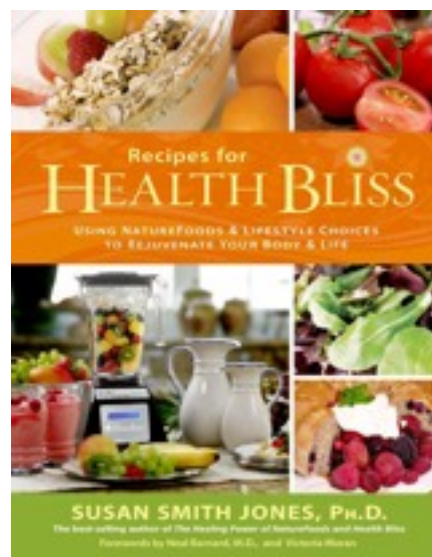
You will also learn how to live a sacred balanced life and experience vibrant health—physically, mentally, emotionally and spiritually in all of Susan’s books, including one of her latest releases . . .

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