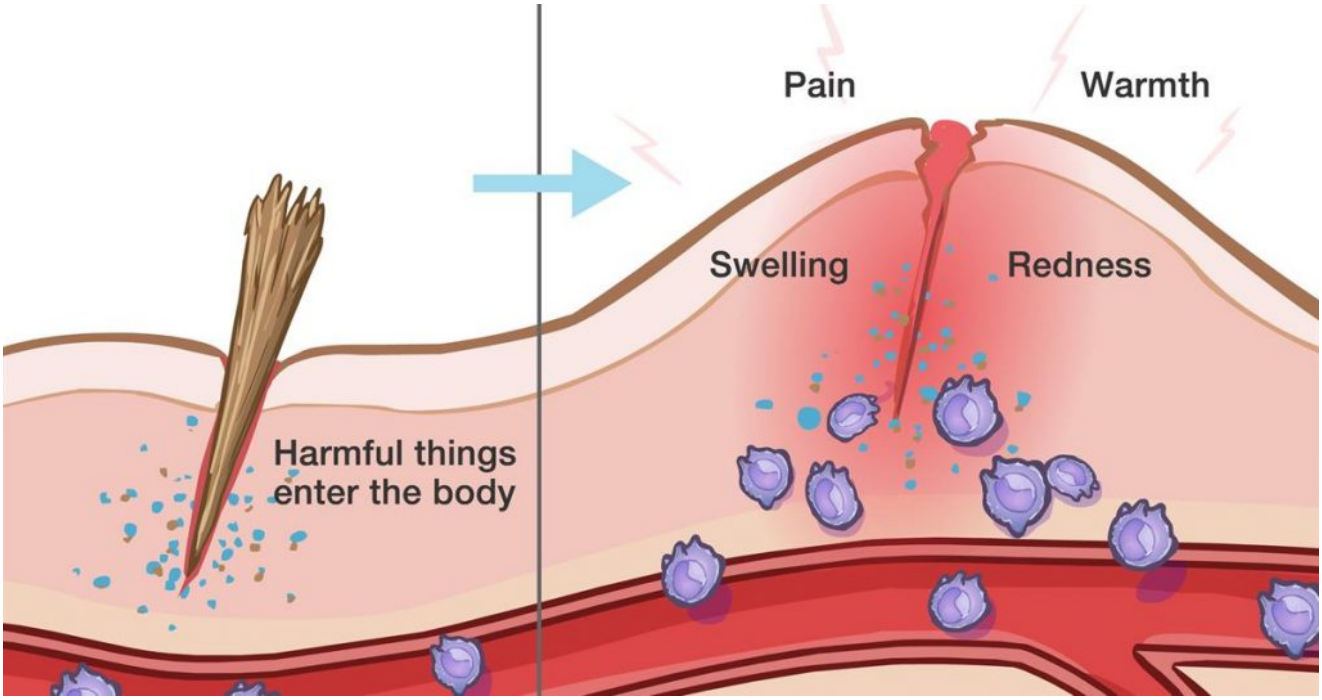
HEALTHY NEWS

10 Warning Symptoms of Hidden Inflammation in the Body + Tips to Get Rid of It

By bestfolkmedicine · 26/11/2021 · 2 min read



Excessive inflammation is the root of most illnesses.

One may not see it, but it may be there, especially if you don't work out regularly or eat healthily. Inflammation is how the body responds to stress, whether it's environmental, emotional, physical, etc.

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When the body is continuously inflamed, the risk of weight gain, allergies, colds, migraines, and even more serious illnesses like strokes and diabetes increases. Inflammation is also a risk factor for cancer and cardiovascular illness.

Where Does Inflammation Begin?

Most inflammation actually develops in the gut. However, people overlook their digestive health but it's actually the home to around 70 percent of the immunity and where 80 percent of the IgA cells live.

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When the gut becomes permeable, things like undigested food, viruses, bacteria, toxins, etc. enter the blood through the lining's larger holes, a condition known as leaky gut. This is also a major factor in inflammation.

Continuous damage to the intestinal lining by this condition will destroy the vital microvilli that are pivotal for the absorption and secretion in the intestines.

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The Two Types of Inflammation

Inflammation can be acute or chronic. For example, an injury is acute inflammation. The body will start to produce chemicals that will cause swelling and then attract the white blood cells to assist with the healing process and avert more damage.

If the injury doesn't heal or more injury is being done, it could become chronic. This inflammation will also start to influence the other organs, joints, tissues, nerves, and muscles.

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The 10 Warning Symptoms of Inflammation

- Ongoing tiredness
- Food cravings
- Acne
- Binge eating
- Weight gain without an apparent reason
- Bloating
- Retention of water
- Joint ache

- Stiffness
- IBS

How to Heal Inflammation Naturally?

- **Healthier diet**

A healthy and nutritious diet is pivotal when trying to reduce inflammation. Fresh, unprocessed, and as raw as possible is always the best choice.

Good microbes are pivotal for healthier digestion and proper absorption of vitamins, minerals, and nutrients.

Processed foods should be avoided because they contribute to inflammation. Refined sugar and what are also contributors, especially in people with food sensitivities.

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- **Drink more water**

Filtered water in higher amounts will help expel toxins from the body and boost hydration.

If possible, also find ways to lower stressors in life. Work out on a regular basis and opt for meditation, massages, aromatherapy, and listening to soothing music.

Sources:

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Read online: https://bestfolkmedicine.com/2021/11/10-warning-symptoms-of-hidden-inflammation-in-the-body-tips-to-get-rid-of-it/
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