

## Chapter 1

# Your Natural Anti-Inflammation Plan

Almost all chronic health diseases have one thing in common—inflammation. In fact, chronic inflammation is recognized as a driving force in health conditions as diverse as obesity, diabetes, heart disease, hypertension, arthritis, autoimmune diseases, allergies, asthma, Alzheimer’s, numerous digestive issues, and others.<sup>1</sup> With more than 50 percent of the adult population suffering with a chronic health condition, according to a 2018 CDC study,<sup>2</sup> if you don’t have one yourself, you probably know someone who does. A quick, easy, and safe anti-inflammation method would be revolutionary.

Whole body vibration, an exercise and therapeutic system booming worldwide and used by clinics around the world in the treatment of many conditions, has now also been shown in numerous research studies to decrease inflammation (see chapter 3). This simple, at-home system has the potential to revolutionize health care for millions of people.

Whole body vibration reduces inflammation, plus it has numerous other benefits that will help you follow a healthy lifestyle, which will also help reduce inflammation. For these reasons, whole body vibration (WBV) should be the cornerstone of your anti-inflammation plan. Rapidly and easily,<sup>1</sup> whole body vibration can alleviate inflammation and pain, plus give you energy and a better mood—all of which can help you to build your own powerful, natural, anti-inflammation plan using the methods in this book.

***Whole body vibration reduces inflammation, plus it has numerous other benefits that will help you follow a healthy lifestyle, which will also help reduce inflammation.***

Using WBV for lowering inflammation is easy. Especially at the beginning, to reduce inflammation and enjoy those other beneficial side effects, all you need to do is stand on your machine for a few minutes each day. I know this seems so simple and easy that it must be too good to be true. But recent research is confirming what I have been seeing and talking about for years.

WBV should be the foundation of your plan, but do not neglect other natural approaches if you seek the best chance of success. A combined approach of WBV plus other natural-health methods will most effectively

---

<sup>1</sup>WBV is powerful, so to avoid overdosing, be sure to follow instructions to start slow, using the lowest speed for only 30–60 seconds; then gradually increase speed and length of time to the extent that your body can easily tolerate—meaning with no aggravation of your symptoms. See chapter 13 for more guidelines on getting started.

eliminate sources of inflammation and bring soothing relief to inflamed tissues.

In the following chapters, I will explain how to best use WBV for reducing inflammation, and I will also give you other natural inflammation-lowering methods. Read through these methods to see which ones appeal to you. Then choose at least six or seven of these methods; one of them must be WBV, and try to also do something for gut health. If you are having trouble getting started, begin with just a little bit of vibration. As you begin to feel better, start adding other methods; then watch what happens as your team of inflammation firefighters work together to put out the flames!

## What Is Inflammation?

Inflammation is an essential process of the immune system—it is the result of the immune system attacking “invaders.” Acute, short-term, localized inflammation is a healthy, protective process that brings infection-fighting cells and chemicals to areas where they are needed, such as when the body responds to a bug bite, an invading virus or bacteria, or injury. Without this immune system–inflammation response, our bodies would soon be overrun by viruses, bacteria, other toxins, and disease organisms.

***A combined approach of WBV plus other natural-health methods will most effectively eliminate sources of inflammation and bring soothing relief to inflamed tissues.***

**But inflammation can also become a chronic low-grade systemic state that causes damage to tissues throughout the body.** For example, blood vessels, such as coronary arteries, and brain tissue can become inflamed, as happens in heart disease and brain diseases. In other situations, such as when the immune system is overwhelmed, stressed, and out of balance, it can get confused and begin attacking benign substances (causing allergies) or your own tissues (causing autoimmune diseases).

Inflammation reactions increase the blood flow to the area of injury or infection, which often causes redness and warmth in these areas. Some of the chemicals released cause fluid to leak into your tissues, resulting in swelling. If there are nerves in the area, such as in joints, this process will cause pain. If there are not any nerves in the area of inflammation, such as is often the case with inflammation of internal organs like the heart, lungs, or kidneys, then you will not feel pain, but there is still damage happening to the tissues.

There is a continuum of chronic inflammation-related health problems from relatively small issues, such as minor digestive symptoms, acne, and allergies; to more serious situations in which the inflammation is causing damage in critical organs like the heart; and finally to autoimmune diseases in which the immune system is so out of whack that it has begun to attack your own body.

PLEASE READ THIS IMPORTANT WARNING: You should always consult with and work with your doctor while trying the methods in this book, especially if you have progressed further along the continuum of inflammation-induced health issues. WBV is

not safe or appropriate for severe, acute inflammation, including acute episodes of chronic inflammatory conditions. In these situations, you need to see a doctor and support and calm your body using other methods, including recommended prescription medications, before trying WBV. Please also check the contraindications for WBV on page 197 before beginning WBV.

## Causes of Inflammation

Common triggers for chronic inflammation are an unhealthy gut, poor nutrition, trauma and stress, obesity, toxins, and addictions. Your digestive system is where essential nutrients enter the body and where dangerous bacteria, undigested food, and other foreign invaders must be kept out. When this system is not working properly, toxic waste products, foreign particles, undigested food, and other immune-system triggers can leak into your bloodstream, resulting in your immune system going into overdrive trying to defend you, leading to chronic inflammation.

Gut health is critical to reducing inflammation. WBV has several effects that directly improve gut health, from improving gut flora balance and reducing inflammatory cytokines (chemicals produced by the immune system) in the gut to improving your mental attitude so it is easier to control what you eat. Certain diets and foods, nutritional supplements, and lifestyle changes will also help heal and support gut and immune-system health.

Recently, there has been a greater understanding of the role of stress and trauma in chronic inflammation. Physical, mental, or

***Gut health is critical to reducing inflammation. WBV has several effects that directly improve gut health, from improving gut flora balance and reducing inflammatory cytokines in the gut to improving your mental attitude so it is easier to control what you eat.***

emotional stress will cause an acute stress response in the body, which negatively affects the immune system when it becomes chronic. We have all experienced the adrenalin-rush reaction of a pounding heart, sweaty hands, and heightened awareness that comes with perceived danger. This automatic activation system can be a powerful protective reaction that revs up the body, including the immune system, for action in response to a threat. But when stress is chronic, as it often is in modern life, then the body is chronically in this “fight-or-flight” mode. In this state, the immune system is constantly in attack mode, creating chronic

inflammation that leads to an exhausted immune system prone to making errors and a body that is not focused on day-to-day functions such as digestion, healing, and repair.

This same mind-body connection means that the relaxing and de-stressing effects of WBV result in a calming effect on your immune system. WBV feels like a relaxing massage. It increases serotonin and other feel-good neurotransmitters in the brain.<sup>3</sup> This helps to slow and calm your thoughts so your brain can move out of “fight or flight” and into a more medita-

tive state where the body naturally focuses on healing. These effects can be further heightened using methods such as meditation, yoga, and exercise.

Another area in which WBV can help in the battle against inflammation is through weight loss. Obesity has a complex feedback relationship to inflammation where obesity leads to chronic inflammation, and chronic inflammation makes it harder to lose weight. Breaking out of this vicious cycle can be difficult, but WBV can help here as well; WBV has been shown in hundreds of studies to expedite weight loss,<sup>4</sup> especially when combined with diet and other exercise.

Toxins are impossible to avoid in the modern world. Thousands of potentially harmful chemicals are in products we use every day in the US, from food to electronics to medical equipment and carpets. Toxins, especially heavy metals, will damage our sensitive immune and nervous systems, disrupting normal functioning. Detoxification is an area in which WBV excels. Just standing on a vibration plate causes all our muscle fibers to tense and relax, which pumps our lymphatic system, thereby moving toxins and other waste products out of our bodies.

Addictions may also be linked to inflammation in a self-perpetuating cycle. Alcohol, certain foods, obesity itself, and

***This same mind-body connection means that the relaxing and de-stressing effects of WBV result in a calming effect on your immune system.***

***WBV has been shown in hundreds of studies to expedite weight loss, especially when combined with diet and other exercise.***

depression can all cause inflammation, but inflammation can also cause depression and increase addictive cravings of all sorts.<sup>5</sup> WBV can help intervene in this cycle by raising serotonin and calming the mind (which can alleviate depression) and by lowering inflammation—and both of these effects can aid in controlling cravings.

There are numerous causes of chronic inflammation, and WBV can assist with many of them, but combining WBV with other natural methods will boost your results.

Read on to find out what else you can do.

## Drugs

If you have a chronic health condition, you are likely already taking prescription medication. More than half of Americans now regularly take prescription medication—four different drugs, on average—according to a 2017 *Consumer Reports* survey of 1,947 adults.<sup>6</sup> These drugs are important. They can lower your risk of dangerous outcomes, and they are appealing for their often quick symptomatic relief. But drugs also have side-effects, ranging from irritating to life threatening. Plus, because drugs generally have some level of toxicity and they do not address the root causes of inflammation and poor health, this approach, especially over time, can lead to a disastrous downhill slide of more health issues and more drugs.

What can you do? Fight back with your own natural anti-inflammation plan.

If you are currently on anti-inflammation or other medications, do not stop taking them on your own—this is not a safe thing to try. Consult with your doctor. Let them know you are trying natural methods to help lower your inflammation levels and, if you wish, work with them to try to reduce your medication.

You can also work with a physician who specializes in incorporating natural methods in treatment plans, such as a naturopathic doctor (ND). (Other terms for doctors and approaches that combine natural and Western medicine include functional, integrative, and complementary medicine.) These doctors, or a conventional doctor, can evaluate you for specific risk factors and causes of your symptoms and inflammation (such as levels of inflammatory markers, hormone and nutrient levels, food sensitivities, and gut health). See page 215 for further resources and to find a naturopathic physician or other natural health professional near you.

The beauty of natural health methods is that while safely lowering inflammation, they also have other benefits for your life and health. Natural methods improve the quality of your life. They are also cost effective, saving you money in the long run, as they help you avoid costly medical treatments. And there are rarely negative side effects to natural health methods, only additional positive effects. Many of the methods in this book cost little to nothing. A natural-health approach is a win-win situation with virtually no negatives, only positives, so let's get started.