



**WEBER CHIROPRACTIC OFFICE, S.C.**  
*Making a difference in the quality of people's lives*  
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation



***I Just Hurt All Over, All The Time. . .***

I hear this statement more than a few times in the course of a week. **One of the main influences on inflammation in our bodies is the food we eat**, or maybe shouldn't eat. The typical American diet is heavy on sweets and refined, processed food and low on nutrient and fiber rich food. To understand why this is causing inflammation in our bodies, let's briefly look at our evolution.

**Humans are genetically adapted to eat a diet that consists largely of vegetation** (fruits, vegetables and nuts) **and animals that eat vegetation**. In contrast, our modern diet is based largely on grains, refined starches, soda and engineered food. Our bodies do not recognize the processed foods, do not know how to digest, process, or eliminate the byproducts, much less get any nutritional value from them. The end result is a diet deficient in magnesium, potassium, phytonutrients, and antioxidants. These diet-driven metabolic imbalances lead to insulin resistance (a pre-diabetic state) and free radicals that cause damage to almost every cell in our body. These combined factors cause a chronic state of inflammation that leads to many of the **diseases we are besieged with today** – pain, arthritis, cancer, heart disease, diabetes, Alzheimers, rheumatoid arthritis, lupus, and fibromyalgia.

**The foods that promote inflammation** in our bodies include refined grains (cereals and enriched grains eg. most breads), whole grains (I always thought whole wheat was good for us – very damaging glucose response), grains/flour products, grain-fed meats/eggs (eg. corn-fed beef), most packaged or processed foods (anything in a box), deep fried food, trans fats (margarine or anything that contains partially-hydrogenated oils), oils from corn, safflower, sunflower or soybeans and most commercial salad dressings.

**Anti-inflammatory foods include** fruits, vegetables, nuts (preferably organic), potatoes, fresh fish, wild game (bison), grass-pasture-fed meat, eggs from free-range chickens, organic extra virgin olive oil or coconut oil, organic butter, dark chocolate (even over nuts), stout beer, red wine, balsamic vinegar, and spices (esp. ginger, turmeric, garlic, oregano).

It is sad that our **drug company influenced response** to any inflammation or pain is to pop a few ibuprofen or Aleve and go about our way. Although you can get temporary relief this way, the potential side effects can be devastating. Even the American Heart Association has recommended that NSAIDS (this class of drugs) not be the first choice to relieve pain because of the adverse effects on the heart (remember Vioxx). Besides the heart, these drugs can wreak havoc on your stomach with at least 4,000 deaths per year due to bleeding. Between the drug and food companies' lobbying efforts, we are besieged with drugs and foods that are causing a general decline in the overall health of the American public.

**What can you do?** Start reading labels and become a smart shopper. The best place to get many of these anti-inflammatory foods is local farmers' market. In Dubuque, we even have a winter farmers' market each Saturday morning at 1044 Iowa St. where grass-fed beef, nutrient rich eggs, dried fruits and nuts and many healthy alternatives are available. In the grocery, check out the organic sections of the produce department and the natural foods section.

**Appropriate nutrient supplementation** can help to keep a balance in our bodies. A good multivitamin/mineral supplement can increase anti-oxidant levels and provide mineral balance. We use Thorne's Basic Nutrient's V. Fish oil supplementation is essential not only for inflammation control but for neurological health. We offer Super EPA at the office. It seems every week there is another article about the benefits of fish oils in our body. We also offer products that contain the spices that naturally calm inflammation. To protect the cartilage in the body, glucosamine/chondroitin is invaluable. All our products are sold only through physicians so quality is insured.

We have all heard that saying "We are what we eat". **It can also be said "We can feel what we eat"**.

***Again, thank you for being our patient!***  
***We appreciate you and look forward to serving you.***

***David J. Weber, D.C., D.A.B.C.O.***

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