

A person wearing dark blue jeans and white socks is walking on a large, weathered log in a forest. The ground is covered with fallen leaves and pine needles. The background shows a dense forest with green and yellow foliage. The text is overlaid on the right side of the image.

# **Powerful Steps to Reclaiming *Your Health***

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You cannot stop chronological ageing, but you can, change the way you age and the way you live. Most biological ageing comes down to the amount of chronic inflammation you have in your body and the degree of free radical damage. Therefore, if you can increase the level of anti-inflammatory and anti-oxidant nutrients in your diet, you can slow down the rate at which you age biologically.

## **Let Food Be Thy Medicine – Step 1**

In order to nourish your body properly, you need to start by eating anti-inflammatory foods.

There are three major food groups to look at:

### **Fish High in Omega 3 Oils**

Wild salmon is always preferable, try and avoid farmed industrial fish, as they are quite often fed genetically modified pellets which can be high in Omega 6. Good sources of fish with high omega 3 content are: mackerel, herrings, tuna sardines, pilchards, oyster, crab and shrimps.

Fish are no better than we are at making Omega 3 oils, fish in the wild get their Omega 3's from marine algae which live in the arctic waters.





“Farmed fish only contain EPA and DHA if they have been fed on fish scraps which themselves contain Omega3.” Source: Health Defence.

Fruits which are high in anti-inflammatory nutrients would include:

Blueberries, raspberries, blackberries, strawberries, cherries and blackcurrants. Where-ever possible try and buy organic so they are free of pesticides and GMO's.

Vegetables high in phytonutrients and polyphenols include:

Broccoli, asparagus, beetroot, chard, spinach, cabbage, kale, mushrooms.

This list is certainly not exhaustive, and I would most certainly encourage you all to eat the rainbow. All of the above are great sources of polyphenols and other phytonutrients which have great anti-inflammatory and anti-oxidant properties. A simple rule of thumb to remember - the greater the variety of colour on the plate, the higher the anti-inflammatory content in your diet.

Diets designed to protect against coronary heart disease, diabetes, obesity and cancer all have a number of things in common:

- More fruits and vegetables
- More complex carbohydrates, in whole grains, pulses and legumes
- Less sugar and salt
- Less smoked and or pickles foods
- Less foods cooked at high temperatures, such as barbequed and fried foods

There should be plenty of fruits, nuts, grains, legumes and vegetables on the menu as all of these contain many different highly beneficial compounds.

Fruits are excellent sources of protective phytonutrients, such as carotenoids, xanthophylls, and polyphenols as well as many vitamins and minerals.

Grain and nuts are good sources of Vitamin E and polyphenols, including unique anti-inflammatory agents such as the avenanthramides, found in oats.

Vegetables and spices such as rosemary and turmeric provide not only anti-inflammatory polyphenols, but also compounds which boost the enzymes needed in the body to detoxify toxins and carcinogens, as do brassicas and cruciferous vegetables.

Both fruits and vegetables provide polyphenols and carotenoids, while peas and beans are good sources of lectins (protease inhibitors and which work together with the polyphenols to inhibit the tissue-damaging MMP enzymes).

Plant foods also provide prebiotic dietary fibres, which reduce chronic inflammation in the large bowel and have anti-cancer effects of their own. Finally, they are a good source of B vitamins folic acid and niacin important because folate and/or niacin depletion increases the risk of DNA damage.





## Cooking Suggestions:

- Use fewer Omega 6 polyunsaturated plant oils; switch to (mono-unsaturated) olive oil or saturated fats such as butter or ghee.
- Reduce foods cooked at high temperatures, (grilled, fried, barbecued, roasted). Better still, stew, slow-cook, stir-fry or saute quickly.
- Steam vegetables
- Rub joints for roasting with thyme and or oregano, herbs that help counter-act the formation of AGE products. We do not suggest the use of honey to coat or glaze meat as this encourages AGE's (Advanced Glycation End products which are highly pro-inflammatory).





## **Reduce Chronic Inflammation – Step 2**

Chronic inflammation is influenced by two things. Firstly the ratio of 6:3 omega oils and the second is polyphenols, therefore it is wise to take both together. Unfortunately, polyphenols are not stored in the body. Which means, they must be consumed very regularly, because when you stop eating them, they disappear from our tissues, and so inflammation is left unchecked.

Conventional wisdom suggests that you should take a vitamin and mineral supplement every day to provide a baseline of micronutrients for your body. However, studies have shown that this will do absolutely nothing to reduce the chronic inflammation in the body.

Sadly, despite what is said by many well-meaning doctors, you cannot get everything you need from your food. We live in an ultra processed era, where food is barely recognisable. Very few people consume the required 3500 calories a day, consisting of foods such as chicken livers, oily fish, fruit and vegetables. Our lives are sedentary hence we tend to eat less, and our foods have a lot less nutrients to offer - because of modern day farming methods.

## Anti-Inflammatory – Step 3

Exercise is so important, because it has anti-inflammatory effects. The standard advice is to take 30 mins of exercise five times a week, at a level that raises your heart rate. This has the potential to lower your risk of heart disease, cancer, diabetes and dementia. Your body should be like a well-oiled machine, it needs use, otherwise things seize up. As the old saying goes “if you don’t use it, you lose it”.

However, you can over-dose too. Intense exercise can trigger inflammation and excessive free radicals, and as a result, anti-inflammatories may be required to counter the deleterious effects of what set out to be a good thing – exercise.





## **Lose Some Weight If You Need to – Step 4**

It is generally accepted that leaner people have less stress on their organs and systems. If you need to try and slim down in a sustainable way. Removing the processed foods, and sugar is a good place to start, with regular exercise. Eating more foods from above ground and avoiding foods grown below ground works well for many. Foods grown above ground generally have a low glycaemic index.

Ensure your daily regime includes a full range of anti-inflammatory nutrients and phytonutrients as discussed earlier.

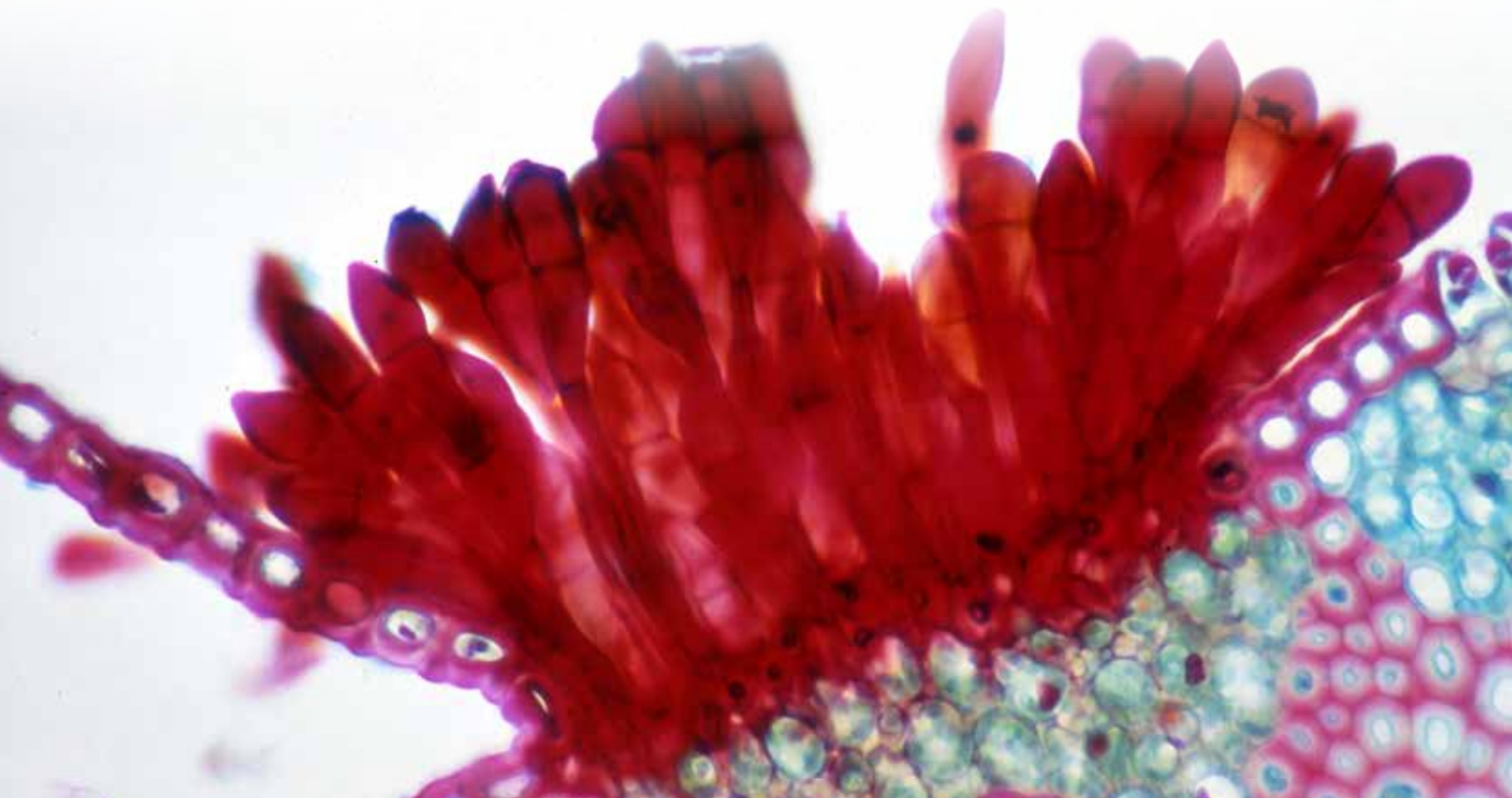


## Give Your Body The Best Chance of Clearing Infection – Step 5

If a harmful micro-organism invades the body and the acute inflammatory response is insufficient to clear that threat, the infectious agent may continue. The body will then gradually switch over to a chronic inflammatory response that will increase the risk of progressive tissue damage leading to degenerative diseases.

The most effective and natural way to boost your immunity is to take 1-3, 1-6 beta glucans. These are polysaccharides, derived from bakers' yeast that have been proven to increase the effectiveness of your front-line immune system defence against bacteria and viruses. I have a few brands I really like and find to be very effective so please again do contact me directly for information on these.

A comprehensive anti-inflammatory supplement will help to protect against long term chronic inflammation. A 1-3, 1-6 beta glucan / cyanogen supplement is designed to enhance the immune system's short-term acute response. It is a combination that has exciting potential in reducing our overall burden of degenerative, infectious and allergic disease.





## **The No Brainer – Stop Smoking! – Step 6**

Yes, I appreciate it is hard, however the benefits to your own personal health and the health of all those loved ones around you is huge. There are so many tools that are now available to help you stop smoking, however, it first starts with your decision and commitment to stop.

This goes hand in hand with avoiding exposure to polluted air where possible for example in cities beside busy roads, and environments in the countryside where there has been much crop spraying etc.

## Find The Tranquility In Your Life - Step 7

We cannot escape the fact that chronic stress contributes to the development of degenerative disease, because it places the body's inflammatory response on permanent high alert. Find your peace, meditate, paint, garden, live mindfully. If you need a shortcut try saffron. Standardised extracts of saffron have been shown to reduce anxiety, low mood, depression, and to improve sleep and reduce stress. For more information please do contact me directly.

A lifestyle approach combining a healthy diet, regular movement and stress reduction improves quality of life, demeanour, and reduces chronic inflammation.

Your health will improve, your life expectancy can improve, and this usually follows with attracting better things into your life.

For appointments, questions or access to the products mentioned above please contact: [Lilias@liliasahmeira.com](mailto:Lilias@liliasahmeira.com).

*Sources: Dr Paul Clayton PhD., Let Your Food Be Your Pharmaco-Nutrition*

