

# Inflammation – Part V

Welcome to this multi-part series on inflammation. Here we will discuss what inflammation is, why it's important and what we should do about it.

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Inflammation is a necessary and important part of the healing process. However, chronic inflammation is a serious problem and is the most significant cause of death in the world according to the World Health Organization. Examples of diseases associated with chronic inflammation include cardiovascular disease, asthma, diabetes, lupus, and rheumatoid arthritis. Also included in this category would be allergies and COPD.

Risk factors for chronic inflammation include:

- Age
- Smoking
- A diet high in saturated, trans fat and processed sugar
- Obesity
- Stress and sleep disorders

Thankfully, there are steps you can take to reduce the degree of chronic inflammation in your body:

- Get active. Physical activity increases the amount of endogenous anti-oxidants produced by the body.
- Get some sleep (at least 7 to 8 hours/night).
- Consume a diet high in fruits and vegetables and whole grains. Limit processed sugars and saturated/trans fats.
- Minimize intake of NSAIDS
- Integrate stress management activities such as meditation into your lifestyle.

For a more comprehensive review of what chronic inflammation is and what you can do about it, read this excellent [article](#).

