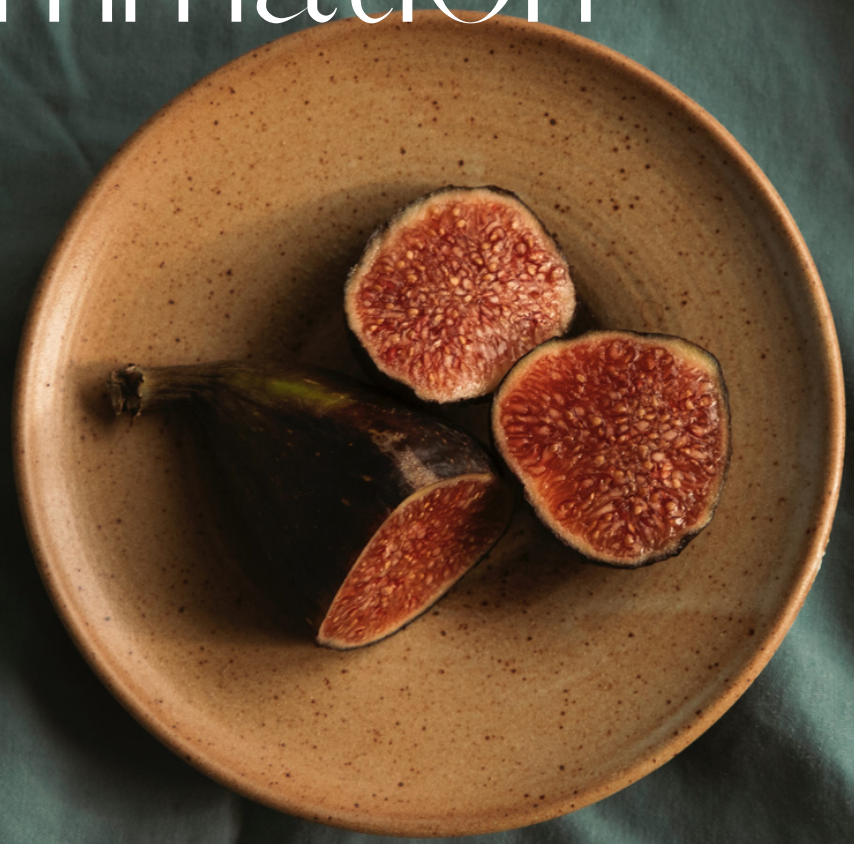
The MOC Way

Inflammation & You



New blog

Trigger foods, & why you can't quit.

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So, you want to workout and start the journey towards a healthier lifestyle but, you don't want to give up all the goodies, right? I get you, and If you read my last blog it touches on the art of finding that balance!

Oftentimes we aren't sure where to start, and being totally honest, that is a difficult task in it's own right! Trying to figure out what the first best step is going to be! When asked I usually try to inform my clients and or potential clients that changing too many stressors at once could lead to burnout almost the instant you start; so, starting with one to two items of change at a time is going to lead towards higher success along your journey! How about we start with the concept of inflammation today? 😉

> **Let's face it, if it were easy, we would all have done it by now! We would all have made the drastic changes in our lifestyles; everything from eating, movement, and rest! But, this is reality aaaaand most of "us" have a very difficult time discerning between what is good for us, and what is not.**

Let's start with the basics for entertainment value; What is inflammation?

> **"Inflammation is the battle our body wages to ward off perceived threats.**
>
> **There are multiple lines of defense, including white blood cells that can literally devour intruders, antibodies that bind and entangle them, and a whole host of chemicals that the body produces while in the heat of battling these so-called inflammatory markers.**
>
> **More pronounced forms of inflammation are visible and may be accompanied by pain and swelling; such as when the body fights to heal an infected wound or injury.**
>
> **But the low-level inflammation triggered by a poor-quality diet is different. It churns up the body's defenses more subtly and insidiously—in fact, diet-related inflammation is often imperceptible until it has produced serious harm."**
>
> **(Anti-Inflammatory Foods and Foods that Cause Inflammation — Gaples Institute)**

When I talk about inflammation and food with clients the question that commonly arises is. "What does food have to do with inflammation? I didn't hurt myself with food, hahaha?" 🙄

The answer is and always will be, PROCESSED FOOD CAUSES INFLAMMATION! It's subtle, until the day you look in the mirror and see someone you don't recognize! (It happened to me when I fell on hard times and depression). More times than not our food choices and habits have been with us for some time, and dare I say even before you were cognitively making decisions for your intake.

What we're going to cover here is a combination of touching on epigenetics and how it affects your inflammatory response to food intake, why is it so hard to quit "trigger foods" particularly the ones that can cause mild onset inflammation, along with what lifestyles can assist in curbing said inflammation.

Epigenetics and you

We have preset markers that do in fact determine how your body is going to react or how your cells are influenced by foods ingested. This is why there are folks out there that "eat what they want" or are "skinny fat" (poking the bear, but not being insensitive; we all need this information to improve quality of life!). The point is, for a very long time the fitness industry would have you believe that your genetics do NOT bind you in ANY way to a life of being overweight, inflamed, sick and/or sedentary; and while I agree with the notion that you can change your lifestyle and improve your quality of life, the fact remains that genetics do play a role in how you have to go about that journey in understanding your bodies response to food and imposed stressors. (However, you are not bound to that fate)

Currently, there is a field specifically focusing on the matter of epigenetics and the process of how our cells are influenced by our foods. The shere basics of genetics being inherited makes sense to the tune that your bodies mere function of your cells can be heavily influenced by environmental factors. Choosing high sugary foods could set off a cascading inflammatory response triggered by your genetic predisposition. This is where my philosophy of finding balance for YOUR body between the choices and triggers arose; If you're not able to find that balance then you're subjecting yourself to low grade inflammation throughout your life.(not to mention low grade addiction, but that is another blog all together)

What can low grade inflammation cause? Over time the inflamed cells can insert themselves into tissue throughout the body weakening them, causing ailments and or events such as heart attacks, lower immune systems capability, joint swelling, constant pain, digestive disfunction, lowered energy, lowered sex drive, low motivation, low energy, anxiety, and depression.

It is essentially the process of killing you slowly.

Inflammatory food, and why it's so hard to quit you

Inflammatory food is everywhere! And when you think you have a bead on it, the ingredients used in your "natural" food items have it too!

Let's face it, our "trigger" food (aka comfort food) is designed to stimulate the reward system in the brain causing in a sense a low grade addiction for the food triggered too or desired. It is

proven to affect the brain's response in the same manner cocaine and other highly addictive drugs pattern themselves.

Additives such as Sugar, salt, thickeners, artificial flavors etc. are all designed to strengthen the "pull" by enhancing their properties like texture, taste, etc to increase addictive potential. (Kris Gunnars BSc How food addiction works (and what to do about it)).

So what now?

🤷‍♂️understand that the foods you choose at fast foods, restaurants, and even in the inside isles at the grocery store are more than likely processed/engineered to feed into your low grade addiction. So do you just stop eating that stuff all together? Well, if it were that easy I wouldn't be writing this; and if it were that easy, companies would be out of business!

There is no profit in selling food you can readily grow in your backyard.
There is no profit in one time purchases.
There is profit in repeat offenders,
repeat sales.

~Coach Dre

So it appears that this true epidemic doesn't seem to have an end in sight; Then what? What do we do?

Well first, look your trigger food in the "eyes" and tell it…"I can't quit you"😉

Then proceed to a plan to find balance with processed foods and "real" foods. Am I telling you to stop eating meat, and go plant based? NO!!! (it would be amazing on our planet, but you do you boo)

I'm telling you to probably add more veggies and fruit in substitute for those meal replacement shakes and or smoothies, as well as swapping that bag of chips with an apple, banana, or a serving or two of almonds, or cashews. Try not to eat SOOOOOO much meat, and drink more water!! Also, adding a bit of cinnamon **(if you're not allergic)** can also assist in anti-inflammatory responses throughout your day (and it boost your energy and metabolism naturally) Stop all the juicing cleanses (mass nutrient overload), stop the massive bread and sugar intake, and find balance in eating foods that are truly meant for your body.

Should the moment come where you're triggered and "need" to grab that donut i.e. triggered food item (which will happen often; but can you tell I love donuts? In the last 2 blogs there are like 50 references) then have a plan in place to balance it at a later moment of food intake with fruit or a veggie, or increase your movement to offset the chemical shit storm you've just set off in your body 😉.

In the end it's about ***balance***, as well as understanding what is causing your body to be in a high acidic and inflamed state. Personally, I would recommend doing a food test on what your body responds to best, then you can set a plan together on how to accomplish a sustainable anti-inflammatory lifestyle while still indulging from time to time.
~Coach Dre

