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Inflammation is the immune system's primary weapon in the elimination of toxic agents and the repair of damaged tissue.

In case if i need to define it simply it would be that inflammation is the body's response "to anything that's bad"

One type of inflammation, is designed to battle harmful bacteria or parasites. "If there's an infection or an invading virus or bacteria, the body generates inflammation that destroys the invading agents, there's another type of inflammation that signals the body is recovering from injury. When the body is wounded, inflammation floods the injured area with cells and "cell-derived components" that repair, replace, or dispose of damaged tissue.

The problem occurs when inflammation persists or switches on inappropriately, this can be acting as killer for you instead of defending you the way it is meant to be.

Now read carefully , what is the connections between Alzheimer's and heart disease, to arthritis, cancer, and gastrointestinal disorders ?

Answer is that elevated inflammation is a common thread that ties together these seemingly unrelated ailments.

When a person's immune system is working as it should, these and other forms of inflammation are transitory, they are actually doing their job they flare up in response to a legitimate threat or injury, and they settle down when that threat or injury has been addressed.

there are countless ways in which the immune system's many inflammatory processes can go haywire.

"inflammation that is normally designed to kill harmful viruses and bacteria can become misguided and start doing damage to healthy cells,"

autoimmune disorders have skyrocketed in recent years.

exact reasons of our inflammatory responses getting heywire is not known , the best we can do is to avoid eating inflammatory food.

Make a note of it , we need to ensure that our immune system is strong , inflammation is so closely tied to the immune system, any behavior outside the norm is bound to cause illness .

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