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Your Regenesis Newsletter—*Change made easy.*

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The Link Between Inflammation and Cancer

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Inflammation is now seen as a major contributor to many serious health diseases such as heart disease, diabetes, Alzheimer's, and cancer. The more we understand how the inflammation process works in our body, the causes and ways to support our body to heal while experiencing inflammation the greater the likelihood of avoiding serious health issues.

Inflammation is a signal from damaged cells in the body that alerts our innate healing resources to come to repair the damaged area. There are two types of inflammation. The first is acute inflammation which lasts from hours to days. This is the normal wound healing inflammation process. If the damaged area is not healed within a few days the inflammation can progress to chronic inflammation

which is characterized by inflammation occurring longer than 6 months. It is the chronic inflammation that shifts the healing process to a tissue destroying process.

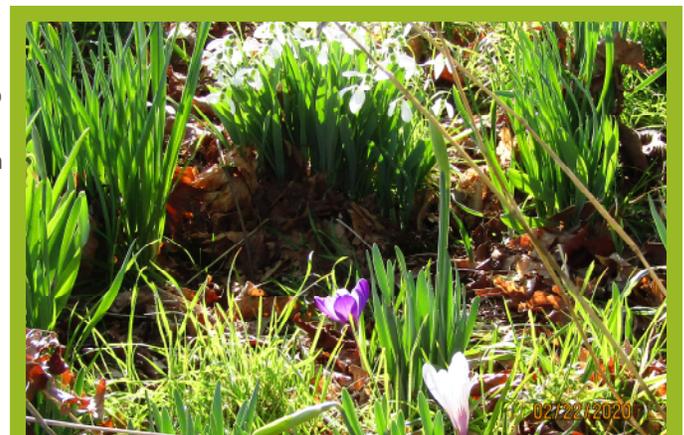
Chronic inflammation creates favourable microenvironments for the development of cancer cells, tumour growth and metastasis. Chronic inflammation causes oxidative stress in damaged cells if it cannot be readily repaired which is the leading cause of damage to our DNA. These shifts and damage in our DNA are what births cancer cells. Up to 25% of all cancers are related to chronic inflammation.

What causes chronic inflammation? There are many things that facilitate chronic inflammation in our bodies such as diet, lifestyle, stress, adverse childhood experiences, trauma, viruses, bacteria, burns, radiation, and exposure to carcinogenic chemicals. If you experienced adverse childhood experiences (ACE's) your body and brain has been wired biochemically to sustain inflammation. People with even moderate ACE's have a greater predisposition to obesity, heart disease, diabetes, cancer, addictions, mental illness, autoimmune disease, fibromyalgia and attempted suicide. This is where healing from disease must intersect with modalities that include the physical, psychological, emotional and spiritual dimensions of the person in order to facilitate long lasting recovery.

Some of the major causes of diet and lifestyle that contributes to chronic inflammation include a diet high in process meats, processed carbohydrates, sugar, sweetened drinks, and alcohol along with little exercise. When recovering from any life altering illness such as cancer and remaining in remission, it is important to avoid process foods and focus on foods, spices, and drinks with anti inflammatory properties. Foods that repair chronic inflammation include fiber rich foods of vegetables and fruit (especially berries), beans/legumes and foods high in omega 3 fatty acids such as tree nuts, wild caught oily fish and olive oil/avocado oil. Drinks that are high in anti-inflammatory properties include green tea and coffee (even decaf).

Herbs and spices are also powerhouses of anti-inflammatory properties. Some of the most powerful of these include rosemary, cinnamon, turmeric, ginger, garlic, pepper, cloves, cilantro, basil, thyme, oregano, fennel seeds, and cumin. Adding herbs and spices to your foods not only add incredible flavour, therefore, reducing the need for salt – they also add tremendous healing properties. Start with adding a teaspoon of dried herb to your dishes until your taste buds adjust to the flavours and then start to increase the amounts as your flavour profile grows.

A final key factor in reducing chronic inflammation is good restorative sleep of 7 – 9 hours daily. Focus on sleep hygiene to ensure impactful rest. While you sleep, serotonin, one of the biggest hormones and neurotransmitters that reduces inflammation is released. The 90% of serotonin is made in the gut by our microbiome! So, a healthy diet is essential. Vitamin B6 is also essential to metabolize serotonin and melatonin. If you are finding sleep difficult after following the protocols of good sleep hygiene and an anti-inflammatory diet you may need to



We have the capacity, within ourselves, to create better health. We might call this brave undertaking "the neurobiology of awakening." Donna Nakazawa



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supplement with vitamin B6 and serotonin. Other supplements that impact chronic inflammation are zinc, resveratrol and quercetin. Contacting an integrated practitioner for baseline levels of vitamins, finding therapeutic levels of vitamins and supplements, and monitoring supplementation is recommended.

Inflammation is our bodies natural alert system that draws healing to wounded areas. Some wounds cannot be seen by the naked eye and left unaddressed promote the perfect storm for life altering illnesses like cancer. With a focus on supporting the body holistically through diet, lifestyle and mind/body practices that promote reconciliation, healing and reduce stress - we can provide ourselves the optimum state to end chronic inflammation in our body.

During my health crisis, I learned that it's not just the brain that manufactures stem cells. Every organ in the body produces them, but we must learn how to turn on the genetic switches that will trigger repair and regenerations. Dr. Alberto Villoldo



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Cancer Diagnosis?

You are not alone - nearly 1 in 2 will face cancer.

It's the leading cause of death.

Join Me on April 20th @ 12:30 – 1:30 pm for a live webinar on:

Cancer Remission Factors

You will learn the top seven researched factors to remain in long-term remission.

Cost \$25

Register at <https://bit.ly/2P4bllT>

THAI SWEET POTATO SOUP

2 medium leeks
2 Tbsp avocado oil
2 garlic cloves, finely chopped
1 Tbsp finely chopped ginger
1 Tbsp curry powder
1 15 oz. can unsweetened coconut milk
1-2 pounds sweet potatoes cubed
Salt to taste
Juice of 1 lime
2 Tbsp coconut cream or yogurt
Thai Spice Mix



Cut the leeks into half moons and wash well in water. Heat the oil in a wide soup pot. Add the leeks and cook over fairly high heat, stirring frequently, until partially softened, about 3 minutes. Add the garlic and ginger, cook 1 minute more, then add the curry. Reduce the heat to medium, and add 3 cups water, the coconut milk, sweet potatoes, and 1 tsp. salt. Bring to a boil. Then lower the heat and simmer, covered, for 15 minutes or until the sweet potato melts in your mouth. Puree with a stick blender. Add the lime juice and salt if needed. Garnish with coconut cream or yogurt and Thai spice mix.