



# Stress & Inflammation

## Inflammation & Chronic Disease

Research shows inflammatory pathways are key to the development of chronic disease, and chronic stress is linked with failure to decrease inflammatory responses. A whopping 75% - 90% of human disease is related to stress and inflammation, including heart disease and metabolic diseases!

## Inflammation & Immune System

Prolonged stress leads to increased cortisol levels, causing an altered effectiveness of cortisol to regulate inflammatory and immune responses. While both stress and inflammation can be beneficial, chronic states can lead to continuous tissue breakdown and a compromised immune system. Your immune cells do not respond as effectively to cortisol, increasing your likelihood of getting sick.

## Food & Inflammation

### Pro-Inflammatory Foods

- Refined Carbohydrates - release inflammatory markers called cytokines
- Sugar Sweetened Beverages - also releases inflammatory markers
- Fried Foods - Trans fat is linked to
- Processed & Red Meat - contain compounds that trigger an inflammatory response

### Anti-Inflammatory Foods

- Olive Oil - decreases several inflammatory markers
- Fatty Fish - contains Omega 3 Fatty Acids, EPA & DHA
- Nuts - contain Omega 3 Fats and Vitamin E, which protects against free radicals
- Turmeric - contains curcumin, which has powerful anti-inflammatory properties
- Bell peppers - contains the antioxidant quercetin
- Tomatoes - contains the antioxidant lycopene
- Berries - contains antioxidant anthocyanin
- Green Leafy Vegetables - contain nutrients that reduce chronic inflammation
- Green Tea - reduces cytokine production, a pro-inflammatory

Source: [www.health.harvard.edu](http://www.health.harvard.edu), [www.ifm.org](http://www.ifm.org), [www.rn.com](http://www.rn.com)

**Contact your onsite Health Coach for more information:**

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