An Inflammation Nation
The Definitive 10 Step Guide to Preventing and Treating All Diseases Through Diet, Lifestyle and the Use Anti-Inflammatories

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Integrative Medicine
Health & Lifestyle Center
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• Ranked bottom 16 top democracies for Death from ALL Causes (infant mortality, homicides, teen pregnancy, HIV and AIDS, drug-related deaths, obesity, diabetes, heart disease, chronic lung disease, and disability)

• Ranked 34 out of 35 countries in Life Expectancy

• Ranked 46 out 48 countries in overall health outcomes with all diseases A-Z! (43rd – Dominican Republic, 44th- Turkey, 45th-Iran)

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Feb 2004 April 2008 Jan 2013

What is Inflammation?
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Time Magazine
Feb 23, 2004

INFLAMMATION/FLAME/FIRE = “itis”

Chronic Inflammation
Leads to Chronic diseases

Acute Vs. Chronic Inflammation

Examples:
1. Nearly 43% of patients with ulcerative colitis develop colorectal cancer after 25-35 years
2. Active rheumatoid arthritis over 10 years have a 71-fold higher rate of lymphoma than the general population
Telomeres and the Role of Aging

Telomeres are Shortened by Inflammation

Problem: Over 200 “itis” conditions!

Inflammation The Places it likes To Go

Example: Think of rain water (inflammation) on a flat roof – finds the weakest point and it leaks

1. **Trauma**: injury (past or present) – think roof leak, once repaired never 100% but 99%, thus when water falls it likes to go to the same sensitive spot. Small amount of “itis” remains and pro-inflammatory foods trigger more fire.

2. **Pathology**: disease or degenerative area – think tree falling on roof, the rain will go there first and cause direct irritation.

Chronic Diseases and Cancer are Preventable and Requires Major Changes in Diet & Lifestyle

Focus on the 97% that you can control!

Inflammation The Places it likes To Go

3. **Overuse**: working out causes healthy inflammation but sometimes “itis” lasts longer than normal after exposure.

4. **Places where immune system not paying attention**: Since cancer cells not being recognized by immune system efficiently or other chronic conditions - inflammation aggravates those areas specifically, low NK cell function, low Vitamin D3, etc.
10 Step Guide to Preventing & Treating All Diseases

1. Eating an Organic Non-GMO Plant Based Anti-Inflammatory Diet
2. Testing What is Triggering Inflammatory Responses in Your Body
3. Detoxification
4. Avoid Smoking
5. Avoid NSAIDs
6. Decrease Inflammation Through the Use of Bosmeric-SR
7. Increase Immune System Functioning
8. Maintain Healthy Glucose Levels and Avoid Excess Sugar & Salt
9. Stress Reduction Through Mediation & Yoga

What Are We (SAD)ly Eating?
The Average American eats the following amounts PER DAY:

- 1 pound animal protein (beef, chicken, pork, fish, eggs)
- 2 pounds of cheese and dairy products
- ½ pound of refined flour products
- 1 pound veggies (most come in form of French Fries and Ketchup, the second most consumed “vegetable”)
- Consume 18 ounces of soda, 1/3 pound GMO sugar and corn sweeteners and 1 ounce of artificial sweeteners

Cheap Foods!!! (High Omega 6’s)

- 11 of the top insurance companies (health, life, disability) own $1.9 billion of stock in the top 5 fast food companies!

Omega 6 to 3 Ratio in American Diet

Why the Increase?

Cheap Foods!!! (High Omega 6’s)

Food Industry TRICKS and LIES
Where is the Beef?

- 5 billion burgers consumed yearly. Meat content from the top 8 Fast Food Chains range from 2.1% to 14.8%!

Food Borne Illness

- 1 out of 4 people get sick from Food Borne Illness per year.
- 328,000 hospitalizations ending in 23,000 deaths
- USDA and Consumer groups show 100% of store bought meat contains E. facelliis, Salmonella, E. coli, Campylobacter, etc.
- Some have cysts from parasites and ammonia from washing (think Pink Slime)
- Bacterial infections come from inside of the animals GI tract from slaughterhouse factory farms, not from the veggies!
- Meat now averages 2-5 antibiotic resistant bacteria in it!

Animal Protein vs Plant Protein

**Animal Protein:**
- PRO-INFLAMMATORY
  - ↑Increase Inflammation
  - ↑Cholesterol
  - ↓Little to No Antioxidants
  - No Phytonutrients
  - No Fiber
  - +HCAs

**Plant Protein:**
- ANTI-INFLAMMATORY
  - ↓Lowers Inflammation
  - No Cholesterol
  - ↑High in Antioxidants
  - ↑High in Phytonutrients
  - ↑High in Fiber
  - No HCAs

Vegetable Protein per 100 calories

Animal Protein per 100 calories

Animal proteins and refined vegetable oils (fried foods) are high omega 6 foods which produce Arachidonic Acid leading to PRO-INFLAMMATORY mediators COX-2 and LOX.
Animal Protein Increases Risk of Cancer

- IGF-1 a cancer-promoting growth hormone which is involved with acquisition or process of malignant tumors - triggered only with animal proteins (meat, eggs, dairy).
- WHO classified processed meat as carcinogenic as deadly as tobacco, asbestos and diesel fumes.
  
  Example: Additional 3.5 oz of red meat raises colon cancer 17%, 1.7 oz of processed meat raises it by 18%, average slice of meat topping pizza provides 12-18 g per slice = 36-54 g processed animal protein.
- Colon Cancer #2 in both men and women.

Standard American Diet (SAD) is Deficient in most common Vitamins and Minerals – 97% Of Animal Proteins consumed in U.S. is factory farmed.

Fiber – found ONLY in Plants

- Provides bulk to propel stool
- Healthy bacterial growth (strengthen immune system)
- Retains water from stool
- Provides nourishment for colonic mucosa
- Removes dangerous hormones and toxins from body
Fiber – Hormone/Toxins Remover

Low Fiber Diets INCREASE Enterohepatic Circulation!!!

Endotoxins from Animal Protein Trigger Inflammatory Responses – Even when Cooked, Boiled and Treated with Stomach Acid!

PROTEIN COMPARISON CHART - SORTED BY PROTEIN LEVELS

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
<th>Protein (grams)</th>
<th>Cholesterol (milligrams)</th>
<th>Fat (grams)</th>
<th>Fiber (grams)</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheat Germ (flakes)</td>
<td>1/2 cup</td>
<td>7.8</td>
<td>3</td>
<td>1</td>
<td>2.3</td>
<td>219</td>
</tr>
<tr>
<td>Skyrurine</td>
<td>1 cup</td>
<td>66</td>
<td>0</td>
<td>3</td>
<td>17</td>
<td>630</td>
</tr>
<tr>
<td>Lentils (dry)</td>
<td>1 cup</td>
<td>56</td>
<td>7</td>
<td>9</td>
<td>67</td>
<td>678</td>
</tr>
<tr>
<td>Kidney Beans</td>
<td>1 cup</td>
<td>44</td>
<td>0</td>
<td>1</td>
<td>46</td>
<td>607</td>
</tr>
<tr>
<td>Black Beans</td>
<td>1/2 cup</td>
<td>45</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>652</td>
</tr>
<tr>
<td>Tuna, canned</td>
<td>4 oz</td>
<td>30</td>
<td>9</td>
<td>0</td>
<td>230</td>
<td></td>
</tr>
<tr>
<td>Ground Beef Patties</td>
<td>4 oz</td>
<td>26</td>
<td>37</td>
<td>0</td>
<td>332</td>
<td></td>
</tr>
<tr>
<td>Peanut Butter, crunchy</td>
<td>1/2 cup</td>
<td>24</td>
<td>50</td>
<td>8</td>
<td>589</td>
<td></td>
</tr>
<tr>
<td>Salmon</td>
<td>4 oz</td>
<td>23</td>
<td>56</td>
<td>0</td>
<td>760</td>
<td></td>
</tr>
<tr>
<td>Steak, Porthouse</td>
<td>4 oz</td>
<td>23</td>
<td>64</td>
<td>17</td>
<td>293</td>
<td></td>
</tr>
<tr>
<td>Tofu, raw firm</td>
<td>1/2 cup</td>
<td>19</td>
<td>11</td>
<td>3</td>
<td>183</td>
<td></td>
</tr>
<tr>
<td>Tempeh</td>
<td>1/2 cup</td>
<td>19</td>
<td>11</td>
<td>7</td>
<td>193</td>
<td></td>
</tr>
<tr>
<td>Chicken – uncooked</td>
<td>1/2 cup</td>
<td>19</td>
<td>11</td>
<td>7</td>
<td>193</td>
<td></td>
</tr>
<tr>
<td>Ham, deli slice</td>
<td>4 slices</td>
<td>16</td>
<td>3</td>
<td>1</td>
<td>13</td>
<td>150</td>
</tr>
<tr>
<td>Turkey, breast</td>
<td>4 slices</td>
<td>14</td>
<td>3</td>
<td>1</td>
<td>13</td>
<td>129</td>
</tr>
<tr>
<td>Pork, whole leg</td>
<td>3 slices</td>
<td>13</td>
<td>10</td>
<td>0</td>
<td>140</td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>4 slices</td>
<td>11</td>
<td>62</td>
<td>4</td>
<td>361</td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td>1 cup</td>
<td>10</td>
<td>3</td>
<td>4</td>
<td>235</td>
<td></td>
</tr>
<tr>
<td>Brown Rice, cooked</td>
<td>1 cup</td>
<td>4</td>
<td>6</td>
<td>2</td>
<td>213</td>
<td></td>
</tr>
</tbody>
</table>


BAD FATS (MEATS, DAIRY, FRIED FOODS) vs. HEALTHY FATS (AVOS, NUTS, SEEDS, OLIVE OIL)

BAD CARBOHYDRATES vs. GOOD CARBOHYDRATES
THANK YOU!

Email: wellness@sanjevani.net

Please sign up for our newsletter and visit our website at: www.sanjevani.net

www.AnInflammationNation.com

For signed copy, Also available on Amazon Audible/iTunes (audiobook)

References

8. Improving the Prognosis of Health Care in the USA. Galvani et al.

References

References

