



the BEHAN PROTOCOL  
FOR BETTER BACK AND SPINE HEALTH

## CHRONIC INFLAMMATION!

WHAT IT IS AND WHY YOU  
DON'T WANT IT!

INFLAMMATION IS OUR BODIES IMMUNE RESPONSE TO PROTECT AND HEAL ITSELF BUT **CHRONIC** INFLAMMATION HAPPENS WHEN OUR IMMUNE RESPONSES CAN'T SHUT OFF WHEN THEY SHOULD.

INFLAMMATION IS THE ROOT OF ALMOST ALL CHRONIC HEALTH CONDITIONS

HERE ARE SOME OF THE MAIN WAYS IT EFFECTS THE BODY AND WAYS TO DRASTICALLY REDUCE IT WITHOUT MEDICATION!

### BONE HEALTH

INFLAMMATION INTERFERES WITH THE BODY'S NATURAL ABILITY TO REPAIR BONE MASS INCREASING THE RISK OF FRACTURES AND CONDITIONS LIKE OSTEOPOROSIS

### MUSCLE

INFLAMMATORY CYTOKINES CAUSE MUSCLE PAIN AND WEAKNESS AND CAN MANIFEST AS CARPAL TUNNEL SYNDROME, POLYMYALGIA AND RHEUMATISM TO NAME A FEW

### CARDIOVASCULAR

INFLAMMATION IN THE HEART, ARTERIAL AND VENOUS WALLS CONTRIBUTES TO HEART DISEASE, STROKES, HIGH BLOOD PRESSURE AND ANEMIA

### BRAIN

PRO-INFLAMMATORY CYTOKINES CAN CAUSE AUTO IMMUNE REACTIONS IN THE BRAIN RESULTING IN DEPRESSION, POOR MEMEORY AND ALZHEIMERS

### LUNGS

INFLAMMATION INCREASES AUTOIMMUNE RESPONSES IN THE LINING OF THE AIRWAYS AND CAN RESULT IN ALLERGIES AND ASTHMA

# HOW TO REDUCE INFLAMMATION IN THE BODY

## EAT WELL

Load up on anti-inflammatory foods; omega 3's, greens, nuts and olive oil are excellent choices!

Cut down on alcohol, saturated fats, red meat, sugar and processed foods.

## MAINTAIN A HEALTHY WEIGHT

Aim to maintain a healthy weight. People who are over weight naturally have higher levels of inflammation.

## SUPPLEMENTS

Try healthy alternatives such as turmeric, ginger, green tea, cinnamon, rosemary and omega 3's to naturally fight inflammation

## DRINK LOTS OF WATER

Water promotes elimination and in doing so helps to flush out toxins and other irritants from our body. Add some lemon for an antioxidant effect.

## QUALITY SLEEP

Routinely not getting enough sleep is a key trigger of inflammation. aim for 7 - 8 hours of continuous sleep nightly.

## PHYSICAL ACTIVITY

Make time to be active! Aim for 30 - 45 minutes of cardiovascular, exercise and 15 - 20 minutes of resistance training 4 -5 times per week.

## REDUCE STRESS

Learn to manage your stress levels more effectively. We may not be able to change the circumstances in our lives that cause stress but we can change our reactions and perceptions. Try meditation or yoga!



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# FOODS THAT CAUSE AND CURE INFLAMMATION!



Avoid eating junk food, fast food and fried food! Limit your intake of dairy, alcohol, processed meats and refined sugars and grains.