



# Converse Wellness

October 2019

Fall is finally here! October is a wonderful time to sit down, and focus on the healing energies within the body. One of the largest culprits of illness in our lives is chronic inflammation. Check out this article from Deliciously Organic.

## **What is inflammation?**

Inflammation begins as the body attempts to eliminate various immune complexes (antigen-antibody complexes) and heal damaged tissue, which has resulted from chronic infection. Chronic infection stems from an imbalance in the micro biome residing within the gut.

## **Why is it important?**

Acute inflammation assists the body in destroying foreign antigens and immune complexes, as well as healing and restoring damaged tissue. The concern comes when inflammation becomes chronic and dominant.

## **What are the signs of inflammation?**

Stiffness or swelling of joints, redness of skin, pain anywhere in the body, water retention, redness of the eyes, asthma, allergies, abnormal levels of C-reactive protein in the serum and low levels of intracellular magnesium.

## **Which foods cause inflammation?**

Sugar, all processed foods, refined grains, pasteurized dairy products, meats from factory farm animals and farm-raised fish. Grains that are not properly soaked as well as pasteurized dairy products create a lot of inflammation in

the body. The meat from animals raised in confined animal feeding operations is very high in omega-6 fatty acids and quite low in omega-3 fatty acids. The typical ratio of fatty acids (3:6) found in factory raised, commercial meats is between 19:1-50:1. Meats from pasture-raised animals have a fatty acid ratio of 1:1-1:2. Refined polyunsaturated vegetable oils are also extremely inflammatory. Omega-6 fatty acids (found in vegetable oils like canola and corn) create inflammation, whereas omega-3 fatty acids (fish oils) are anti-inflammatory.

## **How can we begin to reduce inflammation with the foods we eat?**

The best place to start is to eliminate ALL processed foods. Yes, ALL. Eat traditionally prepared real food. Foods free of pesticides, herbicides and all chemicals are ideal. Animal foods derived from animals raised 100% on pasture or wild are anti-inflammatory.

*Are you experiencing any of the side effects caused by inflammation? Want to do something about it! Looking up "anti inflammatory diets" can get you a great jump start on making the change.*



We aspire to reduce claims and have healthier staff through education. We are here to support and provide information that empowers them- Converse County Wellness Committee.



Sponsored by Converse County Public Health – 307-358-2536

When: October 18, 2019 – 7:00 A.M. to 7:00 P.M.

Where: EWC Douglas Campus  
800 S. Windriver Dr.  
Douglas, WY 82633

We can bill most insurance companies and the County Blue Cross Blue Shield of Wyoming does cover the cost of the flu shot (\$25)....just bring your card! Flu shots are also available at our office at 255 N. Russell while supplies last! CDC recommends everyone 6 months of age and older get vaccinated every flu season. **Children 6 months through 8 years of age** may need 2 doses during a single flu season. **Everyone else** needs only 1 dose each flu season. It takes about 2 weeks for protection to develop after vaccination. There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some

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protection. Influenza vaccine **does not cause flu**. Influenza vaccine may be given at the same time as other vaccines.

## Step-tember Walking Challenge!

1<sup>st</sup> Place—Brian Witbrod (1777 minutes)

2<sup>nd</sup> Place- Crimson Miller (1723 Minutes)

3<sup>rd</sup> Place- Patti Cobb (1005 Minutes)

14 people joined the Step-tember walking challenge! The challenge was based around time spent walking with a couple mini challenges incorporated in! Check out some of the pics below!



walk  
as if you are  
kissing the Earth  
with your feet.