

# Naturopath Toronto Practitioner Discusses Role of Inflammation in Chronic Illness

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Dr. Amauri Caversan, ND, has stressed the benefits of a naturopathic approach to chronic inflammation. Dr. Caversan of the Dr. Amauri Wellness Centre in Toronto, Canada, explained that inflammation is a natural part of the body?s immune response but it can also cause problems. Inflammation is the body?s response to infection, injury and/or stress. It tells the immune system to repair the damaged tissues and helps to defend the immune from viruses and bacteria.

Dr. Amauri said without inflammation, wounds would get infected and the human body would be vulnerable to infection. However, sometimes the immune system responds even when there is no injury or infection to fight. This can cause damage to the joints, arteries, and organs. Chronic inflammation affects the whole body at low levels. It is, therefore, also called persistent low-grade inflammation. It can lead to several chronic conditions including asthma, multiple sclerosis, inflammatory bowel disease, lupus, and chronic pain. Inflammation also plays a role in cancer, cardiovascular disease, and chronic obstructive lung disease.

The naturopath explained the importance of recognizing the signs of chronic inflammation which include constant tiredness, digestive problems, low mood, and high blood glucose levels. Some of these problems have been linked to the typical Western diet which is high in fats and simple sugars but lacking in important nutrients. Deficiencies in folate, vitamin E, vitamin B12, and zinc can lead to problems with the body?s inflammatory response.

Knowing the symptoms is not enough. Finding the root cause of inflammation is also important. It can be due to allergies, poor gut health, poor nutrition, and even pollution. Naturopathy is one way to pinpoint the cause of inflammation and boost the body?s defenses against several diseases. Naturopathic medicine can help the body heal itself through natural methods. It combines scientific knowledge with traditional and natural forms of medicine.

Diet is important. Dr Amauri suggests reducing the intake of inflammatory foods and eating more anti-inflammatory foods. ?You should avoid sugary processed foods, excessive dairy and animal products, fried foods and refined carbohydrates. Instead, increase the consumption of vegetables and fruits which are high in antioxidants. These include kale, blueberries and red cabbage. You should also consider herbs and spices like rosemary, ginger, and clove,? Dr. Amauri said. He also recommended considering the Mediterranean diet which is centred around vegetables and fruits, good fats, whole grains, and fish. This diet also limits sugar and refined carbs.

?Controlling your blood sugar levels is also very important since spikes in blood sugar levels can lead to inflammation. Continuous spikes in insulin levels often lead to low-grade inflammation and obesity. If you want to control inflammation, ?you may also want to avoid simple carbohydrates and high fructose corn syrup,? the doctor said.

In addition to diet and regular exercise, cold laser therapy has been found to reduce or eliminate pain, reduce inflammation and accelerate healing. It sends light energy units beneath the skin to the site of the inflammation. The light energy units also known as photons are absorbed by the cells and stimulate the mitochondria to boost production of energy. This specific increase in cellular energy is used to enhance live cells from a state connected with illness to a stable, healthy state.

Laser therapy may reduce inflammation associated with carpal tunnel syndrome, arthritis, shoulder, knee and back pain,

Another naturopathic treatment is acupuncture. It is often used to treat a number of painful and inflammatory conditions either along with prescribed medication or in place of it. Acupuncture involves the placement of thin needles at specific points of the body to stimulate healing. It may help with tension headaches, migraines, arthritis, menstrual cramps, low back, neck and knee pain.

The Dr. Amauri Wellness Centre is conveniently located in the centre of Yorkville. Dr. Amauri and his team provide a wide range of services including IV therapy, naturopathic manipulation, cold laser therapy and shockwave therapy along with several wellness services. Anyone interested in learning more about naturopathy can visit the Naturopath Toronto Clinic, the business? website, email them or contact them by phone. Patients can also keep with the latest news on the Dr. Amauri Wellness Centre?s Facebook page.

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**Dr. Amauri Wellness Centre**

*Dr. Amauri Wellness Centre is consist of wellness practitioners that are committed to helping you achieve optimum health, well-being, and over-all quality of life. Our team is lead by a Naturopathic Practitioner in Toronto, Dr. Amauri Caversan, ND.*

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