



Matlacha Wellness Center

Where True Health & Wellness is Reached

**Monthly Wellness Packages Available
No Membership Fees • Spacious Free Parking**

SERVICES OFFERED:

- Personal Training
- Arthritis Relief
- Golf Specific Training
- Anti-Inflammatory
- Diet Planning
- Mindfulness & Meditation
- Yoga
- Mental Health Counseling
- Post Physical Therapy
- Rehabilitation
- Massage Therapy - MM 32419
- Nutrition/Supplement Review
- Organic Supplements
- At Home Exercise Programs
- Weight Loss Planning
- Natural Pain Relief

239-558-4146

matlachawellness@yahoo.com

www.matlachawellness.com

**4130 Pine Island Road NW,
Downtown Matlacha, FL 33993**

Monday to Friday 8am-4pm & By Appointment



Owned & Operated by Tim Shevlin,
Pine Island Native, Certified Personal Trainer
Certified Nutrition Specialist Licensed & Insured

Find us on Facebook
www.facebook.com/matlachawellness'



**New Year's Resolution?
Call today to get started.**

Inflammation: Friend or Foe? Actually it's both!

By Tim Shevlin

Inflammation is our body's natural response to injury or illness. When our body senses that there is something wrong, it's first response is to try and fix the problem. This acute inflammation of the body is a completely normal reaction to any threat, our body senses the problem and sends more blood to the area, this increase in blood flow is what creates the swelling or inflammation. If you have ever poked your finger on a thorn, you have probably noticed that the area becomes warm, slightly swollen, and often times red. This reaction is all of the extra blood being sent into the area, think of the extra blood as soldiers protecting a village from attack. The extra blood is bringing white blood cells to fight off any bacteria or toxin that may have been on the thorn as well as healing the puncture. After the threat has been diminished, your body returns to normal and resumes daily function as usual. Acute inflammation is a very helpful reaction in our body, and while it does sometime increase pain in the effected area, it is necessary and very important in the healing process.

Unlike the acute inflammation, chronic inflammation serves no beneficial purpose, and is actually the cause of a wide variety of illnesses. Inflammation is related to many illnesses including, rheumatoid arthritis, lupus, celiac disease, multiple sclerosis, diabetes, fibromyalgia, bursitis, asthma, heart disease, liver disease, and even alzheimer's disease; unfortunately the list does not end there, almost all autoimmune diseases can be traced back to chronic inflammation.

Basically, when you have chronic inflammation, your body is fighting itself. When inflammation is widespread throughout your body, the response is the same as to acute inflammation only widespread, your body sees something is wrong, and sends white blood cells there to attack and protect, the problem is that what's wrong with your body is your entire body... So you begin fighting yourself. White blood cells attack other cells within your body as if they were bacteria or toxins. The result? Major problems. Chronic inflammation is a plague on our culture like we have never seen before, but there is a silver lining... For most of us it is totally preventable.

Nine out of every ten people reading this suffer from chronic inflammation, it may not have manifested itself through a major disease or ailment YET, but it IS causing problems in your daily life. How do I know that nine out of every ten people reading this suffer from chronic inflammation? It is because of our culture's level of daily stress and food intake. Two things cause inflammation more than anything else, they are stress and food, and currently in this country, both are causing you inflammation.

Lets start with stress; traffic, news, politics, finances, social status, physical appearance, all of these currently important things in our society cause stress. When you wake up in the morning do you put on the news? Browse your social media feed? Check your bank account? Drive to work in heavy traffic? Get angry at your politicians? Worry about the water quality? You are dealing with a lot of stress, and unless you choose a healthy outlet like MBSR (mindfulness based stress reduction) your body responds by producing hyper physiological levels of cortisol, cortisol is a natural stress hormone that is released when we are under stress, it is necessary and protects us, but when cortisol goes out of control with prolonged levels of

INFLAMMATION Continued on Page 54