



Inflammation & Summer Grilling Season

Geeta Sethi

Functional Nutrition & Lifestyle Practitioner(FNLP)

RHN(*Registered Holistic Nutritionist*)

Ayurveda Lifestyle Consultant

Living Well With Geeta

www.livingwellwithgeeta.com

connect@livingwellwithgeeta.com

Ph: 7783169545

Presentation protocol

- **Highly Interactive! (If you participate, you will not doze off or feel sleepy!!....)**
- **We will leave questions for the end but if there's something that do not understand on the slides...please raise your hand.**
- **There's no silly question...please ask without hesitation.**
- **The information shared today does not replace the advise of a medical practitioner. Please check with your practitioner before introducing any herbs or supplements if you are taking any medications due to possible drug interactions.**

About Me

Education:

- FNLP, CFNC, RHN (Practicing since 2018)
- Ayurveda Lifestyle Practitioner (10+ years)
- Multiple certifications in functional health (Cardiovascular, Autoimmune, Gastrointestinal, Thyroid/Hashimoto's, Chronic Fatigue, Metabolic health)

Passion :

- Food as medicine
- Ayurveda and Spirituality/Quantum physics

My Story :

- Left a banking career
- Personal journey due to gut issues
- Don't plan to retire from work!!



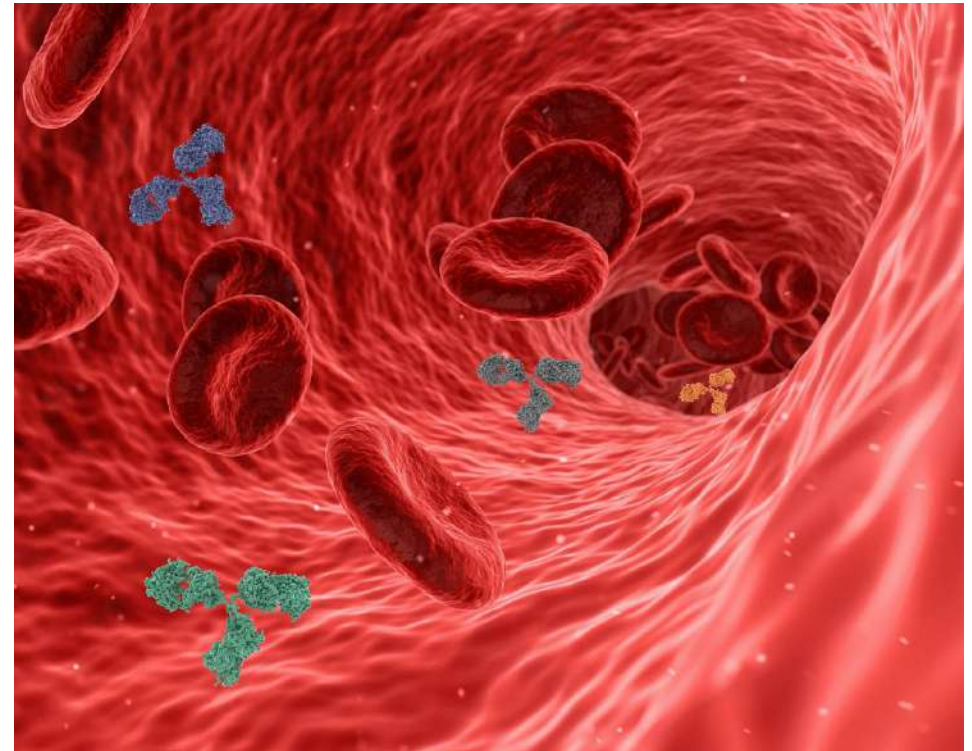
Agenda

- **Understanding Inflammation**
- **Grilling & anti-inflammatory foods**
- **Q & A**



Inflammation...

- We all are or have experienced inflammation in our life....
- All chronic health conditions are associated with it....
- What condition have you experienced inflammation..



Questions?

Q) What is Inflammation?(Write what comes to your mind when you think of inflammation)

Q) Why do you think the body creates Inflammation?

An Intelligent response.....

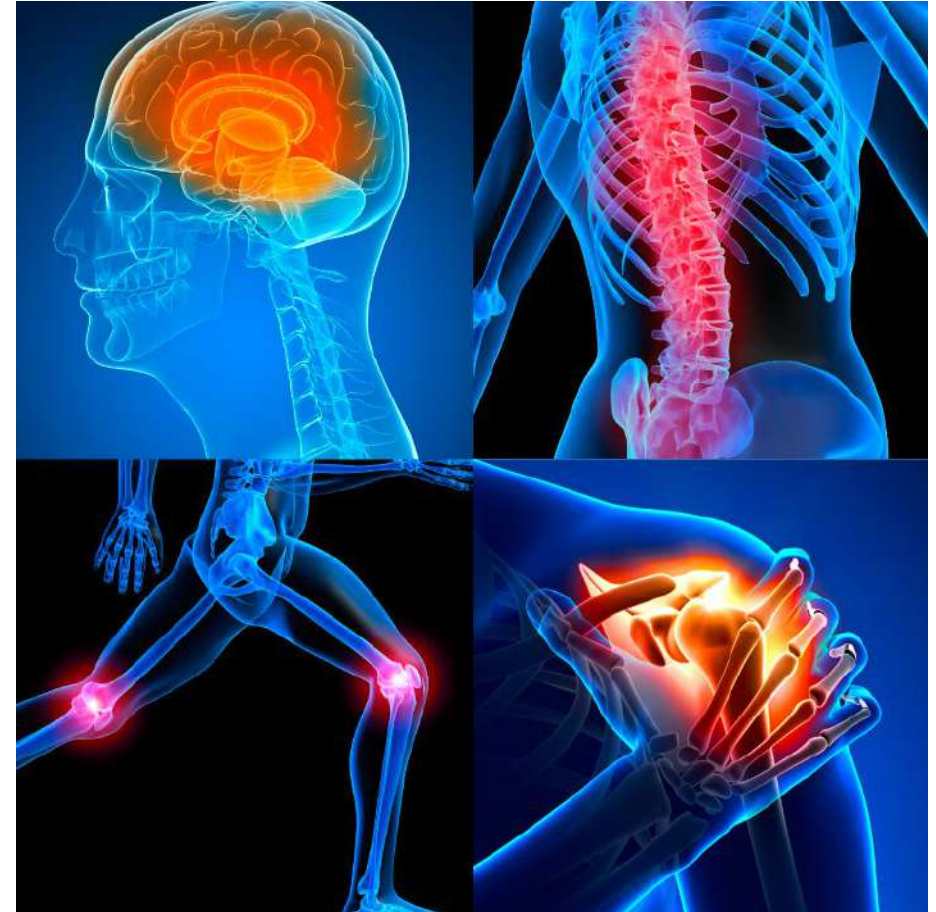


What is Inflammation?

Immune system response/ part of the natural healing process to

- **Protect**
- **Destroy**
- **Repair**

(An antigen/foreign body/damaged cells/toxin etc.)



What is Inflammation?

Signs associated with inflammation:

1. Heat----Destroy
 2. Redness-----Red Blood Cells(nutrients)
 3. Swelling-----Fluids/plasma/WBC(immune cells)
 4. Pain-----Nerve receptors/protect
- **Loss of function----- Area can heal**



Whether you cut a finger or a pathogen attacks, the inflammatory response is similar. Its to promote healing and repair.

Why is inflammation a problem?

Acute or Chronic?

Types: Acute vs Chronic Inflammation

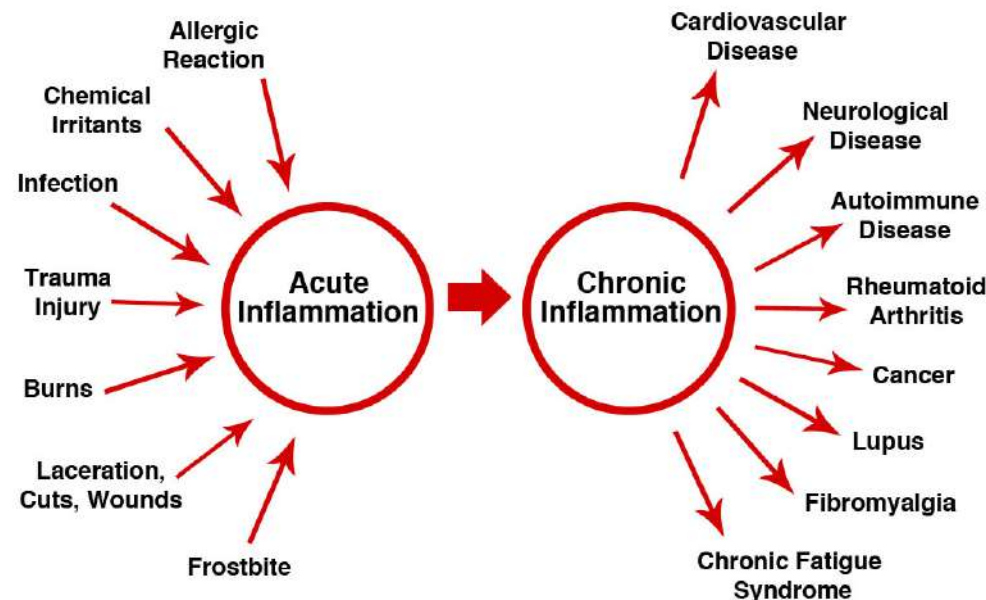
Acute Inflammation

- **Short term** and **fast** natural response of the body
- Sign of a **temporary** immune system response
- **Few hours to few days to few weeks...**

Chronic Inflammation

- **Long term** and **slow** response
- **Overstressed immune system** (Immune system in an over drive.....
- **Leads to multiple imbalances in the organs or overall body**

Acute Vs. Chronic Inflammation



What causes Chronic Inflammation?



Causes of Chronic Inflammation

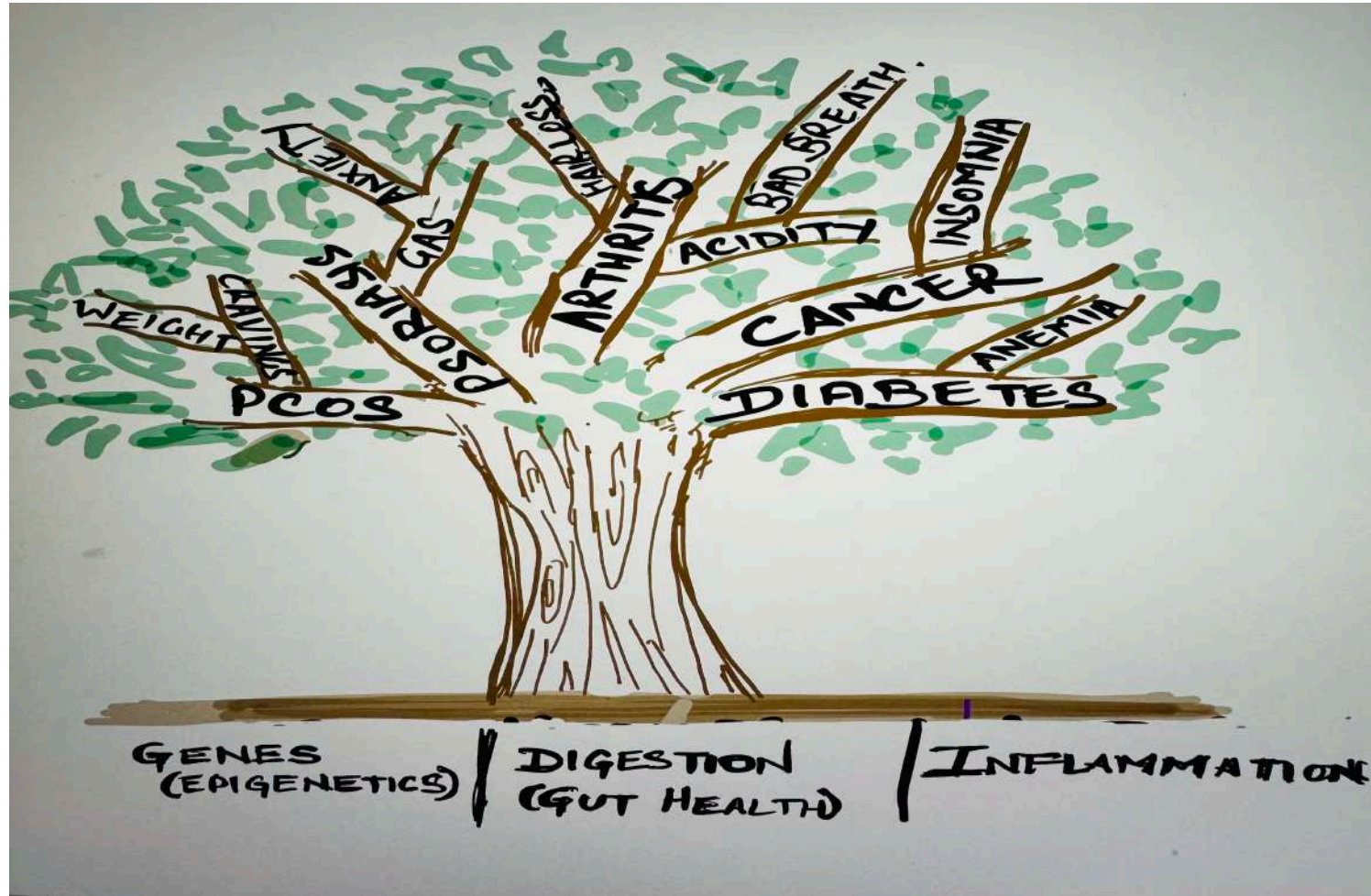
Something is triggering the immune system.....body's responding accordingly.....are you listening.....

- **Toxins**
- **Infections**
- **Allergies**
- **Poor nutritional choices/dietary habits**
- **Stress/Emotional trauma**

**Lets not treat
inflammation as
a silo!!**

**The above are not conditions....but the most common triggers
lead to chronic conditions.....**

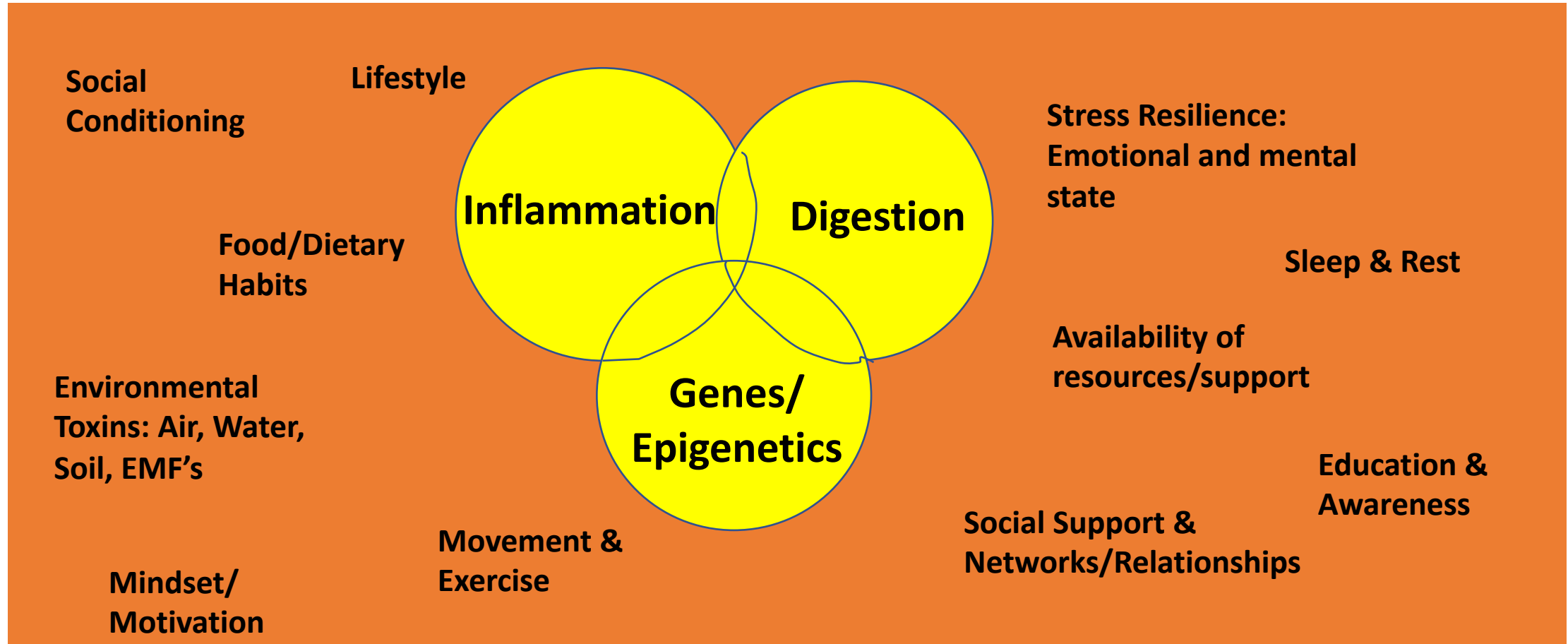
Reframe Health Inflammation is a Root!



3 Roots Many Branches !!

The roots are interconnected!!

Terrain/Soil around the roots



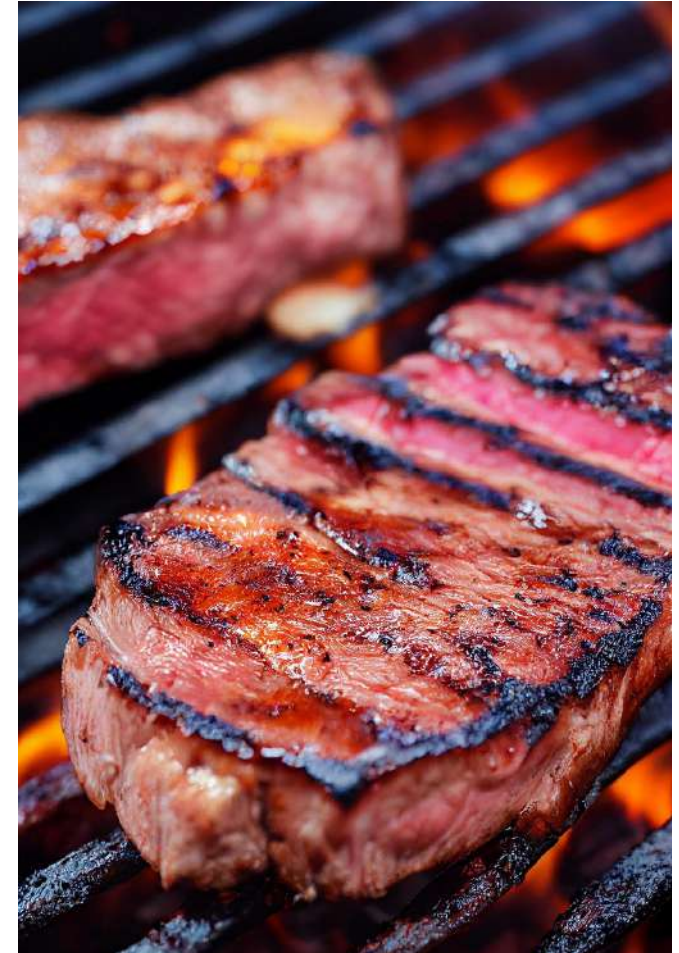
The terrain/soil that impacts the roots

(Focus Area: What is in our hands.....)

- **Nutrition**: Clean whole foods/Avoid toxins-Processed & ultra processed foods
- **Hydration**: Clean water and fruits/vegetables(electrolytes/minerals/90% water)
- **Exercise/Movement**: Human body is made to move...
- **Sleep/Rest**: Repair and regeneration happens at night
- **Stress Resilience**: Body is made to be in stress/sympathetic state only 10% of the times....not perpetually
- **Socialize and build meaningful relationships**: We are not supposed to live in isolation...

Grilling Season – Why It Matters

- Summer = fresh produce + outdoor cooking
- Grilling at high heat → Advanced Glycation End-products (AGEs)
- AGEs = oxidative stress & inflammation
- Charred meats = tasty but inflammatory



Cooling the Flames – Smarter Grilling Tips



- Marinate with lemon, vinegar, herbs to reduce AGEs
- Pre-cook meat slightly, then grill
- Add anti-inflammatory spices: rosemary, turmeric, garlic, ginger etc.
- Grill veggies for fiber and antioxidants



Eat the Rainbow – Nature's Anti-Inflammatory Palette

**Color = polyphenols, antioxidants,
phytonutrients**

- **Red:** tomatoes, strawberries – lycopene
- **Orange/Yellow:** carrots, peppers – beta carotene
- **Green:** leafy greens, herbs – chlorophyll, sulforaphane
- **Blue/Purple:** berries, eggplant – anthocyanins



Herbs & Spices – Culinary Medicine

- **Ginger, turmeric, rosemary, garlic, thyme, basil = anti-inflammatory**
- **Use in marinades, rubs, dressings, toppings**
- **Aid digestion and reduce heavy meal impact**



A Functional Summer Plate

- Grilled salmon/chicken + herb marinade
- Charred peppers, zucchini, mushrooms
- Arugula salad with berries, nuts, olive oil
- Sparkling water with citrus and mint



Conclusion

- Cook with awareness, Eat with gratitude
- Your body is always trying to heal itself
 - Trust the intelligence within



Questions?

Geeta Sethi

Functional Nutrition & Lifestyle Practitioner

Ayurveda Lifestyle Consultant

RHN, FNLP

Living Well With Geeta

www.livingwellwithgeeta.com

connect@livingwellwithgeeta.com

Ph: 7783169545

www.facebook.com/livingwellwithgeeta

www.instagram.com/livingwellwithgeeta