

World Congress on ADVANCED NUTRACEUTICALS AND FUNCTIONAL FOODS

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Health and nutrition: Eat foods to help reduce inflammation, improve disease management, and heighten quality of life

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Statement of the Problem: The likelihood of diagnosis of an autoimmune condition or inflammatory response continues to increase routinely across the globe. The National Institutes of Health (NIH) most recent estimates of autoimmune disease states that up to 23.5 million Americans suffer from these diseases and conditions are increasing. Autoimmune conditions aren't the only diseases that impact inflammation. Migraines also occur due to inflammation. As well as atopic dermatitis too.

Methodology & Theoretical Orientation: People with different inflammatory diseases and conditions agreed to the Mediator Release Test and then placed on the LEAP (Lifestyle Eating and Performance) food plan to reduce inflammation, calm immune system, and reintroduce foods back into food selections as soon as possible. Through research studies and case studies, various diseases/conditions will be discussed, reviewed, and analyzed.

Conclusion & Significance: People with inflammation may not understand or know the connection between fueling our bodies with nutrients and the impact those nutrients have on our quality of life and wellbeing. However, once they were tested and utilized the LEAP plan via a certified LEAP therapist, their symptoms improved and they regained a quality of life, they had forgotten could be achieved and maintained.