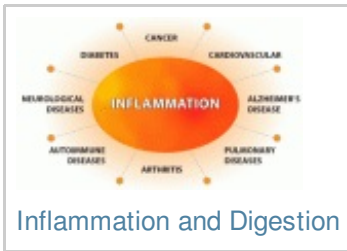


Leading Causes of Inflammation and Digestive Health Issues

Michael Healey February 25, 2014



The most common causes of inflammation and digestive health issues are reviewed in a new article from BetterDigestion.org

([Newswire.net](http://www.newswire.net) -- February 25, 2014) Boston, MA -- A new report and video from BetterDigestion.org titled [Leading Causes of Inflammation and Digestive Health Issues](#) details how certain foods contribute to inflammation and digestive health issues.

Chronic inflammation is considered one of the fastest growing health problems known today. The condition is associated with an overactive immune system, but actually originates in the digestive system and as a result of a poor diet, stress, and several other lifestyle choices.

One way to reduce inflammation in the digestive system is by increasing the amount of Omega-3 fatty acids. While the average diet contains a ratio of 20:1 Omega-6 to Omega-3, the ideal ratio should be 1:1. Omega-6 is found in several cooking oils and actually contributes to inflammation in the body.

Several types of foods, including simple carbohydrates, sugar, and processed foods increase inflammation by increasing the body's blood glucose and insulin levels. This increases the risk of metabolic syndrome, obesity, type-2 diabetes, and heart disease. The article and video describe the leading sources anti-inflammatory diet foods to lower blood sugar and minimize the risk of chronic inflammation.

Chronic inflammation contributes to many serious health issues. Your diet has the biggest influence on reducing inflammation; this report details the best anti-inflammatory foods.”

The complete [Leading Causes of Inflammation and Digestive Health Issues](#) article and video can be found at <http://betterdigestion.org/leading-causes-inflammation/>.

A second free 31-page report sharing new information about how to eat carbohydrates and avoid storing them as fat, titled [4 Tricks to Never Store Carbs as Fat](#), is available for download at <http://betterdigestion.org/never-store-carbs/>.

About: BetterDigestion.org is a new website that was launched in March of 2013 in order to provide premier content for healthy digestion and overall health, specifically by controlling hormones and bacteria found naturally in the body. Most recently they released a video titled [Top 5 Causes of Chronic Inflammation](#).

Source: <http://www.newswire.net/newsroom/pr/00080388-inflammation-digestive-health.html>