



Stress Breeds Inflammation

The Doctor's Desk Featuring Dr. Ted Edwards, DC

Burnout, depression and anxiety increase levels of two important inflammatory biomarkers, C-reactive protein (CRP) and fibrinogen. This seems to indicate that taking a product which helps put out the fire of inflammation (like the Alpine Sandthorn Berries in AlpineV) would be a much better natural alternative to drugs like Prozac, Wellbutrin or Effexor.

Burnout is also described by the words "vital exhaustion," which simply is a depletion of energetic resources. We have all experienced burnout as a combination of emotional exhaustion,

Prolonged Stress is Dangerous
Prolonged exposure to these kinds of stressors results in a chronic depletion of our coping resources. It is associated with inflammation and an increased risk for cardiovascular disease (CVD) among other disorders. Both inflammation and CVD risk are easily measured by CRP and fibrinogen levels. That means the more elevated your levels of CRP and fibrinogen, the more susceptible you are to CVD.

One interesting link between inflammation and heart disease is that negative emotional states, which cause excessive activation of the hypothalamic - pituitary - adrenocortical axis, lead to altered regulation of the heart. In fact, chronic psychological stress can lead to a

chronic inflammatory process that can express itself as one of many inflammatory diseases. How does this occur? Mainly through the acute-phase response (APR) which is activated due to trauma, infection AND psychological stress.

What does the body do when it's in APR? It produces inflammatory cytokines (special proteins that tell cells to react to danger within the body), along with tumor necrosis factor (TNF - which assists in anti-inflammatory processes and which can lead to the programmed death of cells). With episodes of repeated stress, chronic inflammation is sure to appear.

One of the objective ways to TELL if you're in an inflammatory state is to perform a blood test called leukocyte adhesiveness-aggregation test (LAAT), which not only detects inflammation but its intensity as well.

Chronic psychological stress can lead to a chronic inflammatory process that can express itself as one of many inflammatory diseases

physical fatigue, and cognitive weariness (or "brain fog").

The stress-inflammation cycle can be broken.



Women are More Susceptible
Both depression and anxiety are associated with impaired immune function, thus making people more susceptible to various disease states. When we speak of depression in this sense, we're talking about feelings of sadness, emptiness, hopelessness, helplessness, and low energy. One reason men are not as susceptible to depression of this nature is that they often don't acknowledge these feelings.

If we turn this cause-effect relationship around and look at it from the other side, we can see that chronic inflammation could easily contribute to negative emotions and states of depression and anxiety. This would result in decreased physical and social activity, loss of interest, "brain fog" and sleep disorders (all common symptoms of depression).

[more >](#)

It's most likely that this is a positive-feedback loop that once started is almost self-perpetuating. Stress causes inflammation and immune dysfunction which in themselves cause disease with associated depression and anxiety. Around and around it goes and where it stops nobody knows.

As we've learned over the years, men and women react to and handle things differently. While men generally do not experience depression as often as women, men do not handle depression as well as women. A depressed man is more likely to develop a low-grade systemic inflammation and suffer a heart attack than a similarly depressed (and inflamed) woman. One reason for this may be that a woman's depression can cause menstrual cycle abnormalities. Another possibility is that women in western cultures are generally more self-conscious of their weight and their figure than most men, and this too can correlate with increased states of depression in women.

While it's hard to debate that men and women are different, it's easy to see clinically that women are more susceptible to autoimmune or inflammatory diseases, with female-to-male ratios at 4:1 for rheumatoid arthritis, 9:1 for Lupus and 19:1 for autoimmune thyroid disease. One

possible reason for this is the simple fact that women react to acute stress by producing more of the cytokine IL-6, whereas men produce more TNF.

Well that's the PROBLEM. What's the SOLUTION? The solution is to do something that will decrease and control inflammation on a regular basis. Controlling inflammation can help provide dramatic relief for burnout, depression and anxiety.

Nature's Anti-Inflammatory

What's the best anti-inflammatory? In the confusing world of nutrition this might seem a very difficult question to answer. For myself, I've been continually searching for an answer to this question and will likely continue to do so. But for now, the answer is clear. The research is overwhelming. The best and most remarkable anti-inflammatory available to us today is derived from the berries of a plant with the Latin name *Hippophae Rhamnoides*, which in English is also called sandthorn, seabuckthorn, sea berry and siberian pineapple. Though most of the research I've seen uses the name Sea Buckthorn.

Now, I've scoured the Internet and over the past year I've been taking *Hippophae Rhamnoides* daily. During that time I've gone back and reviewed the studies on these amazing berries, there are hundreds of them, and

found that in order to get the therapeutic results that these studies describe a person has to take sandthorn berries in GRAM STRENGTH. The only product that I have found that actually is able to do this is called AlpineV. It contains **25 grams** (25,000 mg) in every two ounces of a pretty good tasting juice.

Thus, it's clear that those of you who are suffering from burnout, low energy and inflammation should try AlpineV. Those of you with autoimmune diseases, such as Rheumatoid Arthritis, Lupus and Hyper or Hypo Thyroidism, who want to help control inflammation in their bodies, should really give AlpineV what's called a personal clinical trial. It's a 100% natural superfruit drink made with sandthorn berries in gram strength, a fruit that has been used successfully for centuries.

Here's the Challenge

Take this 60-Day personal trial: Consume 50 grams of sandthorn berries (found in four ounces of AlpineV) every day for the next 60 days. I'm sure you'll notice a significant decrease in your inflammatory biomarkers and thus an improvement in your overall health and well-being.

AlpineV has the potential to help you Get & Stay Healthy for Life - a long and active life I might add.