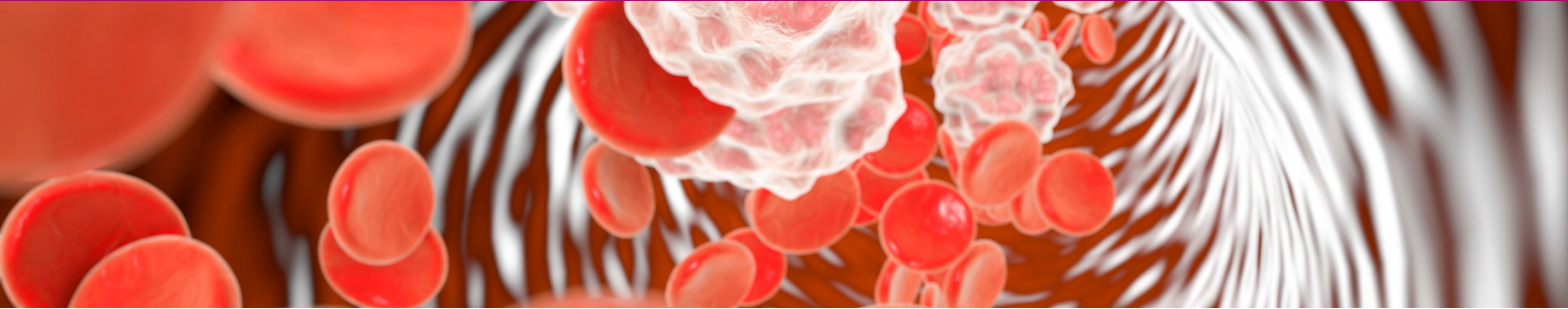


# Obesity & Inflammation

Systematic inflammation marked by obesity is an important health factor



Inflammation induced by obesity is triggered by your body's innate immune system. Unlike the defensive inflammatory response that fights off an infection, the inflammation marked by obesity does not resolve and, without intervention, can become chronic, meaning it lasts long-term. When this happens, specialised metabolic cells (adipose or fat cells) begin the inflammatory process - disrupting metabolic regulation - and leading to a prolonged or continual state of inflammation which may be harmful to your health and wellbeing.

## Metaflammation

Metaflammation is the special name given to the metabolic inflammatory state associated with obesity and it directly contributes to insulin resistance, metabolic syndrome, and Type 2 Diabetes. The condition is defined by low-grade chronic inflammation in metabolic tissues, including Adipose (fat) cells, liver, brain and the pancreas. Being overweight and inactive are key contributing factors. (1)

## Diet & Nutrition

Combined physical activity and dietary interventions to promote weight loss have been shown to reduce inflammation and insulin sensitivity (2). There are many foods known to have anti-inflammatory properties and BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns.

Practitioners consider each individual to be unique and recommend personalised nutrition and lifestyle programmes rather than a 'one size fits all' approach.

1. <https://www.endocrineweb.com/obesity-inflammation-cycle>
2. <https://www.nutrition-evidence.com/article/26424589?term=obesity>

