



THE SEVEN STAGES OF DISEASE

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Websites:

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Organizations:

International Natural Hygiene Society
<http://naturalhygienesociety.org>

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THE SEVEN STAGES OF DISEASE - A BRIEF SUMMARY

Source: <http://naturalhygienesociety.org/past3.html>



STAGE ONE IS ENERVATION: Nerve Energy is so reduced or exhausted that all normal bodily functions are greatly impaired, especially the elimination of endogenous and exogenous poisons. Stage One thus begins the progressive and chronic process of "Toxemia Toleration" that continues through all of the following stages. The Toxic Sufferer does not feel his "normal self." He feels either stimulated or depressed by the poisonous overload.

STAGE TWO IS TOXEMIA: Nerve Energy is too low to eliminate metabolic wastes and ingested poisons. These toxic substances begin to saturate first the bloodstream and lymphatic fluids and then the cells themselves. The Toxic Sufferer feels inordinately tired, run-down, and "out of it."

STAGE THREE IS IRRITATION: Toxic build-up within the blood and lymph and tissues continues. The cells/tissues where build-up occurs are irritated by the toxic nature of the waste, resulting in a low-grade inflammation. The Toxic Sufferer can feel exhausted, queasy, irritable, itchy, even irrational and hostile. During these first 3 stages, if The Toxic Sufferer does consult a medical doctor about the reason for his low energy and irritability, the doctor tells him: "There is nothing wrong with you. These symptoms are 'all in your head.' You are perfectly healthy!"

STAGE FOUR IS INFLAMMATION: The low-grade, chronic inflammation from Stage Three is leading to the death of cells. An area or organ where toxicants have amassed next becomes fully inflamed. The Toxic Sufferer experiences actual pain, along with pathological symptoms at this point. With the appearance of these symptoms, the medical doctor can finally give The Sufferer's complaint a name. Traditionally, medical scientists have named many of the 20,000 distinctly different diseases after the site where the toxins have accumulated and precipitated their symptoms. Once the set of symptoms is conveniently named, the doctor can mechanically prescribe the "antidote" from his *Physician's Desk Reference* or from his memorized medical/ pharmaceutical repertoire. Standard medical doctors thus commence drugging and treating at this stage.

STAGE FIVE IS ULCERATION: Tissues are destroyed. The body ulcerates, forming an outlet for the poisonous build-up. The Toxic Sufferer experiences a multiplication and worsening of symptoms while the pain intensifies. Standard medical doctors typically continue drugging and often commence with surgery and other forms of more radical and questionable treatment at this stage.

STAGE SIX IS INDURATION: Induration is the result of long-standing, chronic inflammation with bouts of acute inflammation interspersed. The chronic inflammation causes an impairment or sluggishness of circulation: and because some cells succumb, they are replaced with scar tissue. This is the way we lose good, normal-functioning cells — by chronic inflammation and death of cells. Toxins may or may not be encapsulated in a tumor, sac, wen, or polyp. The Toxic Sufferer endures even more physical pain, which is intensified by the emotional distress of realizing that he is only getting worse,

regardless of his earnest, obedient, even heroic attempts to get well. Standard medical doctors continue with both drugging and surgery and all other kinds of modalities deemed appropriate, both conventional and experimental. ("Induration" means "hardening" or "scarring" of tissues.)

STAGE SEVEN IS IRREVERSIBLE DEGENERATION AND/OR FUNGATION (CANCER):

Cellular integrity is destroyed through their disorganization and/or cancerous proliferation. Tissues, organs, and whole systems lose their ability to function normally. Biochemical and morphological changes from the depositing of Endogenous and Exogenous Toxins bring about degenerations and death at the cellular level. The Toxic Sufferer is "a pathological mess": he is on his deathbed. Standard medical doctors declare at this stage: "There is no hope left. You have just so much longer to live. You need to make preparations accordingly." Failure of vital organs eventually results in death.

SEVEN STAGES OF DISEASE - EXPANDED

The orthopathic doctors determined that disease in the human occurred in seven stages As described by Dr C, orthopathic proponent.

Stage One: Enervation

Enervation is simply insufficient nerve energy, or vital energy, to carry out the needed and necessary daily functions of the living organism.

The living organism needs energy in two forms. The human (a living organism) needs chemical energy. The energy source of humans is glucose, a sugar. The waste end products of this internal combustion are water and CO₂. Fats can be converted to sugar type chemicals to fit into the glucose system. Amino acids can be converted to sugar type chemicals that fit into the glucose system.

The second type of energy is vital energy. Living foods have this energy as does sunshine, fresh air, and pure water. The human needs all of these. An insufficiency of energy coming in contributes to enervation. So does excessive energy expenditure. **Burning the candle at both ends leads to enervation.** Excesses of all types can enervate a person. So does stress. There are five areas where the body uses its energy:

Thinking, movement, digestion, metabolism, and elimination.

When enervated, the area which is most easily slighted is elimination. The body strives to keep itself clean internally. The elimination cycle is continuous, but at a maximum from about 4am to 12pm. If elimination is checked due to enervation, the un-eliminated bodily wastes accumulate. **This accumulation of un-eliminated wastes is what fuels TOXEMIA,** the second stage or step into disease.

Enervation is then a double-edged sword. Not enough energy coming in, or too much energy going out.

Stage Two: Toxemia

Toxemia to the Orthopaths meant a foul or morbid state of the blood and tissues resulting from the accumulation of un-eliminated toxic matter.

Toxic or noxious materials or chemicals must be eliminated from the body in order to maintain homeostasis and body purity. These toxins come from our own metabolism (carbon dioxide e.g.), ingested foods containing toxins (hot peppers or garlic e.g.), and absorbed toxins from the intestinal bacteria (from fermentation of our undigested foods). Additional toxic components now come from all the chemicals in our food, air and water. The body of modern man is being taxed in its ability to handle this toxic load. On top of all this modern man insists upon even more direct blood poisoning with his vaccines.

As a consequence of the rising toxemia, the vitality of the body drops as energy is drained to combat the inflow. **All this sets the stage for disease.** In an effort to maintain body purity and homeostasis, the body can conduct an "internal" housecleaning. I call it dis-ease; the body is not at ease, while others call it disease. Initially the disease will be of the "acute" type. These diseases are always of short duration and never fatal. The body will never, of its own accord, conduct a fatal disease of the acute type. The diseases of the acute type are the colds, and the flu. In children, the common childhood diseases such as measles, and chickenpox are seen. Even smallpox is an **acute dis-ease and not a fatal disease** (depending upon the actions of the physician).

The second type of disease is those of the "chronic" type. These represent the degeneration of the body. Since the body is being prevented from maintaining internal cleanliness and providing the owner (you) with perfect health, in order to prolong life, the default mode is to store the un-eliminated crap. This storage of un-eliminated material interferes with the proper oxygenation and nutrition of the cells and contributes to our "internal pollution". The body begins to degrade and sink deeper into disease. Typical examples are heart disease, osteoporosis, arthritis, etc., exactly those diseases for which modern medicine has no clue as to cause and no "cures, but does have lots of theories and treatments.

Ref.: J. H. Tilden, *Toxemia Explained*.

"The toxin theory of the healing art is grounded on the TRUTH that TOXEMIA is the basic source of all diseases. So sure and certain is this truth that I do not hesitate to say that it is by far the most satisfactory theory that has been advanced in all the history of medicine. It is a scientific system that covers the whole field of cause and effect—a system that synthesizes with all knowledge, hence a true philosophy."

"When this truth first began to force itself upon me, years ago, I was not sure but that there was something wrong with my reasoning. I saw that it would bring me very largely in opposition to every established medical treatment. I held back, and argued with myself. ... I fought to suppress giving open utterance to a belief that would, in all probability, cause me to be hissed at — subject me to the jeers and gibes of the better class of people, both lay and professional.

"Little by little I have proved the truth of my theory. I have tried it out daily for the past twenty years. I myself have personally stood the brunt of my experimenting, and have

willingly suffered because of it. Every day this trying-out of the theory has convinced me more and more that **TOXEMIA IS THE UNIVERSAL CAUSE OF DISEASE.**"

"As has been stated continuously in my writings for the past dozen years, the habits of overeating, overclothing, and excesses of all kinds use up nerve energy. When the nerve supply is not equal to the demands of the body, organic functioning is impaired, resulting in the retention of waste products. This produces Toxemia."

"Man can be enervated, yet not sick; but he cannot be poisoned — sick — without being enervated."

John H. Tilden: *Toxemia Explained*

COMMON SOURCES OF TOXEMIA

ENDOGENOUS TOXINS

1. Metabolic waste, ongoing, toxic byproducts on the cellular level.
2. Spent debris from cellular activity
3. Dead cells
4. Emotional and mental distress and excess.
5. Physical fatigue, distress, and excess.

EXOGENOUS TOXINS

1. Unnatural food and drink.
2. Natural foods deranged by cooking, refining, and preserving.
3. Improper food combinations that result in endogenous toxins.
4. Medical, pharmaceutical, herbal, and supplemental drugging.
5. Tobacco, alcohol, and all forms of recreational drugging.
6. Environmental, commercial, industrial pollutants.
7. Impure air and water.

Stage Three: Irritation

As the enervated body becomes more and more polluted with the accumulating un-eliminated wastes, the **interstitial space** between the cells begins to resemble a toxic waste dump. In addition, water is used to dilute the effects of these wastes, causing the tissues to become water laden. Guyton (Textbook of medical physiology) explains that the "dry cell" state is the state of healthy tissues. The **"wet cell"** state, or the **"hydrated cell"** state is the state of the tissues in disease. The body tissues are then very much like a sponge. While the dry cell state is the state of health, the tissues can absorb a great deal of water and toxins, just like a sponge, if it is forced to in order to extend life. These waste products interfere with the proper oxygenation and feeding of the cells as well as causing the accumulation of excess water in the tissues.

Pain signals coming from the tissues have at least three causes: Lack of oxygen, lack of nutrition (cellular food), and pressure. The cells, subjected to the lack of oxygen, the lack of food, and the

increased pressure from the retained water, begin to send out pain signals. The cells are hence "irritated." Modern man's answer is either to ignore the pain and discomfort, or to take a "pain" pill, which just adds more toxic stuff to the load, and keep on going on. This leads to the next stage of disease and body degeneration, Inflammation.

Stage Four: Inflammation

The enervated body is now suffering the results of toxemia. The cells have initially become irritated. The next step of cellular changes and body degeneration is inflammation. The inflammation process produces the common "-itis." With the skin it is dermatitis. In the throat it may be tonsillitis and further on esophagitis. In the stomach we find gastritis. In the small intestine ileitis. In the colon colitis. The heart may have carditis. With the liver it is hepatitis. (We now have types a, b, and c. Given enough time we will no doubt have a through z.) You can have an inflammation (an -itis) anywhere within the body.

It is not uncommon to have bacteria involved in the inflammation process. The bacteria have not caused the inflammation and the "-itis" any more than flies cause garbage. By allowing the accumulation of toxemia to continue, the body will continue to decline in energy and vitality. Further cellular changes will be found (pathology proves this). Left unchecked and unheeded, the next stage of disease is ULCERATION.

Stage Five: Ulceration

The body has undergone the successive effects of enervation, rising toxemia, irritation, and inflammation. The next step in body degeneration is ulceration of the tissues. Ulceration can occur with any body tissue, but the usual connotation of ulcers has to do with the skin or the digestive tract. One can develop ulcers on the skin, in the nose, in the mouth, in the throat, in the stomach, in the small intestine, and in the colon. These conditions are painful and serious. The sufferer usually seeks medical assistance at this point. The allopaths of today will offer lotions, potions, and medicinals to alleviate the pain and swelling but offer little else other than anti-biotics. When the pain becomes too much to bear, the sufferer may have his throat cut out, his stomach "re-sectioned", his small intestine reduced in length, or the colon totally removed whereby the sufferer can now enjoy having a dump in a bag carried on his side (a colectomy with an ostomy). Clearly, if you have no colon, you can have no pain from the colon or any other painful tissue which may have been ulcerated and removed. The modern surgeon's answer to pain is always the same...cut it out.

There is a second type of ulcer. In Orthopathy, it is termed " ...a route of vicarious elimination." The body has many routes of eliminating wastes from the body. Some are not so obvious, nor so pleasant and simple as "bad breath." The body intelligence, sensing the need to eliminate the accumulated toxins and lower the amount of toxemia, can form an ulcer. In this case, as an example, an opening through the skin will be formed. The poisons and toxins will then be routed through this opening to the outside of the body. This ulcer will ooze and run with the toxins it contains and will remain until the level of toxemia has been lowered sufficiently to allow the body to close the site. It is kind of like letting excess air out of an overfilled tire. Modern medicine views this process as negative.

Special clinics have been set up for "wounds that will not heal." The allopaths of "modern medicine" apply creams, lotions, antibiotics, and chemicals galore, never realizing what the underlying physiological process that is going on demonstrates.

An ulcer can then be viewed as a consequence of body degeneration, or the action of the vital organism to prolong life and maintain its remaining health.

Stage Six: Induration (Benign Tumor Formation)

The enervated body is now carrying an un-eliminated toxic load creating toxemia. The cells of the tissues are experiencing irritation, inflammation and ulceration. The next step is for the cells to indurate. Induration is a thickening and hardening of the tissues in an effort to protect themselves.

The stomach is unique in that it will first indurate then ulcerate as compared to the other body tissues. It is easy to recognize the indurated stomach. The typical American male shows it very well...the stomach enlarges and hangs over your belt. Look at the pouch of the typical American male over the age of 25. For the stomach then, induration precedes ulceration.

Induration is a protective measure. The formation of "water blisters" on the hands is an example of a protective measure. Upon continued stress in that area, the tissues will indurate and form a callous. The soles of the feet of the human going barefoot will indurate, thicken, and harden allowing the bare foot child to run and play with no discomfort. (As a farm kid the first day after school was over, I kicked off my shoes for the rest of the summer. The soles of my feet would thicken to over 1/3 of an inch thick.)

The continuing accumulation of un-eliminated toxic waste causing toxemia leads to the final stage of cellular degeneration... FUNGATION.

Activating the conditions for cancer growth

Low oxygen in the cells coming from induration in the blood vessels as they are glycosolated. Atherosclerosis is a form of induration. No circulation, toxic build-up, low oxygen we have the conditions for cancer. Statistics show among diabetics.

Stage Seven: Fungation (Cancer)

The living organism, living with an ever increasing amount of toxemia, has expressed its internal discomfort with irritation, inflammation, ulceration and induration. The final stage of the expression of its discomfort is FUNGATION, more commonly known as CANCER.

The cells of the body form a collective consciousness. Each cell performs its function according to the needs of its group which then benefits the body as a whole. When subjected to conditions which prevent the cell from performing its duties in the normal manner, the cells can revert to less beneficial means to prolong and extend the cell's life.

When the internal conditions have deteriorated to the extent that normal aerobic, oxidative processes are no longer possible, the cells can revert to a more primordial means of surviving. The cells can carry

on their life processes by anaerobic processes, the same processes that many bacteria use. When the cells have changed in form and function to this extent, this is when your oncologist will tell you that you have the big C...Cancer.

Cancer is then a normal consequence of toxemia. You have not been invaded by some foreign cancer cell. The cancer cells are you, they are your cells. The work of Noble Prize winner Warburg proves this conclusively. Warburg demonstrated that cancer cells, when slowly exposed to oxygen, converted to normal cells. These same cells, when deprived of oxygen, turned into cancer cells.

The body does make use of one other means to prolong the life of the whole organism. The body can form tumors. The tumors are walled off from the rest of the body by a membrane but fed to keep the cells alive. (The new cancer drugs are attacking this ability of the body.) The tumor is a toxic waste dump for the body. The body is so loaded with toxic waste that some of the tissues must be sacrificed for the good of the rest of the body. The tumors are initially non-cancerous. However, over time they will convert to anerobic cells or cancer cells. The deposition of toxic wastes into these sites is the only reason chemotherapy works as poorly as it does. The chemo drugs are terribly toxic to the body. The body routes them out as rapidly as it can. Since the tumors are toxic waste sites, they get the majority of the poisons, but not all of the poisons. (Modern medicine still does not know why chemo drugs work or why they may affect the tumors more so than the rest of the body.)

A second type of cancer is possible. Induced cancer from carcinogens, X-rays, and radiation of various types are possible. These types of cancerous growths should not be confused with cancer which originates from the natural causes. Induced cancers are of the abnormal type. Induced cancers proliferate only if the body's immune system is compromised and not up to the task of eliminating the rogue cells due to either the lowered ability of the body or the quantity of the induced cells (like the difference between an infection and gangrene).

Summary and comments

The Orthopathic medical doctors belong to the class termed "vitalistic/humanistic." In their studies and research upon the subject of the etiology of disease, they developed a seven stage model for the disease process. Those seven stages are enervation, toxemia, irritation, inflammation, induration, ulceration, and finally fungation (cancer).

There are several details of note. First, at no time did they have to resort to the concept of an outside source for any disease. They did not rely upon the false doctrine of germs, viruses, retro-viruses, prions, etc, etc, . The cause of disease was the condition of the body, the internal cleanliness or lack thereof, the soil where the seeds of disease are sown.

Their understanding of the disease process is in complete agreement with the great work of A. Bechamp. When you combine their knowledge of disease with those of deficiency (protein, vitamins, and minerals) an answer to over 99.99% of man's ills are readily explainable, treatable and healable. From this understanding, one can see that the work of Hannemann, with his homeopathic remedies, was more nearly correct in his theory that "like cures like" and that homeopathic remedies were meant to aid the body's healing efforts, not to suppress the process.

If one then views acute disease as dis-ease and is the body's attempt to heal itself, fighting the process, as is done by modern medicine, is to stop the healing. The dis-ease, then, is the cure when dealing

with acute disease. Acute disease is then the outward manifestation of the internal discomfort of the body and the body's attempt to purify and heal itself. You can also see that except for the spiritual nature of the theories, the Oriental medicine of China and Ayurvedic medicine of India are not so totally different. With the understanding of the seven stages of disease, one can also see why they succeed to the extent that they may succeed.

When reading of some vaunted cure for cancer be very skeptical. I know of no cure or treatment for cancer in alternative medicine which does not use nutrition as its basis. This is not to say many of the cures (herbs, medicinals) do not or cannot help anymore than I would say that antibiotics for gangrene do not help. There are times and situations where the body needs extra assistance in order to maintain itself.

However, the root cause must be eliminated to be totally successful, and the root cause is toxemia.

Lastly there is the concept of "**retracing**." When a person supplies the body with superior building materials, begins to lower the level of toxemia, and increases their vitality, the body will begin to repair and rebuild. Previous complaints may surface once again as the body "retraces" and heals.

You may feel worse rather than better for a time, particularly if you detoxify too rapidly and load the blood with the stored toxins. The road back to health is not so smooth as one would hope. Herring's law of healing states that the body will heal itself in the inverse (or reverse) order that it degenerated, and the healing will occur from the head down.

For those of you interested in alternative medicine and your own health and healing, I do hope you found this effort beneficial and informative. When dealing with an acute disease process, all systems of medicine and treatments work to some degree but over treatment (as in allopathy) can kill.

The true test of any theory of disease is how well it can handle the chronic diseases like lupus, heart disease, arthritis, diabetes, and cancer. Few succeed and most fail since they violate the seven stages of disease and do not understand nor recognize the underlying physiological processes.

MODERN MEDICINE PICKING UP ON INFLAMMATION – BUT NOT THE WHOLE PICTURE YET...

Source: By Judy Foreman | April 3, 2006, [The Boston Globe](#)

"Inflammation is culprit in many ailments."

The idea is as simple as it is radical: Chronic inflammation spurred by an immune system run amok appears to play a role in medical evils from arthritis to Alzheimer's, diabetes to heart disease.

There's no grand proof of this "theory of everything." But doctors say it's compelling enough that we should act as if it were true -- which means eating an "anti-inflammatory diet," getting

lots of physical activity, and losing the dangerous, internal belly fat that pumps out the chemicals that drive inflammation (more on all these later).

Inflammation, of course, is not all bad. In fact, because it's part of the typical immune response, it's essential for battling germs and healing wounds. The familiar redness, heat, swelling, and pain that come from, say, a hangnail or a splinter are signs of inflammation at work.

It's when the inflammation process fails to shut off after an infection or injury is over that trouble sets in. Persistent low-level inflammation may set the stage for the chronic diseases of later life, many doctors now believe.

Over the evolutionary eons, "we developed these important host defenses to let us get to reproductive age," said Dr. Peter Libby, chief of cardiovascular medicine at Brigham and Women's Hospital. "Now, the lifespan has almost doubled," and these same immune responses "contribute to diseases in the end."

Chronic inflammation is so similar in different diseases, Libby said, that when he lectures, he uses many of the same slides, whether he's talking about diseases of the heart, kidneys, joints, lung, or other tissues.

Only a few years ago, heart attacks were explained as a plumbing problem -- blood vessels that became clogged with atherosclerotic plaque as "bad" (LDL) cholesterol was deposited on vessel walls. Now, doctors know that this bad cholesterol gets embedded inside artery walls as well, where the immune system "sees" it as an invader to be attacked. The ongoing inflammation in arteries, essentially a revved up immune response, can eventually damage arteries and cause "vulnerable" plaque to burst. It is because inflammation is now seen as such a hallmark of heart disease that many doctors use a test for inflammation called CRP to help assess a person's cardiac risk.

It's long been known that type 1 diabetes is linked to inflammation -- the body's immune system attacks the cells that make insulin. Now, new research is suggesting that type 2 diabetes, the kind that generally sets in in adulthood, often begins with insulin resistance, in which cells stop responding properly to insulin. Doctors now know that during chronic inflammation, one of the chemicals released is TNF, or tumor necrosis factor, which makes cells more resistant to insulin.

"No one would have thought these things were related," but they are, said Dr. Walter Willett, chairman of the department of nutrition at the Harvard School of Public Health. The TNF connection also helps explain why obesity, particularly abdominal obesity, leads to diabetes. "Fat cells used to be thought of as storage depots for energy, as metabolically inactive," said Libby. "Now we know that fat cells are little hotbeds of inflammation. Excess fat in the belly is a great source of inflammation."

Autoimmune diseases like rheumatoid arthritis are also believed to be linked to inflammation. In arthritis, for instance, inflammatory cells called cytokines lead to the production of enzymes that break down cartilage in joints.

Inflammation also plays some role in Alzheimer's disease, said Linda Van Eldik, a neurobiologist at the Northwestern University Feinberg School of Medicine.

Whenever the brain is injured or infected, cells in the brain called glia pump out cytokines. Normally, this response shuts down when the injury or infection is over.

"But in chronic neurodegenerative diseases like Alzheimer's, these glial cells are activated too high or too long or both," Van Eldik said. The plaques and tangles in patients' brains attract the attention of glial cells, making them pump out even more cytokines to try to repair this damage and creating chronic inflammation.

Even cancer may have some inflammatory triggers, though the links are less well worked out, said Dr. David Heber, director of the UCLA Center for Human Nutrition. Among its other tricks, inflammation promotes the release of free radicals, forms of oxygen that can damage DNA. At chronic, low doses, Heber said, "free radicals can stimulate tumors to grow."

There are other chemical overlaps between inflammation and cancer, too, said Dr. Robert Tepper, president of research and development for Millennium Pharmaceuticals in Cambridge. The same protein signaling molecules called chemokines, which tell white blood cells when to flock to an injury or infection, also tell cancer cells when and where to spread, suggesting a link between cancer's spread and the inflammatory response.

That's the bad news. Now the good: There's a lot you can do to reduce the risks of chronic inflammation. First and foremost is to lose weight if you're chubby, especially around the middle. It's visceral fat that pumps out the lion's share of pro-inflammatory cytokines. Exercise, of course, is the way to do it. Anything that gets you moving and burns calories will help.

And diet is crucial. "Some types of food we eat can cause inflammation and others can decrease it," said Lisa Davis, a nutritionist at the Center for Human Nutrition at the Johns Hopkins School of Public Health. On the good side, the Mediterranean diet, which is rich in fruits, vegetables, fish, and olive oil, was shown in a randomized study in 2004 to be linked to reductions in weight, C-reactive protein, and insulin resistance.

You can eat fats, but eat the right kind, like olive oil, and include those rich in omega-3 fatty acids, like that found in salmon, tuna, walnuts, soy, and flax seed oil.

Finally, you can also consider statin drugs, which lower cholesterol and may reduce the inflammation associated with heart disease. Also consider taking a baby aspirin a day, though you should check with your doctor first. Ditto for other NSAIDS -- over-the-counter nonsteroidal anti-inflammatory drugs -- which reduce inflammation but cause bleeding and other side effects.

Reducing the inflammation in your life won't guarantee you'll live forever, but it's a step in the right direction.

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