

# The Inflammation Syndrome

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mar 22 2024 inflammation is your immune system's response to injury or infection it promotes healing but can harm you if it affects healthy tissues or goes on for too long

the function of inflammation is to eliminate the initial cause of cell injury clear out damaged cells and tissues and initiate tissue repair too little inflammation could lead to progressive tissue destruction

mar 27 2023 inflammation is complicated and often misunderstood while acute inflammation is your body's natural usually helpful response to injury infection or other dangers it sometimes spins out

nov 26 2025 signs of inflammation include redness heat swelling and pain chronic inflammation can cause fatigue headaches and skin rashes eating anti-inflammatory foods getting enough

dec 11 2023 inflammation is a key aspect of the body's immune defenses it can be acute or chronic symptoms can include swelling heat pain and more treatments can depend on the underlying

inflammation is an essential biological process that serves as the body's first line of defence against harmful stimuli including pathogens damaged cells and irritants

1 day ago additional strategies to reduce inflammation as you add more anti-inflammatory foods to your diet it's likely a good idea to reduce your intake of foods that promote inflammation

feb 26 2026 what is inflammation inflammation is how the body responds when its tissues are injured by bacteria trauma toxins heat or any other cause

6 days ago inflammation a response triggered by damage to living tissues the inflammatory response functions to localize and eliminate injurious agents and to remove damaged tissue components so

dec 12 2025 this comprehensive guide explores the science behind inflammation its symptoms and causes anti inflammatory foods lifestyle strategies supplements and a 7 day action plan to help

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