



What are Symptoms of Brain Inflammation?

Brain inflammation is a protective measure that keeps your brain safe from toxicity and infections. Your brain inflames itself as a way to re-balance, reset and heal. Unlike an inflamed body part, your brain may not feel physical pain when it's inflamed. There are literally no sensory receptors for painful stimuli, known as nociceptors, in the brain. This is one reason that brain inflammation can go unnoticed for decades – because **it does not trigger physical pain**. Pain from headaches or migraines is triggered by your vascular system, not by inflammation.

Your brain communicates inflammation in the way it makes you feel. For example, brain inflammation contributes to a loss of motivation, like the inability to get out of bed or maintain energy levels. It can also trigger a loss of function.

When your brain is inflamed, it slows down its processing speed which in turn slows down your processing speed and your ability to focus.

What Causes Brain Inflammation?

Chronic inflammation can be caused by an over-reactive or malfunctioning immune system. It may be due to an underlying problem that your body is attempting to fight off.

The following factors can increase your risk of chronic inflammation:

- **TBI's/Concussions:** Physical injuries to the brain like brain injury or concussion causes your brain's immune cells to begin the healing process and removal of dead and damaged neurons which contributes to brain inflammation. Immune cells in the brain do not turn off, especially if there are already other imbalances in the body which means inflammation in the brain can continue long after the injury heals.
- **Toxicity:** Environmental toxins such as metals, mold, chemicals, and pesticides contribute to inflammation.
- **Chronic Infections:** Bacterial, viral, or fungal infections -- such as sinus, lung and gut infections or gum disease -- trigger your brain's immune system to attack, resulting in chronic inflammation.
- **Leaky Gut:** If you have an inflamed gut, it will contribute to brain inflammation. Inflammatory messengers produced in the gut travel to your brain. To calm systemic inflammation, it is important to calm inflammation in both your gut and your brain.
- **Chronic stress:** Stress releases hormones like cortisol which trigger an increase of pro-inflammatory cytokines in your brain.
- **Inflammatory Diet:** Consuming inflammatory foods, like sugar, processed food, or alcohol turns on inflammation. Similarly, food allergies or food intolerances can contribute to gut, and brain, inflammation.

Are you experiencing brain inflammation?

Use the checklist below to determine whether you need help with reducing brain inflammation.

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| <input type="checkbox"/> Brain Fog, slow or fuzzy thinking or delayed response time | <input type="checkbox"/> Hyper-reaction to Fragrances |
| <input type="checkbox"/> Low Brain Voltage, limited endurance for focusing or thinking | <input type="checkbox"/> Feeling anxious, nervous or fidgety. |
| <input type="checkbox"/> Neuro Degeneration | <input type="checkbox"/> Diminished Athletic Performance |
| <input type="checkbox"/> Fatigue, feeling physically and mentally fatigued, sluggish, apathetic or lacking motivation | <input type="checkbox"/> Muscle aches and joint pain, redness, swelling. |
| <input type="checkbox"/> Irritability or Anger | <input type="checkbox"/> Discomfort after eating, difficulty swallowing, bloating, abdominal pain, gas, constipation, and loose stools. |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Rashes, acne, eczema, hives and dry skin |
| <input type="checkbox"/> Memory Issues | <input type="checkbox"/> Excessive mucus production |