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# Inflammation

On Monday, I talked about exercise and weight loss to reduce the risk of type 2 diabetes by lowering serum insulin. Here's another reason why both exercise and weight loss are important.

In another study published in that same edition of the *Journal of the Medical Association*, researchers tracked three groups of subjects on a weight loss program for two years (1). They looked at many variables, but one stood out to me. That was a marker of inflammation called hs-C reactive protein (CRP). As the subjects lost weight, this measure of inflammation declined. When their weight was lowest after one year, their CRP was lowest. During the second year, the subjects gained back some of the weight they lost, and their CRP rose again—not to the same level as before they began, but it rose to match their weight gain. There are many factors that affect inflammation but no question that excess body fat is one of them.

Inflammation is a primary cause of many diseases such as heart disease and cancer. There are many steps you can take to reduce inflammation but if you're overweight, weight loss and maintaining it is one of the most natural ways of getting there. (And speaking of taking steps, are you on track to reach 1,000,000?)

What are prepared to do today?™

***Dr. Chet***

**Reference:** JAMA. 2010;304(16):1803-1810 (doi:10.1001/jama.2010.1503)

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