
THE INFLAMMATION SOLUTION

*When Everything Works and
Nothing Hurts*

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Dr. Sears Wellness Institute Library

The following is an excerpt from Chapter 8: The Inflammation Solution Begins at Birth (pages 254-258)

*You can purchase a full-text version of *The Inflammation Solution* by William Sears, MD on [Amazon](#).*

CHILDHOOD INFLAMMATION SOLUTIONS

By improving birthing practices, enhancing breastfeeding, and feeding kids real food, we can give children a good gut start toward reducing the risk of growing up to be adults with “-itis” illnesses. Here’s how:

Inflammation Solution #1: Have a Healthy Pregnancy and Birth

To increase your opportunity to have a healthy, natural birth, here’s my prescription: Read *The Healthy Pregnancy Book* (Little Brown, 2013). This is presently the only pregnancy book coauthored by an obstetrician, certified midwife / Ph.D., pediatrician, R.N. and mother of eight. By following the healthy pregnancy plan, you are more likely to start mother and baby off on a life at lower risk for inflammation.

Inflammation Solution #2: Breastfeed

I have a dream. Realizing that the government healthcare system funding is backwards – spending tons of money on treatment instead of prevention – if I were Surgeon General for a day, here’s what I would do:

- Provide financial incentives for more mothers to breastfeed more often and for many more months.
- Provide every first-time mother with a professional lactation consultant before and immediately after birth. Doctor’s orders!
- Educate birth and postpartum attendants – and all baby care professionals – to be more positive about breastfeeding and avoid discouraging words, such as “...in case you don’t have enough milk...”
- Play show and tell. Educate expectant and new mothers on how much better their milk is than ABM and how, if you breastfeed your baby, you give your baby a head start on developing a healthy immune system. On the other hand, starting a baby off with ABM runs the risk of baby later growing an artificial immune system.
- Provide financial incentives for workplaces to have comfortable *lactation lounges* that make breastfeeding and working friendlier. It’s noteworthy that some of the smartest companies are encouraging mothers to continue breastfeeding after returning to work. Why? Money! Breastfeeding mothers

tend to miss fewer days of work because their infants aren't sick as often.

- Fund and provide a safe system for donor breast milk in case there are medical or family situations whereby baby is unable to be fed by mother's milk.

Since science shows breastfed babies suffer fewer “-itis” illnesses and the incidence of just about every disease is less in breastfed babies, imagine the billions of dollars in healthcare cost savings. Currently, the government and insurance companies pay for treatment instead of prevention. They pay for pills rather than teaching skills. If only kids could vote!

Inflammation Solution #3: Shape Young Tastes

Especially in those early years, serve infants and children a *real food diet*. Our inflammation prescription: MYOBF – make your own baby food. The foods your child's tastes and intestinal lining gets used to (metabolic programming) are more likely to set the child up for life-long healthy eating habits.

Inflammation Solution #4: Eat Prebiotic Foods

The gold standard of prebiotics (foods that help healthy bacteria thrive) is breast milk. Could it be that when we feed the normal gut bacteria junk food we get back junk gut health? The bad bugs in the gut thrive on bad adult behavior such as drinking too much sweetened beverages and alcohol and eating too little fiber. Perhaps we need to extend one of the oldest gut teachings from “we are what we eat” to “we are what the bugs in our bowels eat.”

“Take probiotics” is a new supplement suggestion coming to the healthcare stores, even doctors' offices, near you. Add to this

somewhat-science-supported advice, “Eat prebiotics.” Prebiotics are foods that help the best bowel bugs thrive. Just like the truism “your body is as only as healthy as the food you feed it” add “the bugs in our bodies are only as healthy as the food we feed them.” Best bowel-bug foods are:

- Jerusalem artichokes
- Chicory root
- Onions
- Garlic
- Leeks
- Bananas
- Tomatoes
- Spinach
- Oatmeal
- Barley
- Flax seed
- Legumes

I believe if my microbiome could talk, it would shout: “We love the six-S diet!”

Inflammation Solution #5: Make Schools More Healthy

There is an epidemic of “Ds” in schools: Attention Deficit Disorder (ADD), ADHD, and so on. Let me add two more school-related “Ds”: NDD (Nutrition Deficit Disorder) and MDD (Movement Deficit Disorder). Serve children junk food and you get junk learning and behavior. When recess was taken out of school activities, Ritalin dosages went up. Any correlation? Read these resources for feeding little brains for better learning and behavior:

- *The Healthiest Kid in the Neighborhood: Ten Ways to Get Your Family on the Right Nutritional track* by William, Martha, James, and Robert Sears. 2008, Little, Brown and Company.
- *The NDD Book: How Nutrition Deficit Disorder Affects Your Child's Learning, Behavior, and Health, and What You Can Do About It – Without Drugs* by William Sears. 2009, Little, Brown and Company.

Inflammation Solution #6: Go Outside and Play

Dr. Mom's medical prescription, "Eat more fruits and vegetables and go outside and play" has never been timelier. (See why, pages 29 and 180.) For good veggie tips, read: *Vegetable Soup/The Fruit Bowl* by Susan Smith Jones and Dianne Warren, 2014, Oasis Publishing. (www.SusanSmithJones.com)

