

# 21<sup>st</sup> Global Nursing Education Conference

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## Holistic Medicine and Nursing Care

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ACCEPTED ABSTRACTS

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### **Modifying lifestyle choices and removing environmental exposures decreases total body burden while accelerating recovery from chronically activated inflammatory processes**

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Being mindful of lifestyle inflammatory triggers, and activation of individual genetic predispositions reduces chances of initiating chronic degenerative

inflammatory processes that culminate in disease labels. In the 21st century, there is a plethora of lifestyle and environmental antagonists that elicit inflammatory genetic activity and unwanted cellular behavior. While it may not be possible to avoid all contaminants one may be exposed to, awareness and reducing exposures will quiet the immune systems hyper-reactive responses. Navigating these environmental triggers while making positive lifestyle choices will slow or even arrest inflammatory burdens

and auto-immune behavior. Implementing nutrition, lifestyle, and detoxification oriented approaches will add value to the recovery process. Participating in a solution-oriented approach creates an identification of poor health origins, and moves patients from being victimized by health conditions to empowerment by maximizing optimal lifestyle choices. Overall increasing patient participation in personal health outcomes, reducing individual financial health burdens and increasing the quality of life.

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