

Spis dig til

# ANTIINFLAMMATORISK STYRKE

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# Institut for Human Ernæring



**BodyComp**  
by Kreutzer

**FIRMA**  **SUND**

**BØRSEN.**

**RUNNING 26**   
POWERFUL RELATIONS



# inflammation

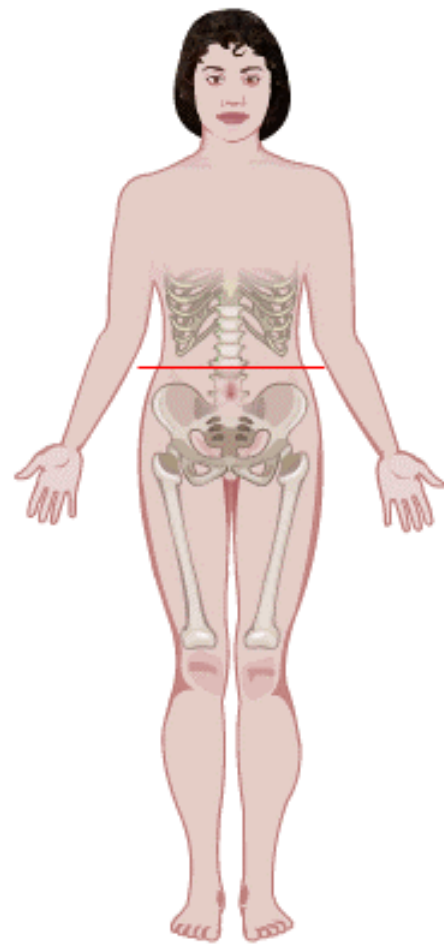
OPRINDELIG FORFATTER [KBen](#)

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**inflammation**, *betændelse*, vævsreaktion, der kan forekomme ved infektion og andre immunreaktioner, se [immunologi](#).

Ordet inflammation kommer af latin *inflammatio*, af *inflammare* 'sætte i brand'.







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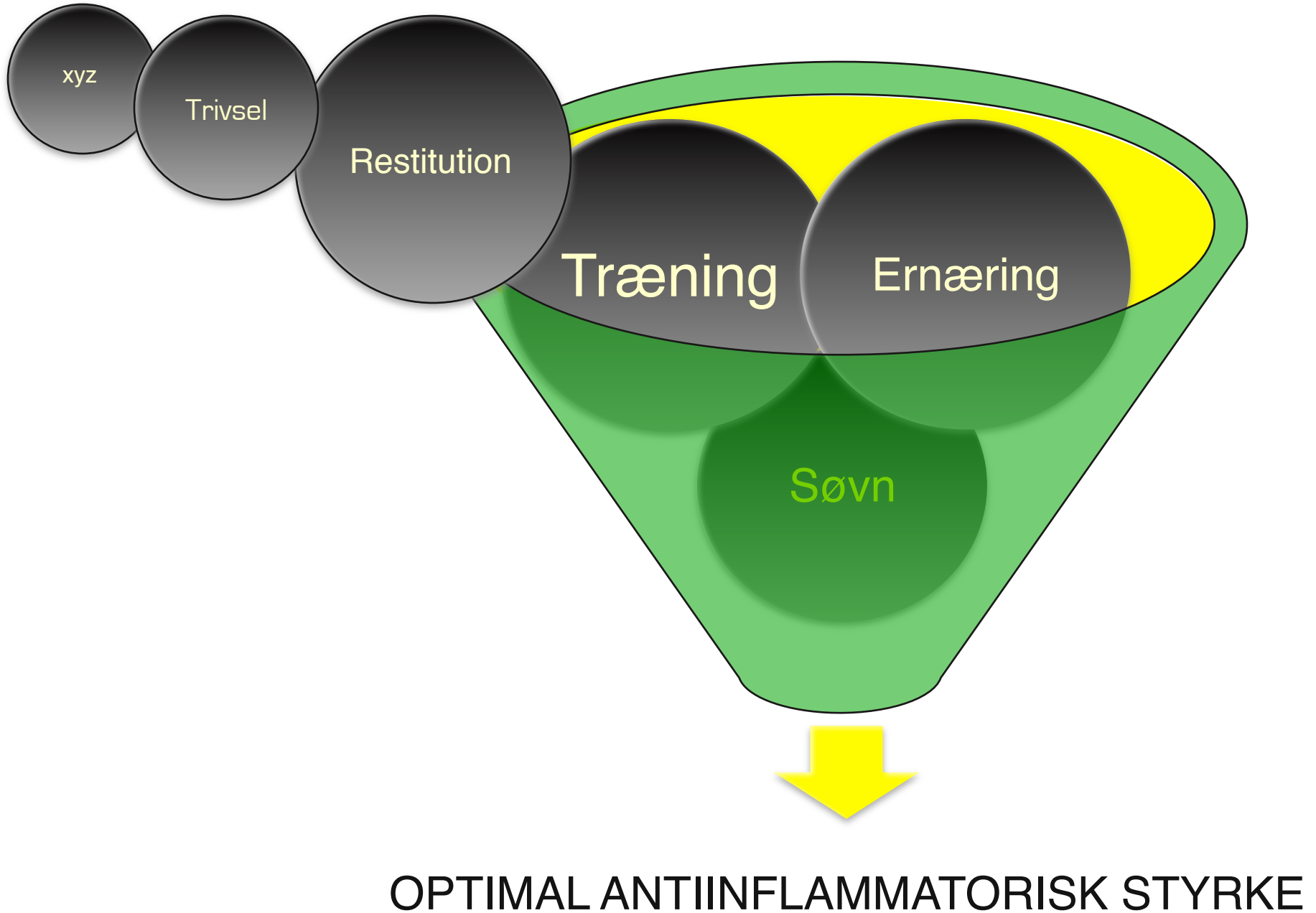
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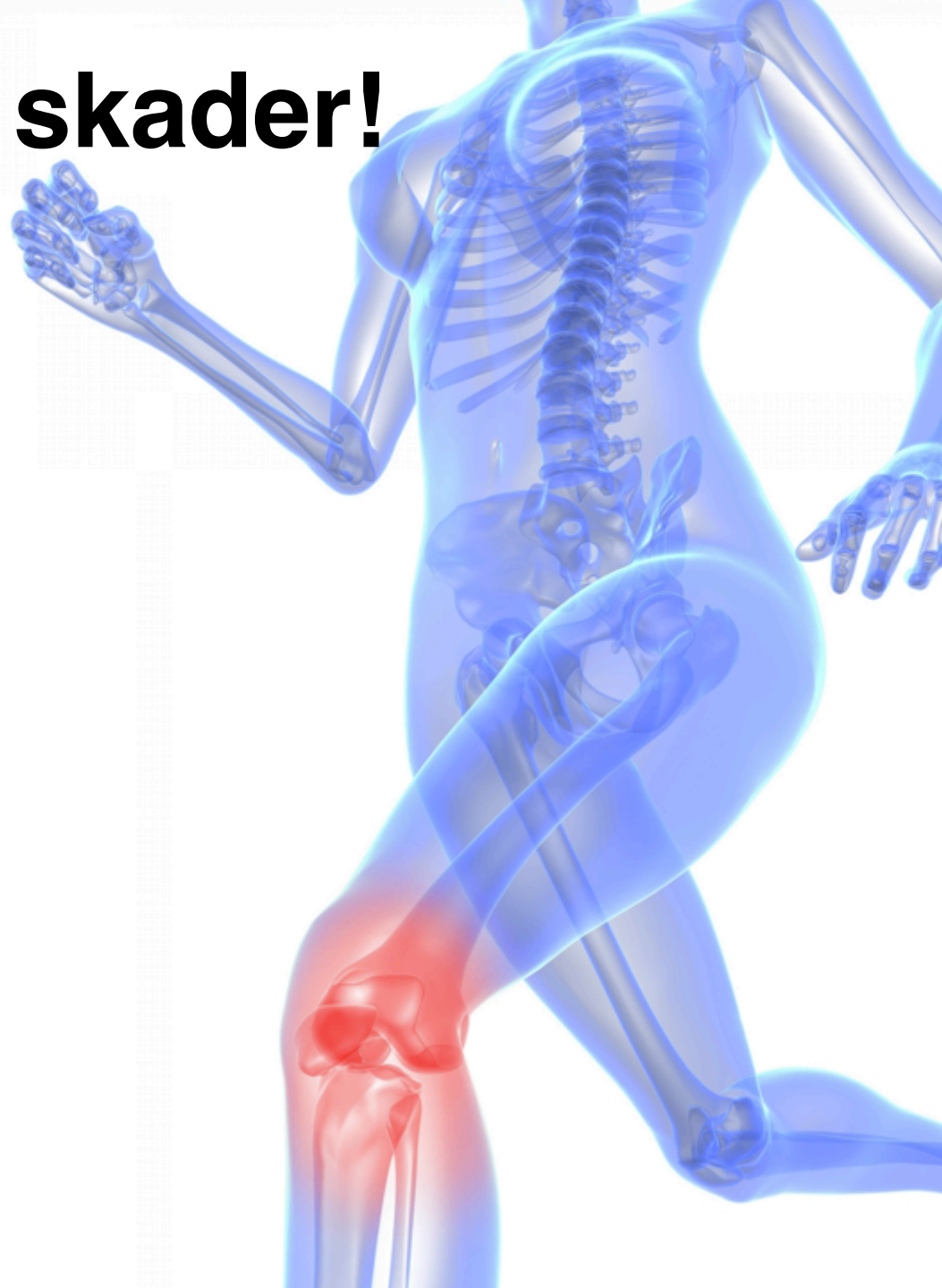
# PERFORMANCE PULJEN

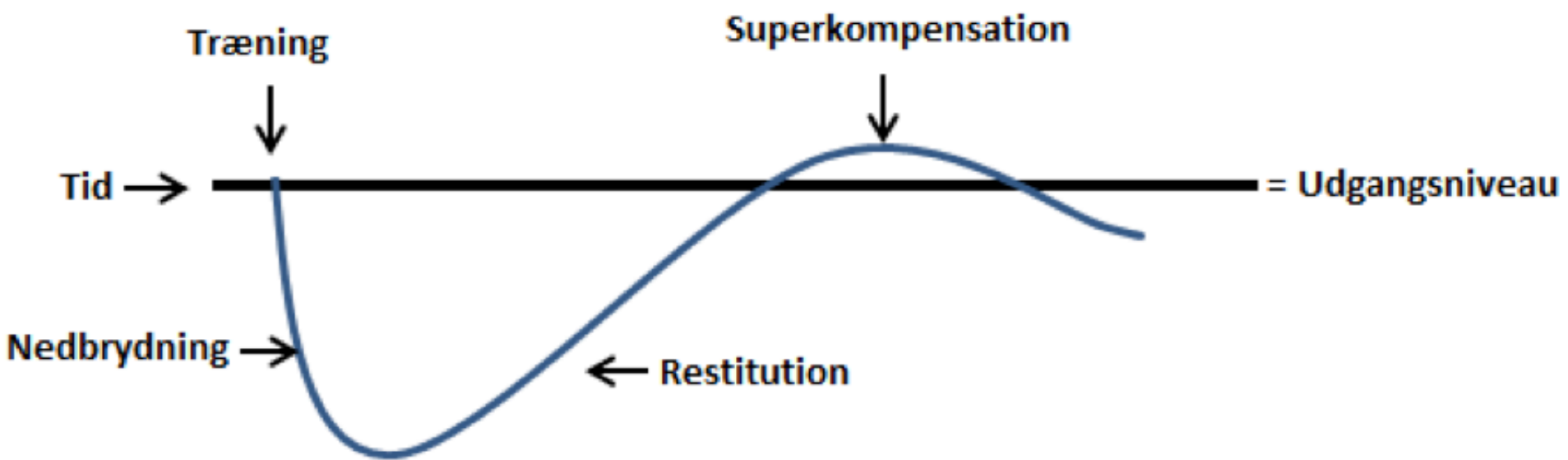


# (God) træning skader!

30 minutters udfordrende træning svækker immunforsvaret, ødelægger hvide blodlegemer og **øger kroppens generelle inflammation** i op til tre døgn efter træningspasset.

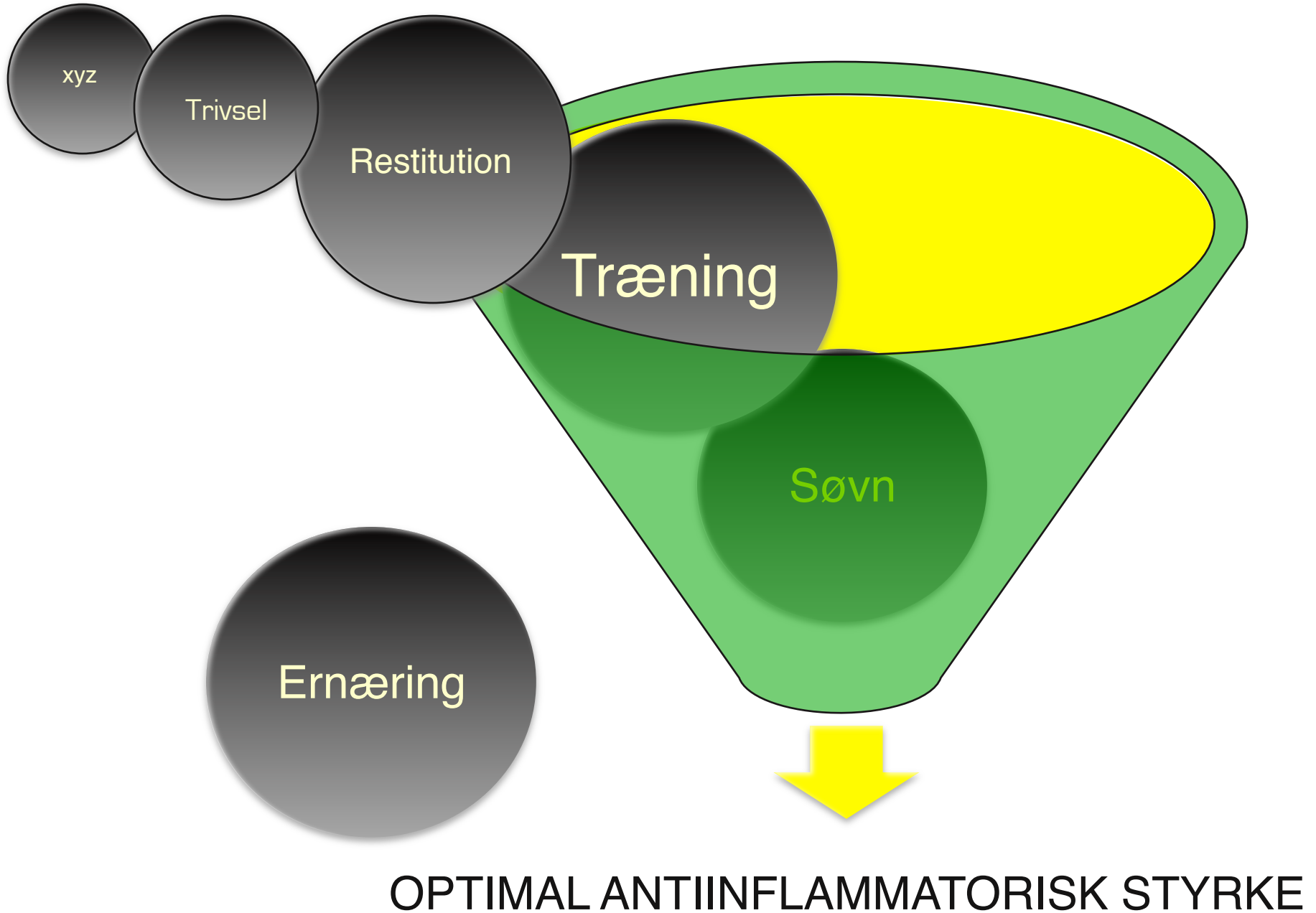
British Journal of Sports Medicine 2010







# PERFORMANCE PULJEN





**1**

**Kraftfuld  
frugt & grønt**

# ORAC\* er nøglen til styrke

ORAC pr. 100 gram af madvaren

<b>Ingefær</b>	<b>14.900</b>
<b>Svesker</b>	<b>5770</b>
Rosiner	2830
<b>Blåbær</b>	<b>2234</b>
Hvidløg	1939
<b>Grønkål</b>	<b>1770</b>
Jordbær	1536
Hindbær	1227
Spinat	1210
...	
Agurk	200



\*Tilstræb > 5.000 ORAC (oxygen radical absorbance capacity) units pr. dag





**2**

**Fede justeringer**

**(Fed) fisk  
er guld**



# N-3-topscorere

## N-3 pr. 100 gram\*

(Hørfrøolie)	53 gram
Levertran	35 gram
(Rapsolie)	11 gram
(Valnødder)	8 gram
Makrel i tomat	4,5 gram
Laks	3,5 gram
Hellefisk	3 gram
Karrysild	2,5 gram

\* Behandlingsdosis: 3-5 gram pr. dag, EPA>DHA

# Husk D-vitamin til knoglerne!

## D-vit pr. 100 gram\*

Levertran 300 mikrogram

Laks 30 mikrogram

Torskerogn 11 mikrogram

Marin. sild 10 mikrogram

Tun 3 mikrogram

Makrel, tom. 2,5 mikrogram

Æg 2 mikrogram

\* Dagsbehov: 10-30 mikrogram pr. dag



**MUFA!**



## **MUFA pr. 100 gram**

Olivenolie	75 gram
Rapsolie	60 gram
Jordnøddeolie	46 gram
Pekannød	46 gram
Mayo (rapsolie)	44 gram
Hasselnød	38 gram
Peanutbutter	28 gram
Mandel	27 gram
Avocado	12 gram
Oliven	10 gram
Æg	4 gram

**Dagsbehov: 45-50 gram**



**Tarmstyrke**

**3**

# Præ- og probiotika



# Tarmprovokatorer

- FODMAPS
- GLUTEN
- ...



**Væske**

**4**

A close-up photograph of a hand pouring water. The water is captured in mid-air, creating a dynamic, splashing effect. The background is plain white, which makes the water and the skin tones stand out. The text is overlaid on the image.

# VÆSKE

Dehydrering er en  
massiv præstationsforringelse

Dagsbehov:

Vægt i kg x 0,25 = væskebehov i dl pr. dag





# Er alle drikke lige sunde?



Sulten efter lækre opskrifter?

Hungrig efter dybdeborende viden?

Læselysten som en lille bogorm?



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eller

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# OUCH!

A splinter in a finger triggers an inflammatory response

## How It Works

Researchers believe that the same system that causes inflammation around a wound can—when the response becomes chronic—play an important role in a broad range of illnesses, from heart disease to Alzheimer's. Here's a very simplified—and much magnified—look at the basic mechanism

### 1 Injury

A splinter slices through the skin, damaging cells and allowing bacteria and other pathogens into the body. In the world in which our bodies evolved, pain almost always signaled a microbial invasion.

### 2 A Cry for Help

Mast cells release histamine and cytokines, which alert the body that something is wrong. Tiny blood vessels respond by developing leaks that allow other immune cells to rush to the field of battle.

### 3 Counterattack

Even before reinforcements arrive, preactivated macrophages start attacking bacteria and damaged cells, using toxic chemicals like nitric oxide.

### 4 Battle

Specialized immune cells migrate to the wound. Neutrophils engulf and destroy bacteria and damaged tissue, while macrophages repair, and lymphocytes identify the immune system's foe.

### 5 Healing

As the pathogens are eliminated, a new series of molecular messengers signals victory. A group of irregularly shaped cells called platelets, along with other substances, form a scab and closes the wound.

## How It Goes Wrong

If the inflammatory fees refuse to die down—or flare up for prolonged periods—permanent damage may result.

### CONTINUOUS ACTIVATION

A long-running, low-grade infection—like gum disease—may keep immune cells fired up, or there may be a breakdown in the complex series of checks and balances that regulates the immune system.

### FRIENDLY FIRE

Certain parts of the body are mistakenly selected by immune cells for attack. Macrophages start chomping up cholesterol deposits in the coronary arteries, or glial cells begin destroying neurons in the brain.

### CHRONIC ILLNESS

The body's efforts to heal the damage it created end up only making matters worse.



Illustration by Steve Rodriguez, Alan Carter, & Carter Research, University of Texas System, Scientific American, May 2012

TIME Graphics by Lori Neffman, Art by Christine Garwood and Andrea Bell