

**Laaggradige ontstekingen, zoveel mogelijkheden.**

**Waar begin je?**



# ...even voorstellen...

Orthomoleculair (darm)therapeut en  
natuurgeneeskundige

Senior Consultant bij Pharma Nord (sinds 2015)

Missie: onderzoek begrijpelijk maken voor de  
gezondheidsprofessionals



**Monique van Kwawegen**

# Laaggradige ontstekingen

Neurologische aandoeningen

Hart- en vaatziekten

Alzheimer

Auto-immuunziekten

Artritis

Laaggradige ontsteking

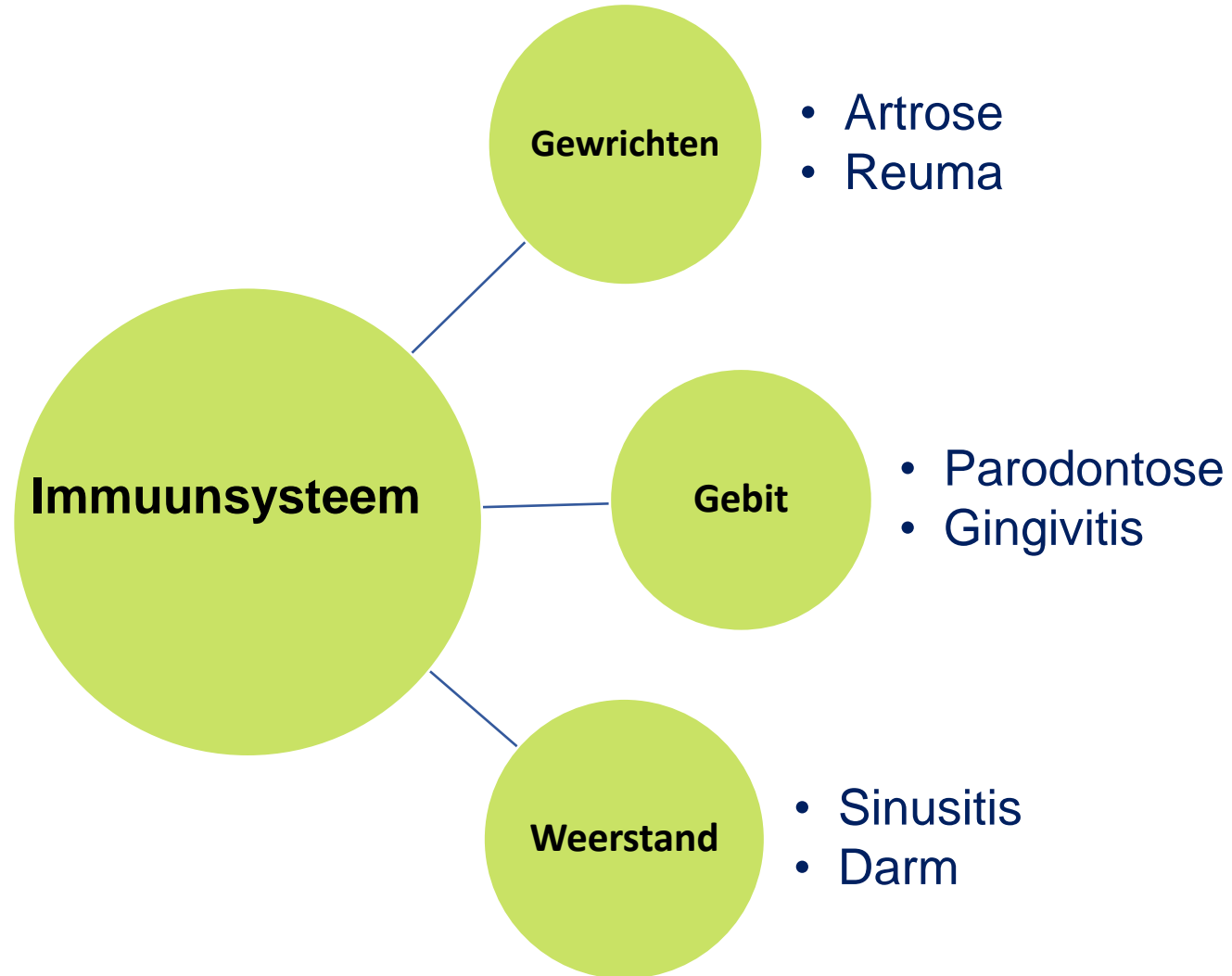
Longziekten

Kanker

Diabetes 2



# Laaggradige ontstekingen



## Langdurige stress



## Laaggradige ontsteking

### Gewone ontsteking

- Tijdelijk
- Infectie
- Blessure - wond

### Laaggradige ontsteking

- Chronisch
- Stil zitten
- Voeding
- Stress



# FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's. Fight inflammation with a healthy diet.



## INFLAMMATION FOODS



Fried foods



Sodas



Refined carbs



Lard



Processed meats

## ANTI-INFLAMMATION FOODS



Tomatoes



Fruits

Strawberries, blueberries, oranges and cherries.



Nuts

Almonds, walnuts, and other nuts.



Olive oil



Leafy greens

Spinach, kale, collards, and more.



Fatty fish

Salmon, mackerel, tuna, and sardines.

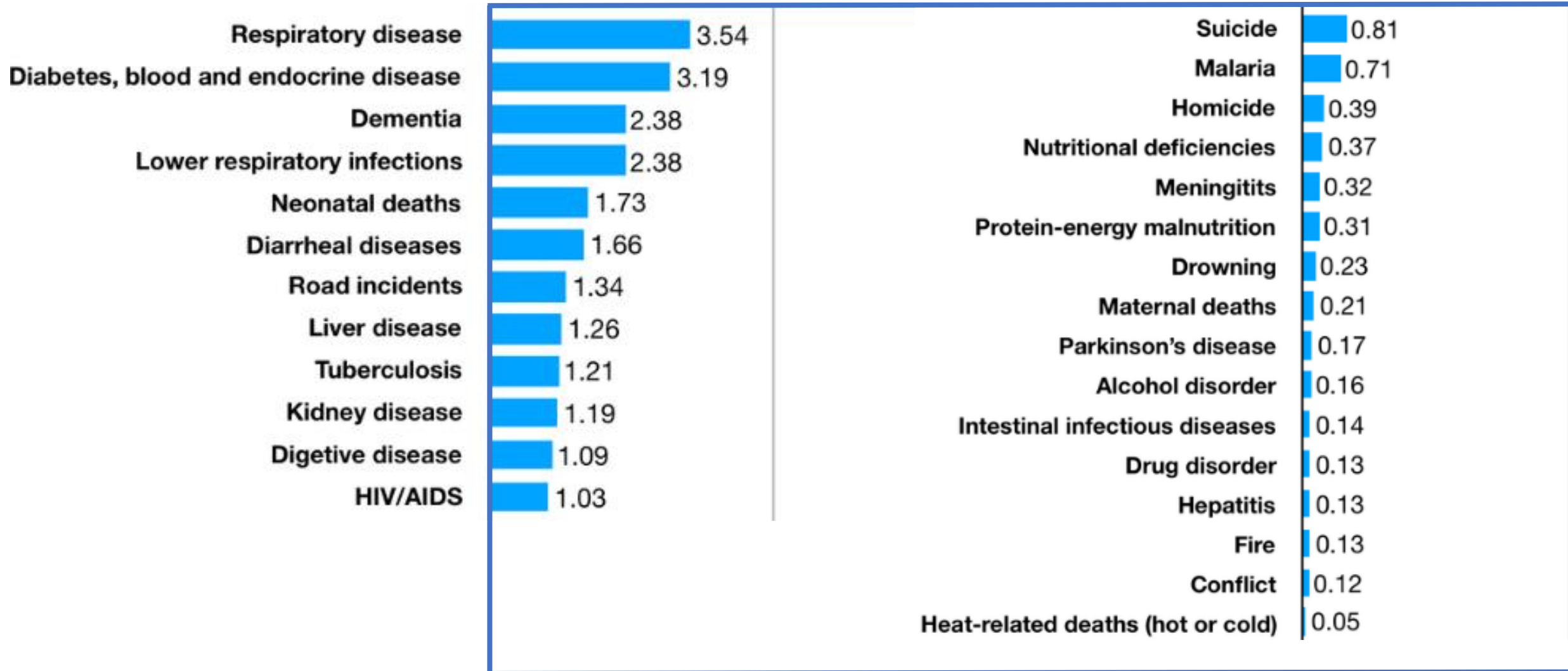


Harvard Health Publishing  
HARVARD MEDICAL SCHOOL

*Trusted advice for a healthier life*



# Aantoonbare overlijdenen per jaar wereldwijd

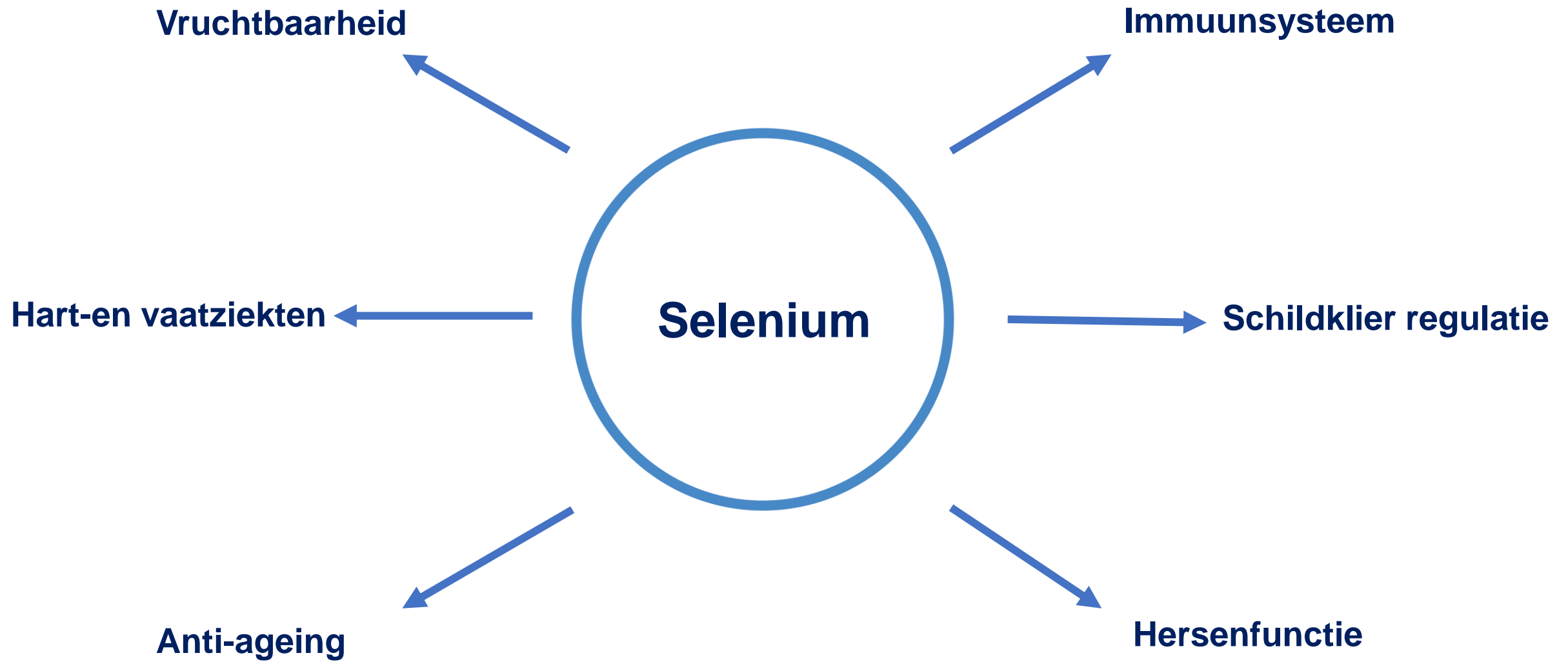


# Risicofactor

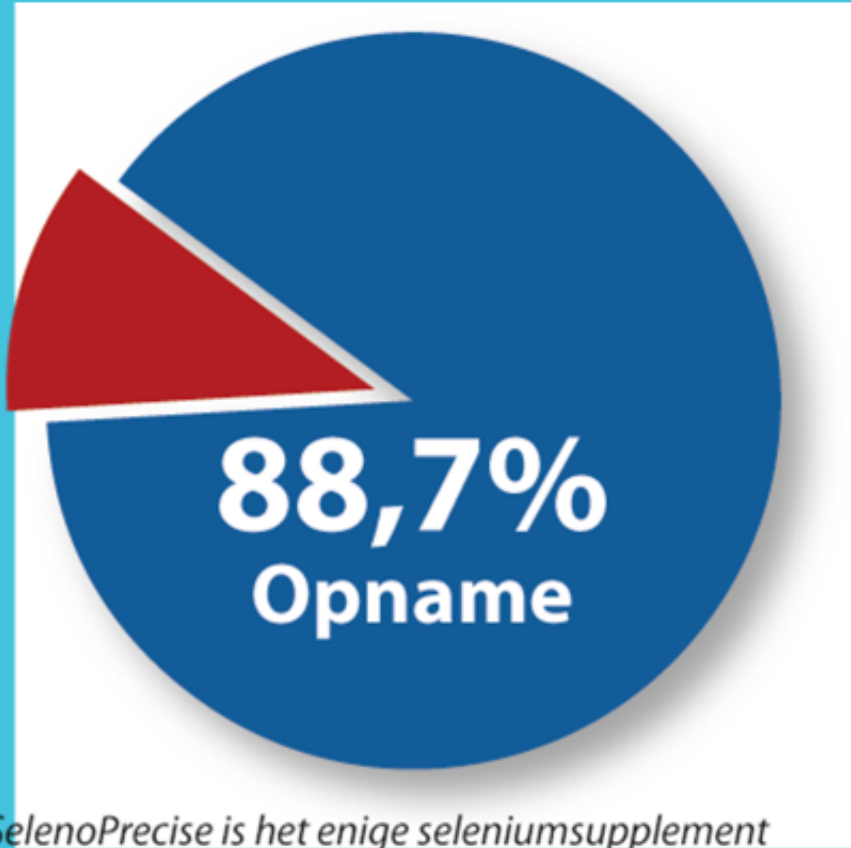
## Medicijngebruik



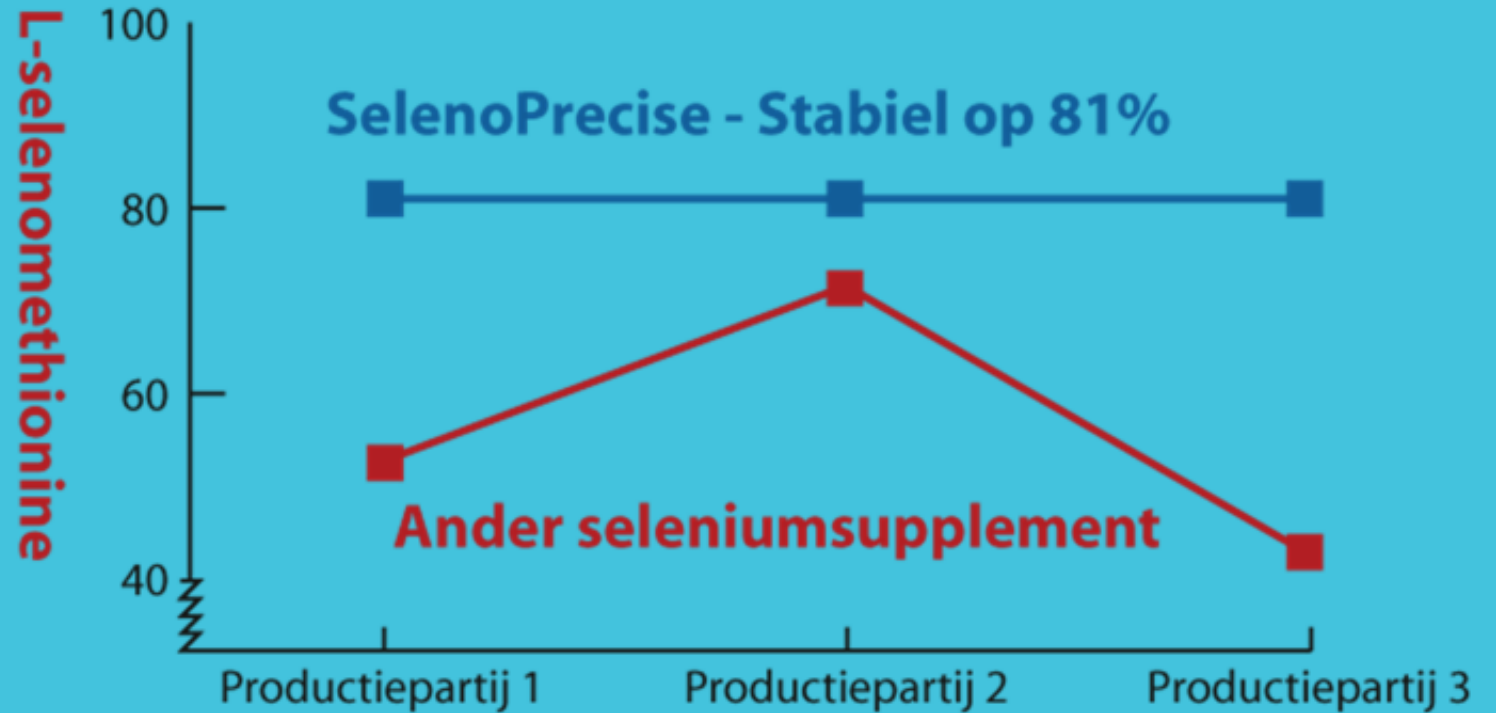




# SelenoPrecise



*SelenoPrecise is het enige seleniumsupplement met een stabiel hoog gehalte aan actieve selenium van 88,7%.*



**Mitochondriale aandoeningen**

**Immuunsysteem**

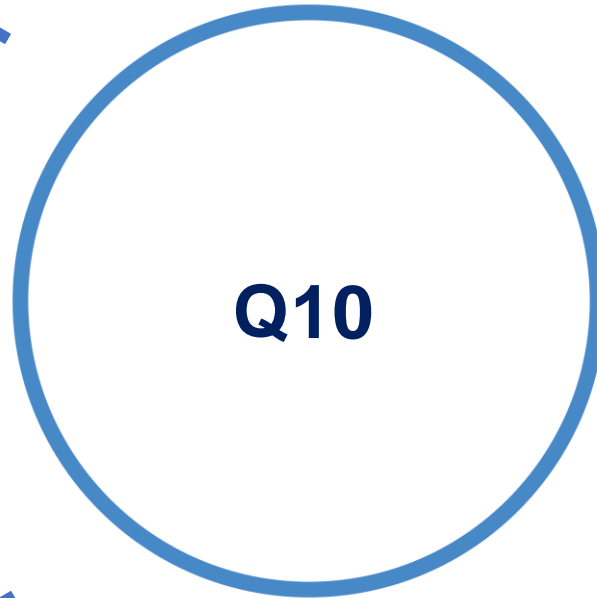
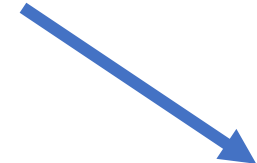
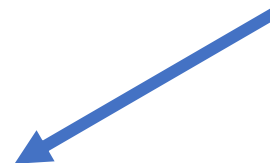
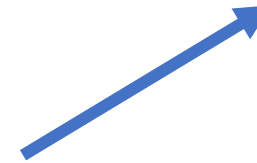
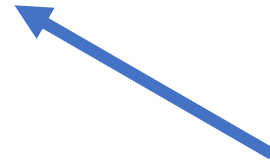
**Hart-en vaten**

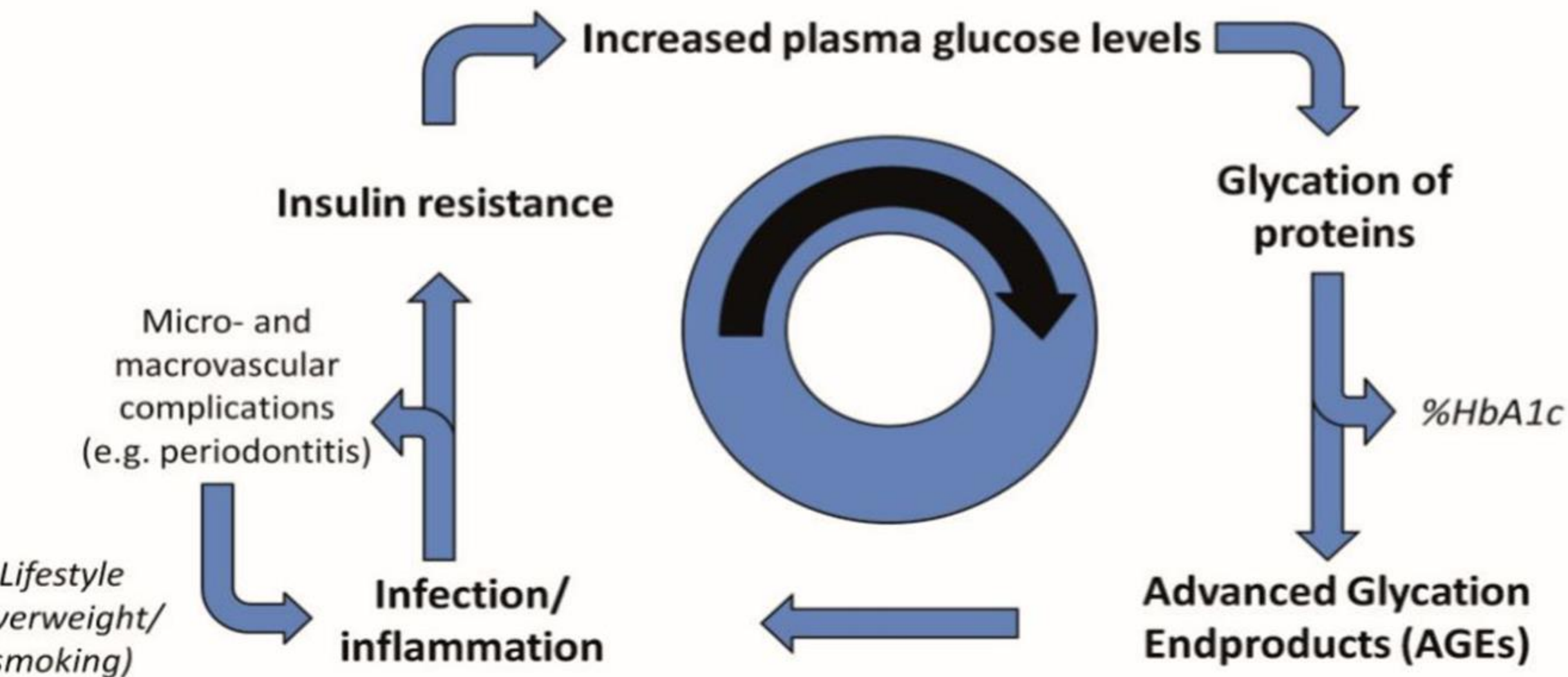
**Q10**

**Vruchtbaarheid**

**Statines**

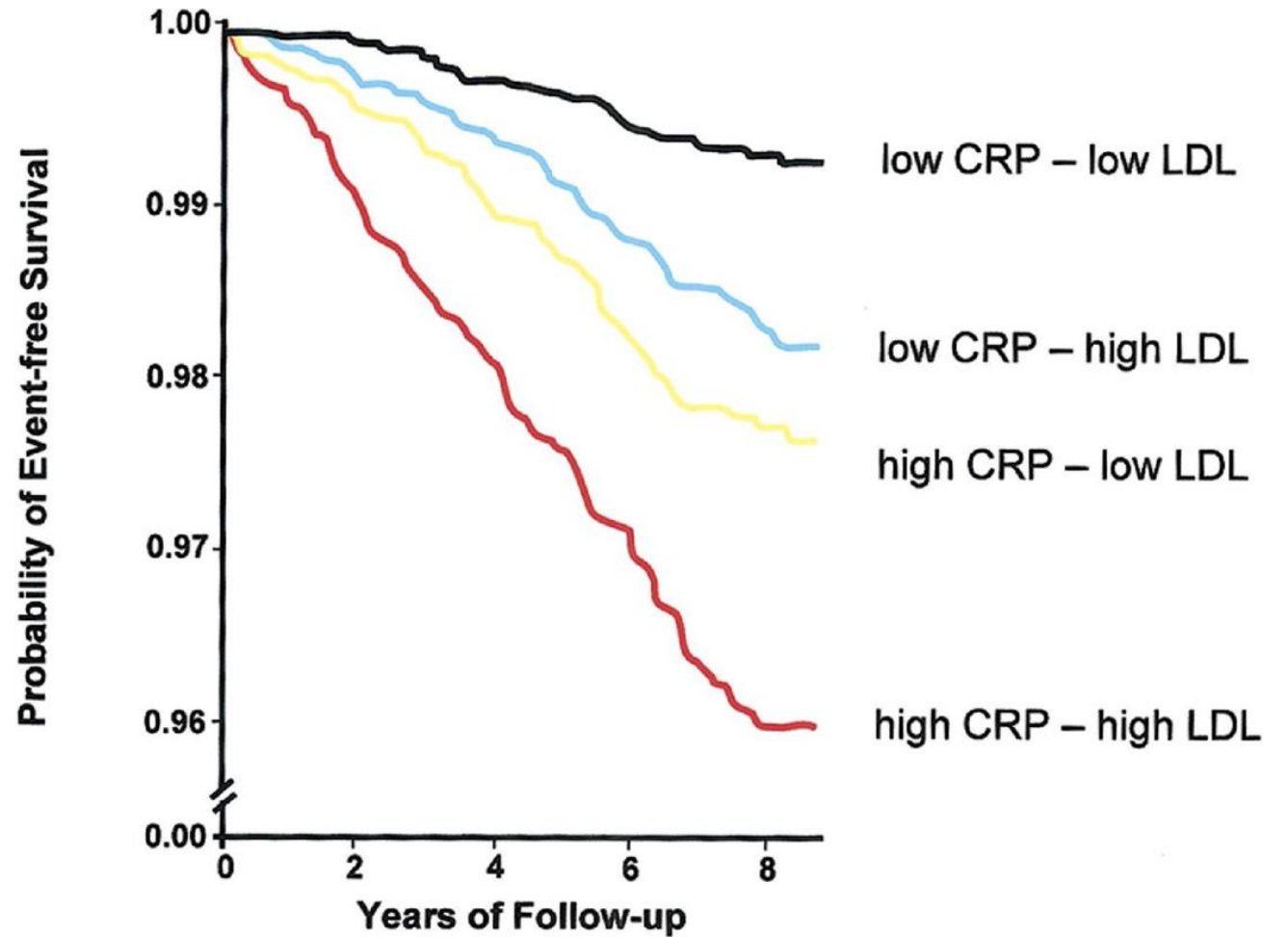
**Parodontitis en tinnitus**





**1** The bi-directional link between diabetes mellitus and periodontitis. First, periodontitis is considered as a complication of diabetes mellitus. Second, periodontitis, as a chronic inflammatory disease, might contribute to increased insulin resistance.

# Combinatie!



# Bewezen combinatie



# Maar ook...

- Bio-Curcumin
- Bio-NADH
- Bio omega vetzuren
- Bio-Pycnogenol
- Bio-Glucosamine
- En meer.....



# Om te onthouden!







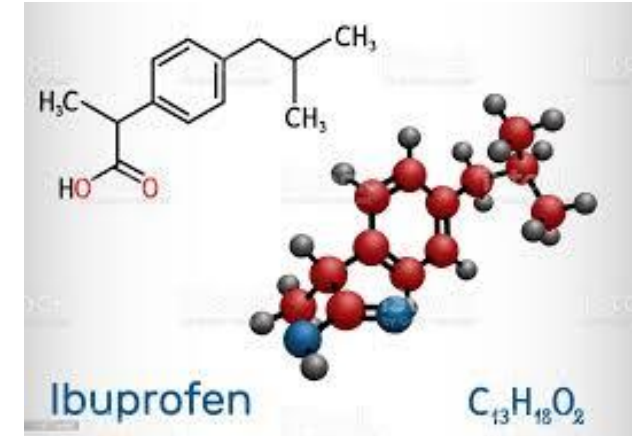
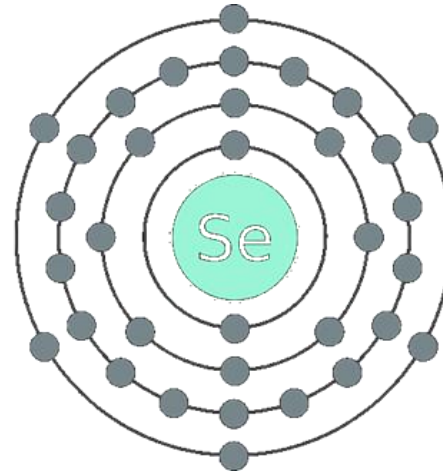
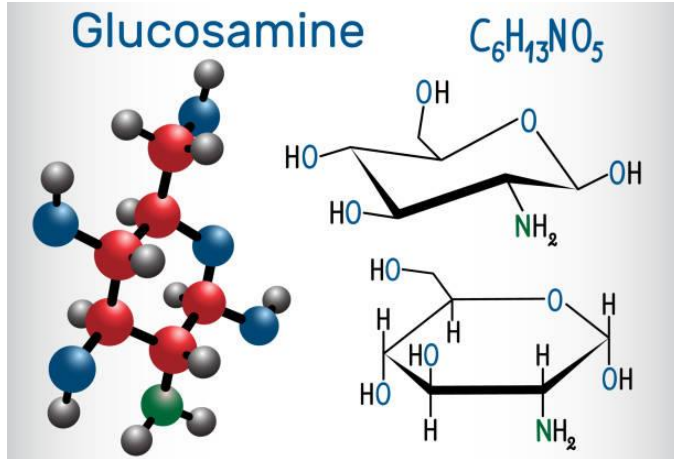
**A better life through science**



**Pharma Nord**

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Academy



Algemeen ontstekingsremmend

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