

L'inflammation chronique

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Les mecanismes de l'inflammation (aigue)

Une revue complète des molécules impliquées dans l'inflammation mais aussi une discussion sur les traitements classiques (stéroïd, ibuprofène) et alternatifs: Abdulkhaleq et al. (2018). The crucial roles of inflammatory mediators in inflammation: A review. [Vet World. Vol 11.](#)

Les causes et solutions contre l'inflammation chroniques

Comment le tissu adipeux contribue à l'inflammation chronique de bas grade: Gkrinia, E.M.M.; Belančić, A. The Mechanisms of Chronic Inflammation in Obesity and Potential Therapeutic Strategies: A Narrative Review. [Curr. Issues Mol. Biol. 2025, 47.](#)

Le rôle du microbiote dans l'inflammation : Vetrani C, et al. (222) On Behalf Of The Obesity Programs Of Nutrition Education Research And Assessment Opera Group. From Gut Microbiota through Low-Grade Inflammation to Obesity: Key Players and Potential Targets. [Nutrients. 2022 May 18;14\(10\):2103.](#)

Sommeil et inflammation: Wang L, Liu H, Qin L, Li L. (2024) Cytokine Storm: The Novel Mechanism for Sleep Deprivation-induced Multiple Organ Dysfunction Syndrome. [Neurosci Bull. 2024 Jul;40](#)

Stress et inflammation: Liu Z, Lei M, Bai Y. (2025) Chronic Stress Mediates Inflammatory Cytokines Alterations and Its Role in Tumorigenesis. [J Inflamm Res. 18](#)

Pollution et inflammation: Kress, S., Wigmann, C., Zhao, Q. *et al.* (2022). Chronic air pollution-induced subclinical airway inflammation and polygenic susceptibility. [Respir Res 23, 265](#)

Combattre l'inflammation

Faire du sport → Magni, O., Arnaoutis, G. & Panagiotakos, D. (2025) The impact of exercise on chronic systemic inflammation: a systematic review and meta–meta-analysis. [Sport Sci Health 21, 1405–1417](#)

Faire de la mediation -- 2 essai cliniques Creswell et al., 2012 ([Brain, Behavior, and Immunity](#)) et Lindsay et al., 2024 ([Biopsychosocial Science and Medicine](#))

