

Calm Your Inner Fire

7 simple ways to
reduce inflammation
today

Who am I and what is this guide?



Hi! I'm Sarah, a long term sufferer of inflammation.

It wasn't always this way, but I'm a Nutrition and Behaviour Change Coach with a special interest in reducing inflammation.

Why? Because 5 years ago I was where you might be now, struggling to keep up working and being a mum of two whilst my body mounted continuous rebellions against me. Seriously, we weren't in sync and I was collecting new diagnoses and drugs like shoes. I had no energy, my skin was falling off in at least 5 different ways, my gut was always bloating and I ended up with depression. Not good.

In the end I identified that it was my immune system that was letting me down and that everything else was just a product of that (a pretty mind blowing moment!).

It took time (as I was a fussy eater who hated vegetables) but I turned my diet around and whilst to say I'm 100% cured would be a lie, I'm 95% better, which I'm pretty happy with!

Inflammation affects so many people, and most of us are unaware that this is the main cause of so many of our issues, and it can be fixed!!

I've pulled this together to give you your first simple steps on the path to re-balancing your immune system.

Every journey starts with a step...

Sarah

What is inflammation and why is it bad?

Acute inflammation itself is not bad, it's a vital part of your body's healing mechanisms.

Chronic inflammation however, arises when the inflammation pathways are repeatedly triggered and levels of inflammation in the body remain high, eventually causing cell damage.

As chronic inflammation can affect any cell in the body, evidence is showing that it is at the root of many chronic diseases, from heart asthma to cancer.

What can you do about it?

The following pages list 7 simple changes you can make to start reducing your inflammation.

Pick a change and get started today!

A woman's face is visible at the bottom of the image, looking upwards. A red apple is balanced on top of her head. The background is a white marble surface decorated with several slices of orange and sprigs of green herbs. The title 'manage your blood sugar' is written in a yellow, cursive font at the top.

manage your blood sugar

Peaks and troughs in blood sugar increase inflammation.

Swap those high sugar snacks for something more substantial.

Opt instead for a fiber-rich snack with a little protein like apple slices and peanut butter, raw veggies and hummus, or a few almonds and cheese cubes.




Take a walk

Results from a 2017 study suggest that getting just 20 minutes of movement reduces inflammatory blood markers.

So grab your trainers and get out there!



Eat some greens everyday



Eat a cup of leafy greens like baby spinach, kale, or lettuce every day. These pack many benefits, including an anti-inflammatory double hit, due to antioxidants and bioactive compounds that both reduce existing inflammation and help prevent new inflammation.

CHANGE YOUR TEA



Swap one of your cups of tea or coffee for a cup of green tea instead. Green tea leaves are full of polyphenol compounds, which can help prevent further inflammation

Catch some ZZZ'S

Not getting enough proper sleep (6 hours or less) can cause inflammation. So take some time to wind down before bed, journal, read or meditate and make the time for sleep tonight.





Remember to breathe

Stress is a major cause of inflammation. So if you're someone who is regularly stressed out, you need to deal with it. My favourite is to take some time for some deep breathing as you can do this anywhere and anytime you feel stressed for immediate calming. Yoga, meditating, or taking a short walk work too.

Eat healthy fats

Get your Omega 3 hit with some salmon or other oily fish for dinner. Or sprinkle some flaxseed or chia seeds on your oatmeal or salad.



So what next?

These were just 7 simple things intended to get you on the right track from today. **But they are the tip of the iceberg** really; there is so much more you can (and should) do to calm that inner fire and regain internal balance.

When you achieve this you will have more energy, lose weight easier, ease gut and other pains and see improvements in your skin, to list a few things.

If you're serious about reducing your inflammation levels you need to get serious about reducing stress, healing your gut and fueling your body with a GI balanced, anti inflammatory and nutrient dense diet (which can still be delicious and certainly filling - I would know as I eat like this and love it!).

Why wouldn't you? Chocolate and crisps are nice, but are they worth pain, fatigue and chronic disease? I think not!

I'd love to help you to make long term changes to your diet, introducing you to delicious and nutritious eating and using behaviour change techniques to make sure that we form new habits.



Book your FREE no obligation consultation now to see how we can make this happen for you!

Book me in!

