

7-Day Anti-Inflammatory Program



The Inflammation Equation: Sodium, Sugar, and Fiber

DAY 1: UNDERSTANDING INFLAMMATION

AN INTRO TO INFLAMMATION:
WHAT IT IS & WHY IT MATTERS



LEARNING OBJECTIVES



- DEFINE INFLAMMATION AND ITS PURPOSE
- RECOGNIZE SIGNS AND CAUSES
- DIFFERENTIATE BETWEEN ACUTE AND CHRONIC INFLAMMATION
- LEARN HOW INFLAMMATION TIES INTO RECOVERY & WELLNESS

WHAT IS INFLAMMATION?

Inflammation is the body's natural immune response to injury, infection, or irritants. It works to eliminate harmful agents and initiate healing.





WHY ONE WORD MATTERS

The term *inflammation* literally means “to burn” (Latin origin)—reflecting the redness, heat, and swelling we see during an inflammatory reaction

THE FIVE CARDINAL SIGNS

Latin Term	English Sign
Rubor	Redness
Calor	Heat
Tumor	Swelling
Dolor	Pain
Functio laesa	Loss of function

These are hallmarks of **acute inflammation**

ACUTE VS. CHRONIC INFLAMMATION

- **Acute:** Immediate, short-term, protective
 - **Chronic:** Long-lasting, low-grade, often harmful when unresolved
- Why it matters: Chronic inflammation can persist for months or years and lead to tissue damage and disease



WHAT CAUSES INFLAMMATION?

Common triggers:

- Physical injury (e.g., fractures, burns)
- Infections (bacterial, viral, fungal)
- Autoimmune reactions
- Chemical irritants, toxins
- Psychological & environmental stressors



THE PURPOSE OF ACUTE INFLAMMATION

Acute inflammation is protective—it helps isolate threats, recruit immune cells, and start tissue repair. When removed, the response typically resolves on its own.





WHEN IT DOESN'T RESOLVE

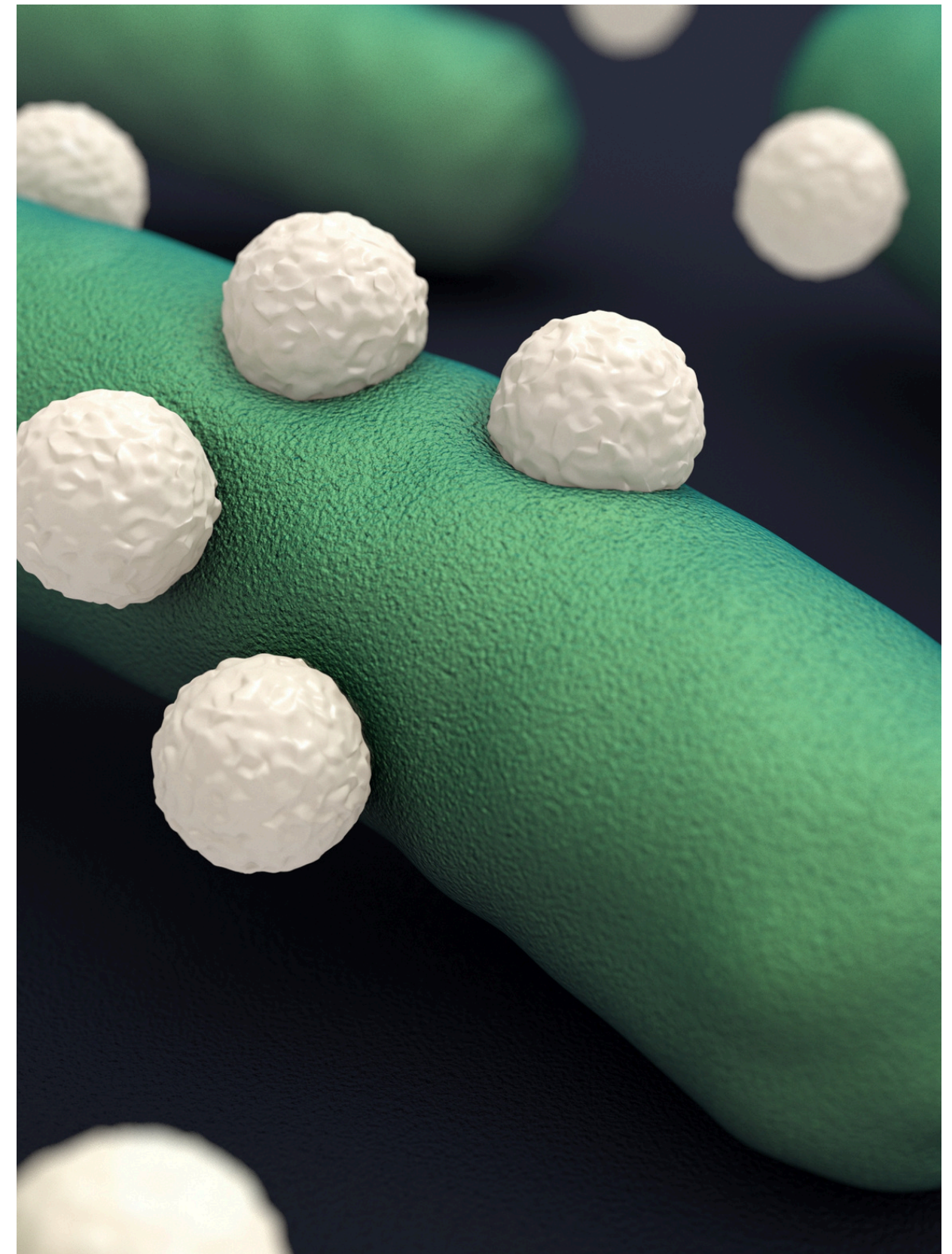
If a trigger remains or immune regulation is disrupted, inflammation can become chronic—fueling conditions like autoimmune disease, metabolic issues, and tissue fibrosis.

WHO'S INVOLVED: CELLULAR PLAYERS

Key players include:

- **Neutrophils** (acute response)
- **Macrophages, lymphocytes** (chronic inflammation)

They migrate from blood vessels into tissues to clear debris and orchestrate healing or damage control.



MEDIATORS & VASCULAR CHANGES

Key chemical messengers: histamine, cytokines (e.g. IL-1, IL-6, TNF- α), prostaglandins, leukotrienes. These trigger vasodilation, increased permeability, redness, heat, swelling, and pain.



OUTCOMES OF THE RESPONSE

Possible trajectories:

- **Resolution:** complete tissue recovery
- **Abscess formation**
- **Scar tissue / Fibrosis**
- **Chronic inflammation** with ongoing tissue damage





WHY INFLAMMATION MATTERS TO RECOVERY & WELLNESS

Whether following an injury or managing chronic conditions, inflammation is central to:

- Pain and stiffness
- Slowed healing
- Autoimmune flare-ups
- Brain fog, fatigue, mood imbalances

Reducing chronic inflammation helps your clients recover faster, feel better, and create sustainable wellness.

WHAT FOODS & LIFESTYLE FUEL INFLAMMATION

Simple triggers to reduce:

- Excess sugar, refined carbs, processed foods
- High salt, trans fats, seed-oil overload
- Chronic stress, poor sleep, inactivity

These can worsen inflammation and feed chronic illness.





what's next?

FOUNDATIONS FOR THE WEEK AHEAD

Over the next 6 days, we'll explore evidence-based ways to reduce inflammation, support healing, and build habits that bring lasting process and wellness. You're learning the why behind the what.