



7-Day Anti Inflammatory Program

The Inflammation Equation: Sodium, Sugar, and Fiber



**CHRISTIAN
HEALTH**
JOURNEY
ChristianHealthJourney.com

**DAY ONE
WORKBOOK**

PLEASE READ

DISCLAIMER

The information provided in this course is for educational and informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or a qualified healthcare provider with any questions you may have regarding a medical condition or your overall health.

Participation in this course does not establish a doctor-patient relationship. Any reliance on the information provided in this course is solely at your own risk. While we strive to provide accurate and up-to-date information, we make no guarantees regarding the completeness, reliability, or applicability of the content presented.

If you experience any adverse symptoms or medical concerns while implementing the techniques or recommendations discussed in this course, discontinue them immediately and consult a healthcare professional. This course is not intended to diagnose, treat, cure, or prevent any disease.

By enrolling in this course, you acknowledge that you are responsible for your own health and well-being and agree to consult a medical professional before making any significant lifestyle changes.

DAY 1 WORKBOOK: UNDERSTANDING INFLAMMATION

Check-In: How Are You Feeling Today?

Energy Level:

☐ Low ☐ Moderate ☐ High

Body Feels:

☐ Stiff ☐ Achy ☐ Comfortable

Mood:

☐ Foggy ☐ Neutral ☐ Clear

DAY 1 WORKBOOK: UNDERSTANDING INFLAMMATION

Reflection: What Did You Learn Today?

What surprised you about inflammation?

What symptoms have you noticed in your own life that may be related to chronic inflammation?

DAY 1 WORKBOOK: UNDERSTANDING INFLAMMATION

Knowledge Check

What are two signs of acute inflammation?

What are two common triggers of chronic inflammation?

Why is inflammation not always a bad thing?

DAY 1 WORKBOOK:

UNDERSTANDING INFLAMMATION

Action Step: Inflammation Inventory

Take a quick inventory of your daily habits. Mark anything you currently do:

Habit or Trigger	Do You Do This?
Eat sugary or processed snacks	☐ Yes ☐ No
Get less than 7 hours of sleep/night	☐ Yes ☐ No
Use whole foods in most meals	☐ Yes ☐ No
Sit most of the day with little movement	☐ Yes ☐ No
Practice deep breathing or meditation	☐ Yes ☐ No

What's one small habit you'd like to improve this week?

DAY 1 WORKBOOK: UNDERSTANDING INFLAMMATION

Your Notes & Ah-Ha Moments

Daily Takeaway

What's your biggest insight from today?

