



7-Day Anti Inflammatory Program

The Inflammation Equation: Sodium, Sugar, and Fiber



**CHRISTIAN
HEALTH**
JOURNEY
ChristianHealthJourney.com

**DAY TWO
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 2 WORKBOOK: SUGAR, SALT & HIDDEN TRIGGERS

Check-In: How Are You Feeling Today?

Energy Level:

- ☐ Sluggish ☐ Balanced ☐ Energized

Mood:

- ☐ Irritable ☐ Stable ☐ Uplifted

Body Clues:

- ☐ Craving sweets ☐ Feeling bloated ☐ Clear + light

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Reflection: What Did You Learn Today?

What stood out to you about how sugar and salt affect inflammation?

Were you surprised by any of the hidden sources of sugar or sodium?

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Knowledge Check

Name 3 different names for sugar on a label:

What's a high sodium warning sign on a label?

Name two food swaps that help reduce inflammation:

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Label Sleuth Exercise

Grab one packaged food item from your kitchen (snack, sauce, drink, or frozen meal).

What's the **serving size**? _____

Total sugar per serving: _____

Added sugar per serving: _____

Sodium per serving: _____

Are there any hidden sugars or oils in the ingredient list?

☐ Yes ☐ No

Would you buy this again based on what you know now? Why or why not?

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Smart Swaps Brainstorm

Think about your go-to meals and snacks. Where could you reduce sugar or salt?

Food or Habit	Smart Swap Idea

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Mini Goal: Today's Inflammation-Smart Choice

Pick one intentional swap to make today:

- ☐ Sweetened coffee → cinnamon + unsweetened milk
- ☐ Store-bought snack → nuts + fruit
- ☐ Sugary drink → infused water or sparkling with lemon
- ☐ Canned soup → homemade or low-sodium
- ☐ Packaged sauce → olive oil, lemon, garlic blend

Which did you try? How did it feel?

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Your Notes & Ah-Ha Moments

Daily Takeaway

What's one small step you're proud of today?
