



7-Day Anti Inflammatory Program

The Inflammation Equation: Sodium, Sugar, and Fiber



CHRISTIAN
HEALTH

JOURNEY

ChristianHealthJourney.com

**DAY THREE
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 3 WORKBOOK: GUT HEALTH & FIBER

Check-In: How Are You Feeling Today?

Digestion:

☐ Gassy ☐ Bloated. ☐ Regular ☐ Comfortable

Mood:

☐ Foggy. ☐ Irritable ☐ Clear & Focused

Energy:

☐ Sluggish ☐ Okay ☐ Strong

[illegible]

DAY 3 WORKBOOK: GUT HEALTH & FIBER

Reflection: What Did You Learn Today?

What was the most surprising thing you learned about gut health?

Have you noticed any signs that your gut might be out of balance?

DAY 3 WORKBOOK: GUT HEALTH & FIBER

Knowledge Check

What are two functions of your gut microbiome?

What's the difference between soluble and insoluble fiber?

Name two foods that act as natural prebiotics:

DAY 3 WORKBOOK: GUT HEALTH & FIBER

Gut-Loving Habits You Tried Today

- ☐ Ate slowly and mindfully
- ☐ Added flax, chia, or fiber-rich veggies
- ☐ Chose whole vs. processed carbs
- ☐ Stayed hydrated (2+ liters)
- ☐ Managed stress (breathing, movement, journaling)

What felt easiest today?

What was a challenge?

DAY 3 WORKBOOK: GUT HEALTH & FIBER

Your Notes & Insights

Daily Takeaway

What's one habit you'd like to keep practicing beyond this program?
