



7-Day Anti Inflammatory Program

The Inflammation Equation: Sodium, Sugar, and Fiber



**CHRISTIAN
HEALTH**
JOURNEY
ChristianHealthJourney.com

**DAY FOUR
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 4 WORKBOOK: ANTI-INFLAMMATORY FATS

Check-In: How Are You Feeling Today?

Skin:

☐ Dry ☐ Balanced ☐ Glowing

Hunger Levels:

☐ Always hungry ☐ Satisfied ☐ Not sure

Mental Clarity:

☐ Foggy ☐ Focused ☐ Energized

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DAY 4 WORKBOOK: ANTI-INFLAMMATORY FATS

Reflection: What Did You Learn Today?

What's one fat myth you believed before today?

Which healthy fats do you already enjoy using?

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Knowledge Check

Name two sources of anti-inflammatory omega-3 fats:

Which common oils are high in omega-6 and best limited?

What are three benefits of healthy fats?

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Healthy Fat Tracking: What Did You Try Today?

- ☐ Cooked with olive or avocado oil
- ☐ Added chia, flax, or walnuts to a meal
- ☐ Snacked on nuts, seeds, or guac
- ☐ Ate fatty fish or took an omega-3 supplement
- ☐ Read a label and avoided processed oils

How did your body feel after adding healthy fat today?

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Your Notes & Ah-Ha Moments

Daily Takeaway

What's one new fat-rich food you want to keep in your regular routine?
