

7-Day Anti-Inflammatory Program



The Inflammation Equation: Sodium, Sugar, and Fiber



DAY 5: MOVEMENT & MINDFULNESS

CALM THE BODY. MOVE THE ENERGY.
LOWER THE INFLAMMATION.

Today, we're diving into two of the most powerful anti-inflammatory tools you can't find on a plate: intentional movement and stress regulation. Both play a huge role in healing.



LEARNING OBJECTIVES



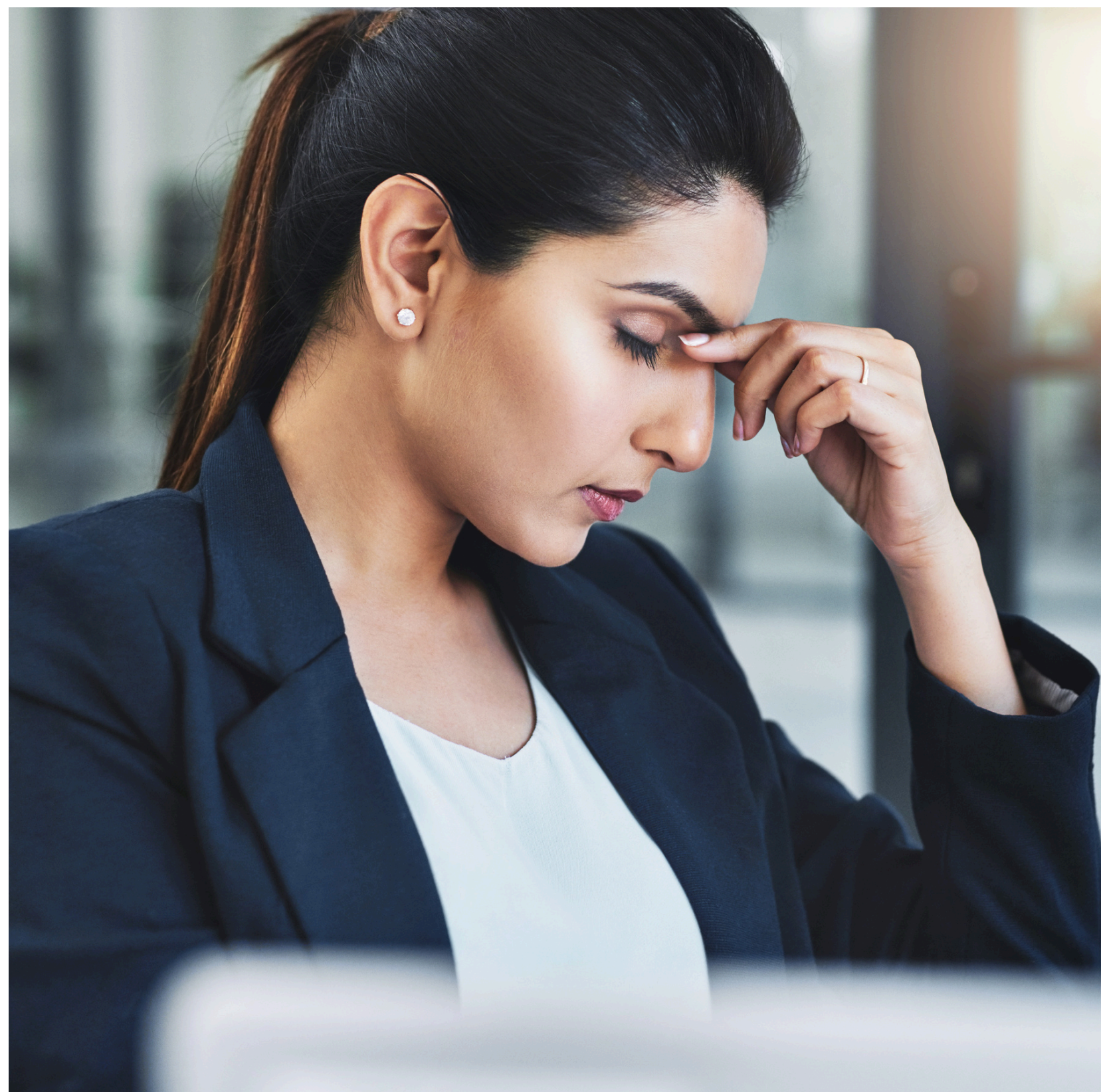
- UNDERSTAND HOW STRESS AND INACTIVITY FUEL INFLAMMATION
- DISCOVER THE IMPACT OF BREATHWORK AND MINDFULNESS
- LEARN HOW MOVEMENT SUPPORTS IMMUNITY AND HEALING
- EXPLORE EASY WAYS TO INTEGRATE BOTH —WITHOUT BURNOUT

STRESS AND INFLAMMATION

- Chronic stress increases cortisol
- Elevated cortisol → blood sugar spikes, immune suppression
- Stress causes gut permeability (“leaky gut”), inflammation, anxiety

Your body interprets stress the same—whether it’s emotional, physical, or environmental.





SIGNS OF STRESS-DRIVEN INFLAMMATION

- Fatigue and brain fog
- Weight gain (especially belly fat)
- Poor digestion or acid reflux
- Anxiety, irritability, or insomnia
- Autoimmune flare-ups

Mindfulness doesn't just relax you—it biologically lowers inflammation.

HOW MINDFULNESS HELPS

Practices like deep breathing and meditation:

- Calm the nervous system
- Reduce inflammatory cytokines
- Lower heart rate and blood pressure
- Improve digestion and sleep

Just a few minutes a day can make a measurable difference.



TYPES OF MINDFULNESS TO TRY

- Deep belly breathing (Box or 4-7-8)
- Guided meditation or body scan
- Walking meditation
- Gratitude journaling
- Yoga or gentle stretching

Start small. 3–5 minutes is a powerful beginning.



MOVEMENT IS MEDICINE

Movement helps:

- Stimulate lymphatic flow (detox + immunity)
- Improve insulin sensitivity
- Reduce joint stiffness
- Boost mood through endorphins
- Speed healing and reduce pain

You don't need a gym—your body is the tool.



INFLAMMATION-FRIENDLY MOVEMENT

Try:

- Walking (especially outside)
- Yoga or Pilates
- Rebounding or dancing
- Swimming
- Mobility or functional strength training

Gentle, consistent movement supports recovery without overtaxing the system.





SIGNS YOU'RE OVERDOING IT

- Excess fatigue
- Mood crashes after workouts
- Sore for days
- Disrupted sleep
- More cravings or irritability

More isn't always better. Your body heals in rest.

THE BREATH- INFLAMMATION CONNECTION

- Shallow breathing = stress state
- Deep, slow breathing activates the parasympathetic nervous system (“rest and digest”)
- Increases oxygen flow → reduces muscle tension + improves recovery

Breath is a tool you always have access to—no equipment needed.



TRY THIS: 4-7-8 BREATHING

- Inhale for 4 seconds
- Hold for 7 seconds
- Exhale slowly for 8 seconds
- Repeat 4–6 rounds

This simple breathing reset takes just 2 minutes and can shift your entire nervous system.



MOVEMENT & MINDFULNESS WORK TOGETHER

- Movement clears physical stagnation
- Mindfulness calms internal tension
- Together, they create a system-wide anti-inflammatory effect

Healing is a full-body process—not just nutritional.

TODAY'S ACTION OPTIONS

Choose 1–2:

- Go for a walk or stretch outdoors
- Try 5 minutes of deep breathing
- Dance to one favorite song
- Do a 10-minute yoga or mobility video
- Journal three things you're grateful for

These habits take little time—but create massive shifts.



CREATE A 5-MINUTE RESET RITUAL

- Set a time: _____
- Choose a space: _____
- Practice: ☐ Breathing ☐ Walking ☐ Journaling
- Reflect: “How do I feel before and after?”

Your reset can be done anytime—especially when stress hits.





MIND-BODY WINS YOU MAY NOTICE

- Fewer cravings
- Less tension in shoulders/jaw/gut
- Better sleep
- Calmer reactions to stress
- More mental clarity

Even 1–2 days of consistent practice can lead to noticeable changes.

TOMORROW'S FOCUS: REST & RECOVERY

Sleep is when your body truly rebuilds. Tomorrow, we'll explore how to optimize your rest—so the healing you've started can go deeper and last longer.

