

7-Day Anti-Inflammatory Program

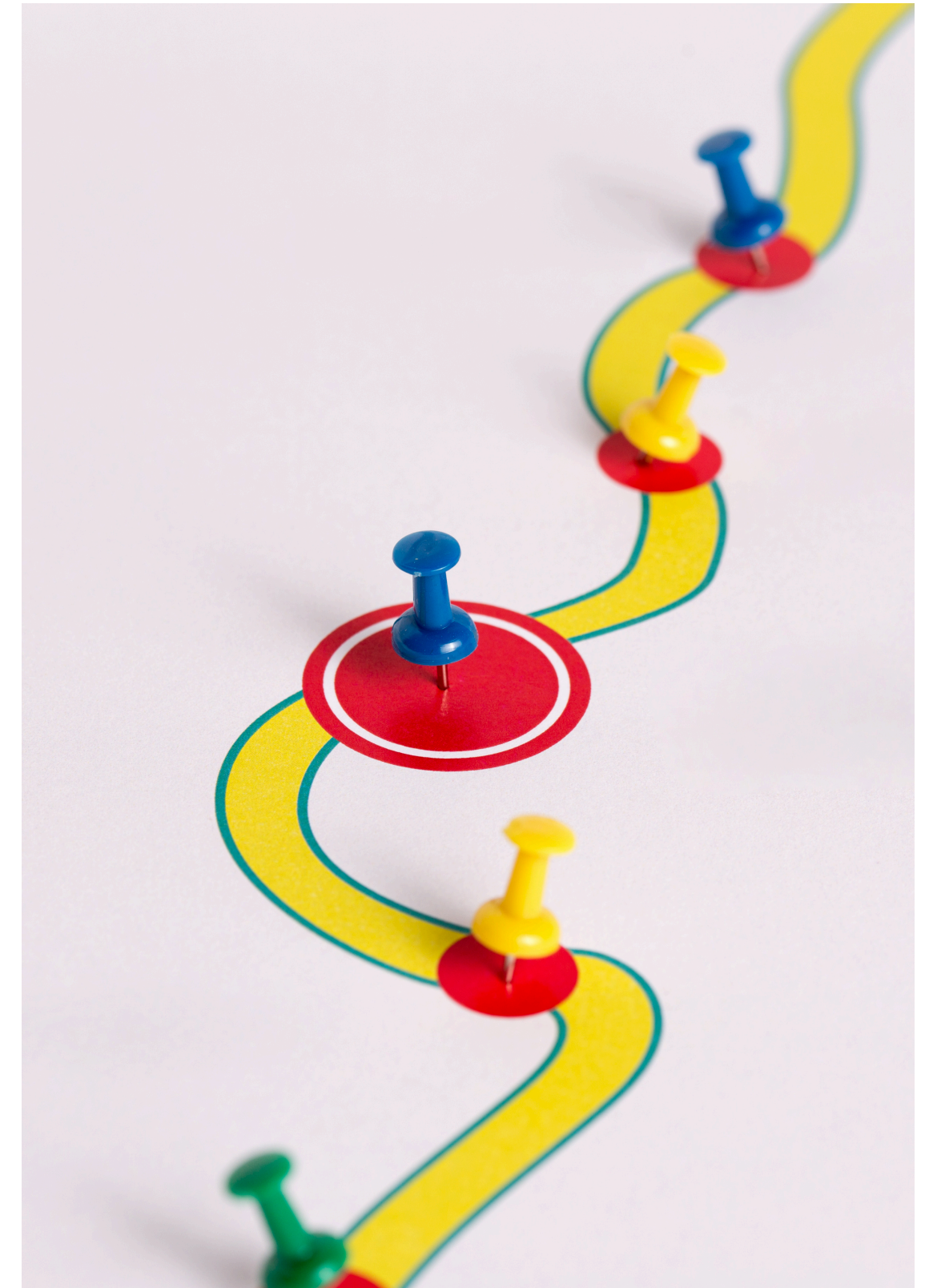


The Inflammation Equation: Sodium, Sugar, and Fiber

DAY 7: REFLECTION & LONG-TERM STRATEGY

KEEP THE MOMENTUM. BUILD YOUR WELLNESS ROADMAP.

Congratulations! You've reached the final day of the reset. Today, we reflect on your journey and help you turn short-term habits into a lasting, anti-inflammatory lifestyle.



LEARNING OBJECTIVES



- REFLECT ON PROGRESS FROM THE PAST 6 DAYS

- CREATE A REINTRODUCTION PLAN (IF APPLICABLE)

- IDENTIFY WHAT WORKED AND WHAT DIDN'T

- BUILD A PERSONALIZED STRATEGY FOR SUSTAINABILITY

WHAT YOU'VE LEARNED THIS WEEK

- What inflammation is
- How food impacts your immune system
- The power of gut health and fiber
- The truth about fats
- How movement and mindfulness reduce inflammation
- Why rest is essential to healing

That's a powerful foundation.





HOW ARE YOU FEELING NOW?

Reflect:

- Energy levels
- Mood and mental clarity
- Digestion and bloating
- Pain or stiffness
- Sleep quality

You don't need a miracle to feel better—
just a few key shifts.

WINS WORTH CELEBRATING

What changes did you make this week?

- Ate more whole foods
- Cut back on sugar
- Slept better
- Added movement or mindfulness
- Felt more in tune with your body

Small wins lead to lasting change.



WHAT WAS HARD?

Challenges are part of the process.
Reflect on:

- What felt difficult?
- What triggered old habits?
- How did you respond?

Understanding this helps you plan for the future with more self-awareness and compassion.



THE POWER OF AWARENESS

Awareness = the first step to transformation

You can't change what you don't notice—and now, you see your patterns more clearly.

This awareness becomes your compass moving forward.



REINTRODUCTION STRATEGY (IF DETOX/ELIMINATION WAS USED)

If you removed foods (like gluten, dairy, sugar):

- Reintroduce **one food at a time**
- Wait 48–72 hours between foods
- Track energy, digestion, mood, sleep, skin, pain

Your body will tell you what it thrives on—and what it doesn't.





HOW TO TRACK YOUR RESPONSE

For each reintroduced food:

- Any bloating or gas?
- Changes in energy or focus?
- Headaches or joint pain?
- Skin changes or breakouts?
- Cravings or mood shifts?

Food is information—learn what your body is telling you.

KEEP DOING WHAT'S WORKING

What habits do you want to keep?

- More water
- Daily fiber
- Whole food meals
- Breath work or movement
- Earlier bedtime

Write these down—they're your *non-negotiables*.



CREATE YOUR WELLNESS ANCHORS

Choose 3–5 “anchor habits” to guide your routine.

Examples:

- Lemon water in the morning
- Walk after meals
- Stretching or journaling before bed
- Weekly meal planning

Anchor habits keep you grounded—especially when life gets busy.



PREPARE FOR REAL LIFE

Wellness doesn't mean perfection. It means:

- Having a plan for stressful days
- Getting back on track without shame
- Being flexible but intentional
- Noticing how your body responds—and adjusting

Sustainability > rigidity.



SUPPORT MOVING FORWARD

- Find a buddy or group
- Check in weekly with a coach or tracker
- Repeat the reset seasonally
- Keep learning and tweaking
- Set reminders for daily habits

You don't have to do it alone. Community = accountability.



ANTI-INFLAMMATORY LIFESTYLE = A PRACTICE

Think of this as a practice, not a plan. You'll have:

- Easy days and hard days
- Wins and setbacks
- Moments of awareness and clarity

The key is to **keep showing up for yourself.**



WHAT DOES “WELL” FEEL LIKE FOR YOU?

Define your version of wellness:

- What does it look like?
- How do you want to feel day to day?
- What habits support that?

When you have clarity, you can create alignment.





YOU DID IT!

You just completed a 7-day anti-inflammatory reset.

You showed up. You listened to your body. You learned and grew.

Let this be your launchpad—not just a one-time event.

FINAL MESSAGE

Your body knows how to heal—it just needs the right support.

Keep choosing small, loving actions. They add up.
Stay curious. Stay consistent. Stay kind to yourself.

You've got this.

