



## PUTTING OUT THE FLAME

# Session Two

### Inflammation Overview

**Classes featured:** Acute vs. Chronic Inflammation

My reflections:

What I want to remember:



## WHAT YOU NEED TO KNOW:

**Acute inflammation** is the body's protective response to an injury, illness, or infection. It's a good thing!

- Signs of acute inflammation at your injury site: redness, swelling, heat, and pain.
- It's successful when the body returns to homeostasis after healing.

**Chronic inflammation** occurs when acute inflammation processes don't shut off and the body does not return to homeostasis. Too much of a good thing becomes a bad thing.

- Chronic inflammation increases your risk of infections, illness, disease, and damage to cells and tissues.

### **Chronic inflammation is connected to:**

- Chronic pain
- Depression/anxiety
- Gut issues
- High blood pressure
- High cholesterol
- Inability to focus
- Low energy
- Overweight/obesity
- Prediabetes/diabetes
- Sinus and nasal congestion
- Skin issues

**Homeostasis** is the body's ability to seek and maintain a stable internal environment as it deals with external changes.



## HOMEWORK

### Assignment

Take some time to answer these questions:

Is there anything in your everyday life that might be contributing to inflammation?

Can you identify any food patterns that you don't feel your best after?

What's going well?

Quick notes:



# FACTORS THAT CONTRIBUTE TO CHRONIC INFLAMMATION



**Hygiene**



**Lack of exercise**



**Persistent infections**



**Pro-inflammatory foods**

Refined/artificial oils and sugars.



**Lack of nutrients**

Lack of whole plant foods and high-quality meats and fish.



**Too little rest/relaxation**

It's harder for your body to recover and function well.



**Food sensitivities**

Your body uses resources to respond when reacting to a food.



**Toxins**

External: Air, chemicals in food and products.  
Internal: By-products of normal body processes.