

Putting Out the Flame

Syllabus + FAQs

SYLLABUS

This program is designed to help you learn nutrition strategies to prevent and manage chronic disease. It covers key aspects of the cardiometabolic diet, created by the Institute for Functional Medicine, and it reviews simple ways to help you manage or prevent chronic inflammation. Before beginning this program:

Review the **resource page** for the Putting Out the Flame program.

- Download and print the full program workbook or start with just session one.

SESSION 1: WELCOME! GETTING STARTED

- Find out what chronic inflammation is and why it matters for your health.
- Set up your mindset for success with five reflection questions.
- Get started with tracking.

Classes:

- Welcome to Putting Out the Flame
- Getting Started with Putting Out the Flame

SESSION 2: INFLAMMATION OVERVIEW

- Learn which kind of inflammation is good for your health.
- Understand lifestyle factors that contribute to chronic inflammation.

Classes:

- Acute vs. Chronic Inflammation

SESSION 3: HEALTHY FATS

- Learn fats to avoid and how to spot them in your food products.
- Learn about healthy fats and simple ways to eat more of them.

Classes:

- The Different Types of Fat in Food
- How to Nix the Six, Increase the Threes

SESSION 4: MICRONUTRIENTS

- Learn about the top nutrients that fight chronic inflammation and the foods that include them.
- Understand the recommended amount for optimal health and simple ways to reach it.

Classes:

- What are Micronutrients?
- Micronutrients—What to Eat

SESSION 5: BALANCED BLOOD SUGARS

- Learn why blood sugar matters for inflammation.
- Understand how to get off the blood sugar rollercoaster.
- Review sweeteners to use and sweeteners to avoid.
- Learn strategies to keep sugar from sneaking into your diet.

Classes:

- Blood Sugar Rollercoaster
- How Added Sweeteners Impact Blood Sugar

SESSION 6: SUPPLEMENTS

- Learn tips for purchasing a supplement.
- Find out supplements to consider for reducing chronic inflammation.

Classes:

- Supplements Made Simple
- Putting Out the Flame Wrap-up

PROGRAM FAQs

What are your nutrition programs based on?

Launch My Health was founded on the principle that food can be one of the most powerful medicines we have. Our nutrition and culinary programming is evidence-based and includes a whole fresh foods approach with an emphasis on a positive mindset and celebrating food. We believe flexible eating styles are more sustainable than restrictive diets and work to guide you in simple ways you can enjoy eating this way.

Who is this program NOT recommended for?

This program is not meant for those under the age of 18, those under the care of a physician for cancer treatment or treatment of another serious medical condition, those with a history of or current disordered eating, or those who are pregnant, nursing, or trying to conceive. If you are unsure, consult with your physician before beginning this program.

I have a food allergy/sensitivity and/or follow a specific diet. Will I be able to participate?

Yes! All the recipes included in this program have options to be modified to fit a dairy-free, gluten-free, and/or low-FODMAP eating style. Plus, you'll find many excellent vegetarian, pescatarian, and vegan options on the recommended food lists. If you don't like or can't eat an ingredient, you can swap it out for something that works for you. You're in control.

What does a "low-FODMAP eating style" mean?

FODMAPs are different forms of carbohydrates that are part of many commonly consumed foods, like fruits, vegetables, dairy, grains, and sweeteners. Most people have no trouble digesting FODMAPs, but in those with irritable bowel syndrome (IBS), unpleasant digestive symptoms like chronic bloating, diarrhea, constipation, and stomach pain can occur from eating high-FODMAP foods. Fun fact: FODMAP stands for fermentable, oligosaccharides, disaccharides, monosaccharides, and polyols.

Launch My Health Program Disclaimer: The information provided in Launch My Health programs is for educational purposes only and not intended as medical advice or to replace medical care. Always consult with your physician and medical care team to determine the right care for you.