



## Inflammation-Fighting Lifestyle Tips

Inflammation is our body's reaction to injury or stress, and in small, infrequent doses – referred to as acute inflammation – it is actually a good thing because it helps our body to heal.

When our body experiences prolonged or chronic inflammation, however, it has difficulty healing itself and can lead to illnesses including asthma, diabetes, arthritis, and heart disease.

### Common Causes of Chronic Inflammation

Poor diet, stress, a sedentary lifestyle, and smoking (or a combination of these) are just a few causes of chronic inflammation. But take heart. If you suffer from, or want to help prevent chronic inflammation, eating a balanced diet of whole, plant-based foods and incorporating a few lifestyle changes to your daily routine can help.\*

### Eat Your Way to Better Health

***Eating foods associated with the Mediterranean style of eating can help you achieve your goal of better health.***

You have an abundance of foods to enjoy including vegetables (especially leafy greens) and fruits, as well as nuts and seeds, whole grains (such as whole wheat pasta, quinoa, barley), and lean meat (in small amounts). And don't forget the healthy fats such as those found in fatty fish like salmon, mackerel and sardines, as well as extra-virgin olive oil and avocados. These foods are filled with vitamins, nutrients, polyphenols and omega-3 fatty acids that can keep you healthy and help your body fight inflammation. Other foods that help fight inflammation include ginger, garlic, green tea and soy.

### Drink plenty of fresh water.

Staying hydrated is important for keeping your body functioning properly, including keeping your joints lubricated, transporting nutrients in your blood, cushioning and protecting vital organs, regulating your body temperature, as well as flushing out toxins and irritants. With all your bodily activities relying on it, water needs to be replenished everyday. It's recommended that women consume 2.7 liters (91 ounces) and men approximately 3.7 liters (125 ounces) of liquid (including water, tea, juice) per day.



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## Small Changes to Your Daily Routine Can Reap Healthy Rewards

### ***Get up and get moving.***

A sedentary lifestyle can increase the chances of developing a chronic disease, so it's important to be physically active. Strive for 30 minutes of exercise, 3 days a week. If you can't dedicate that much time at the gym, look for other ways to get up and move throughout the day. Take the stairs, take a 15-minute walk at lunch time; stand up and move away from your desk every few hours; park a good distance from the nearest entrance to your office or store. All those extra steps can add up throughout the week.

Frequent movement throughout the day, in fact, may be even more beneficial than a half hour at the gym followed by sitting for eight hours.

### ***Reduce stress.***

When you're feeling stressed, it can take a toll on both body and mind. To reduce feelings of anxiety, frustration, or work pressures, it's helpful to take time to breathe. By being aware of your breath, and inhaling and exhaling deeply, you bring oxygen to your vital organs, purify the blood stream, and as a result can minimize the feelings of stress. Meditation is another way to relax and can be done almost anywhere, anytime.

### ***Quit Smoking.***

Smoking harms nearly every organ in the body. Some people stop smoking by going "cold turkey," or by reducing the number of cigarettes they smoke each day until they're smoke free. If you would like help, talk with your healthcare professional for advice.

### ***Get at least 7 hours of sleep nightly.***

Studies show that people who sleep poorly or do not get enough sleep have higher levels of inflammation. For a night of uninterrupted sleep, avoid caffeine, nicotine and alcohol several hours before retiring, as well as spicy and hot foods that could cause acid reflux.

\*Consult with your doctor before starting any new health regimen.