

# 10 WAYS TO FIGHT INFLAMMATION

Sources of inflammation are everywhere, causing disease in our bodies! Here's how to fight back

## 1. EAT HEALTHY FOOD

This seems like a given! But a diet with lots of fresh fruits and vegetables has been shown to decrease inflammation.



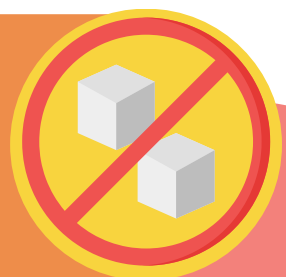
## 2. GET ENOUGH SLEEP

Sleep deprivation is associated with markers of inflammation. Rest is so important for our body's recovery!



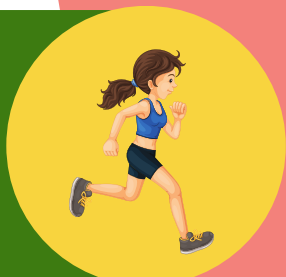
## 3. AVOID SUGAR

There are so many ways sugar contributes to inflammation. Avoiding sugar and finding alternatives will greatly improve health!



## 4. EXERCISE

While some exercises can cause a small amount of inflammation initially, most exercise helps to reduce inflammation overall.



## 5. EAT CLEAN PROTEIN

While it's best to avoid processed meats, other protein sources such as certain fish and lean meats can help to build cells.



## 6. USE CLEAN BEAUTY

You are what you eat also applies to skincare! Make sure your beauty products don't contain any harmful chemicals.



## 7. OPT FOR HEALTHY FATS

Watch out for saturated fat and trans fat. Instead, opt for healthy sources of fat such as olive oil and avocado.



## 8. AVOID POLLUTION

Toxins such as mold, air pollution, and soil pollution can be irritants that contribute to inflammation.



## 9. GOOD RELATIONSHIPS

A study found that mutually-supportive relationships can lower inflammation.



## 10. USE SUPPLEMENTS

Certain supplements like turmeric have been well-documented to help reduce inflammation, in addition to omega-3 and ginger.

