



St. Jude Wellness Center Presents:
The Inflammation Evaluation

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My Sister's Story



Today's Agenda:

1. Inflammation: definition & misconceptions
2. Your Inflammation Evaluation
3. Strategies to improve your inflammatory status
4. Putting it all together for lifestyle well-being

Misconception #1:
Inflammation is always harmful



When Inflammation is NOT Beneficial

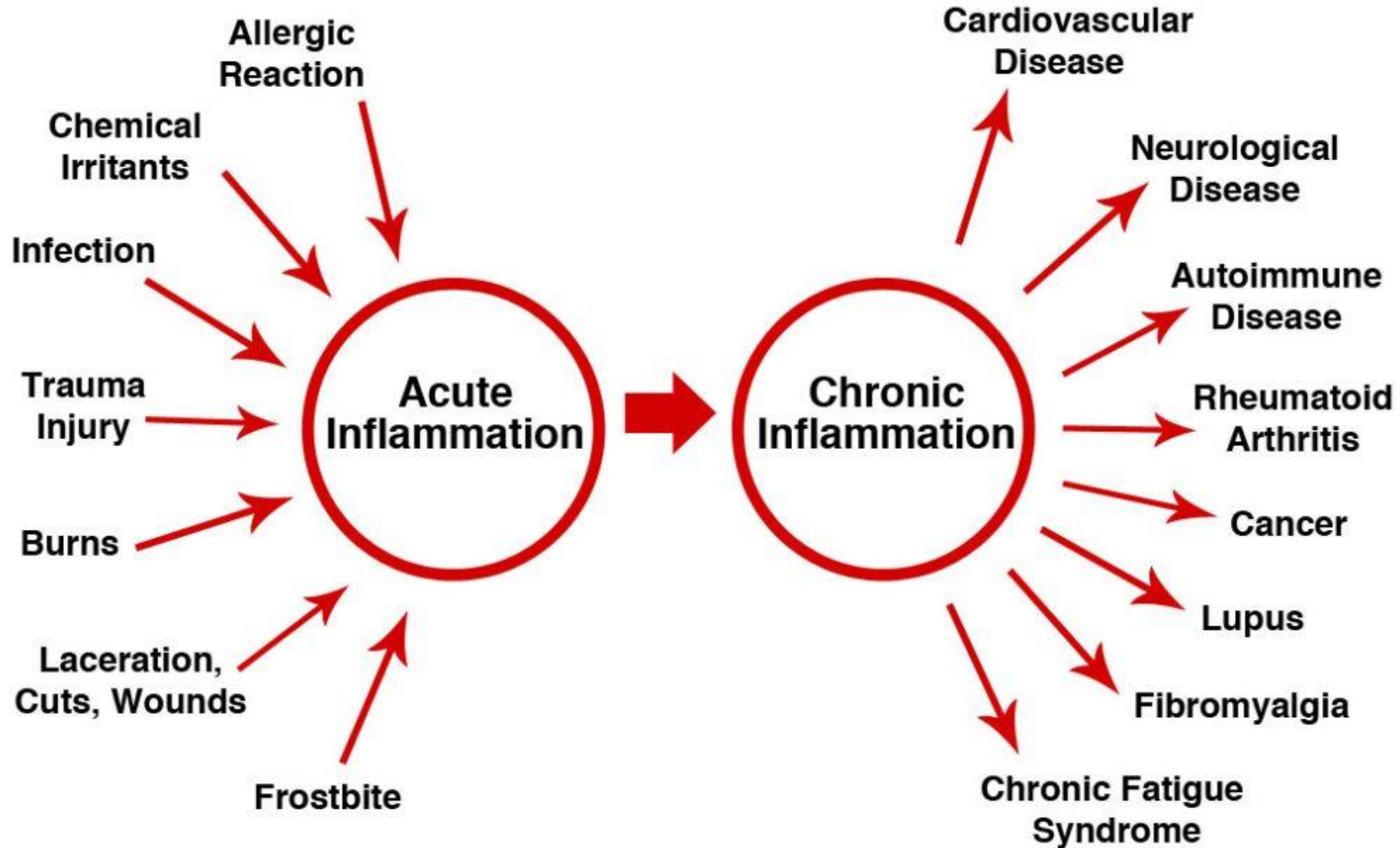


Chronic inflammation is linked to 6 of the top 10 leading causes of death.

Up to 60% of adults have chronic inflammation and may not even know it.

The global cost of inflammation is projected to exceed \$47 trillion by 2030.

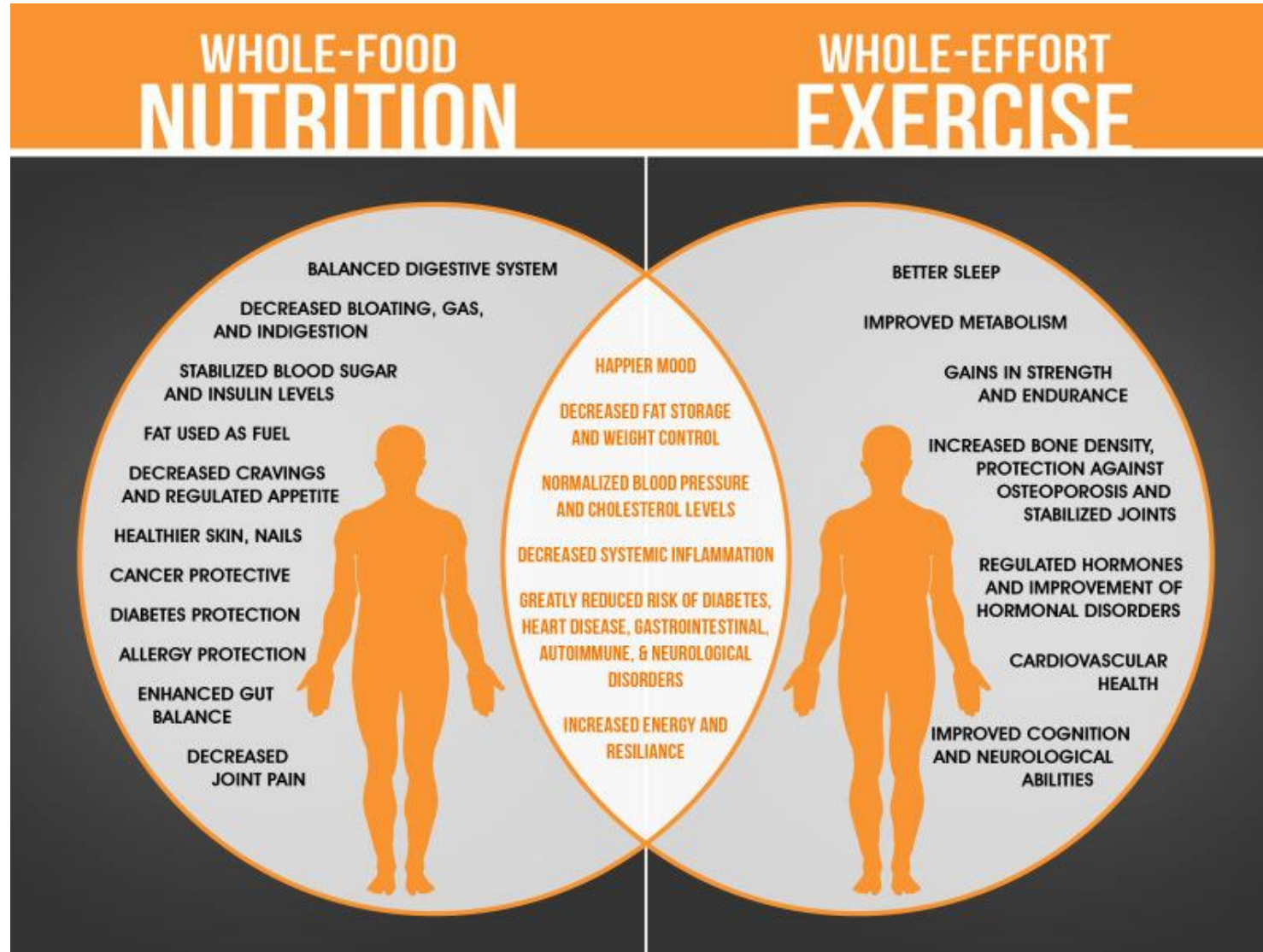
Acute Vs. Chronic Inflammation



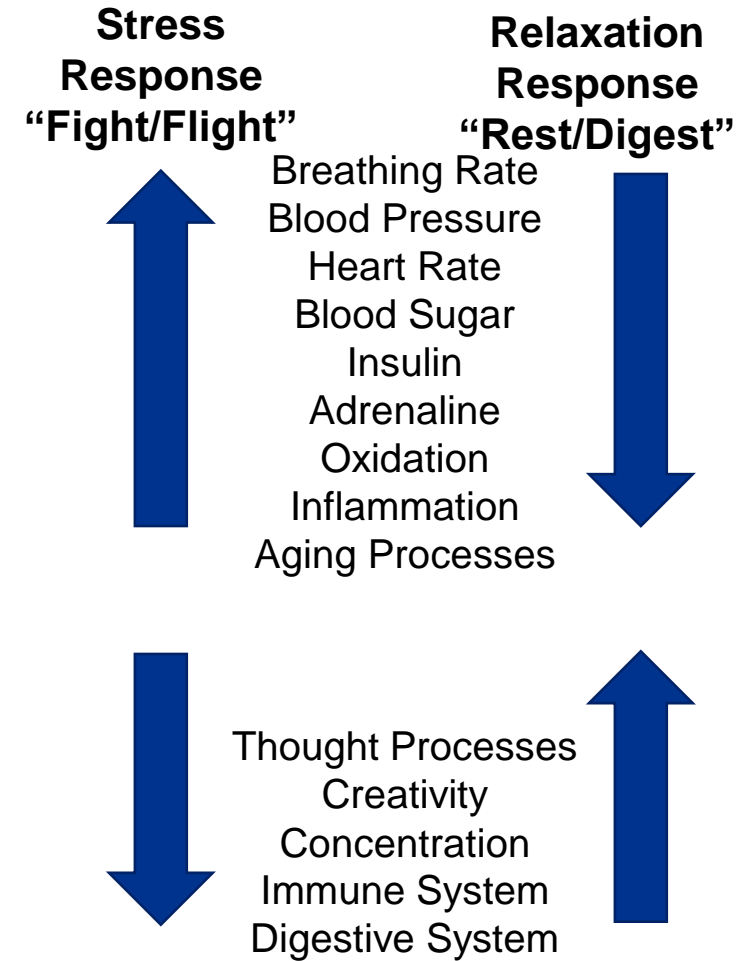
Misconception #2:
Diet alone can eliminate chronic inflammation



Food vs. Movement



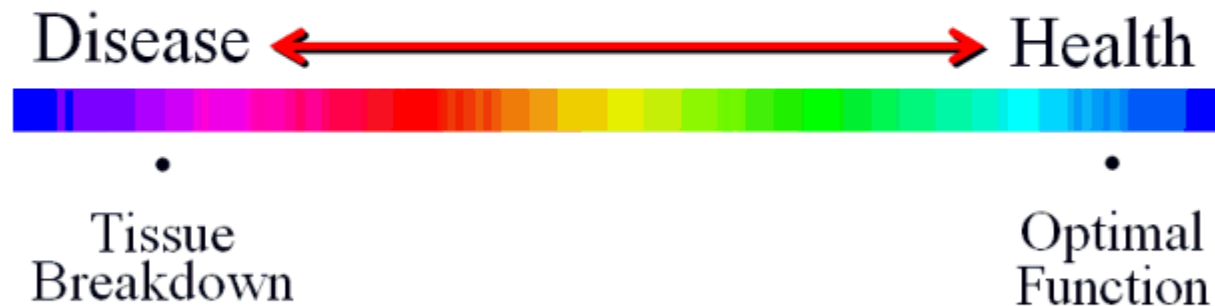
Food vs. Stress



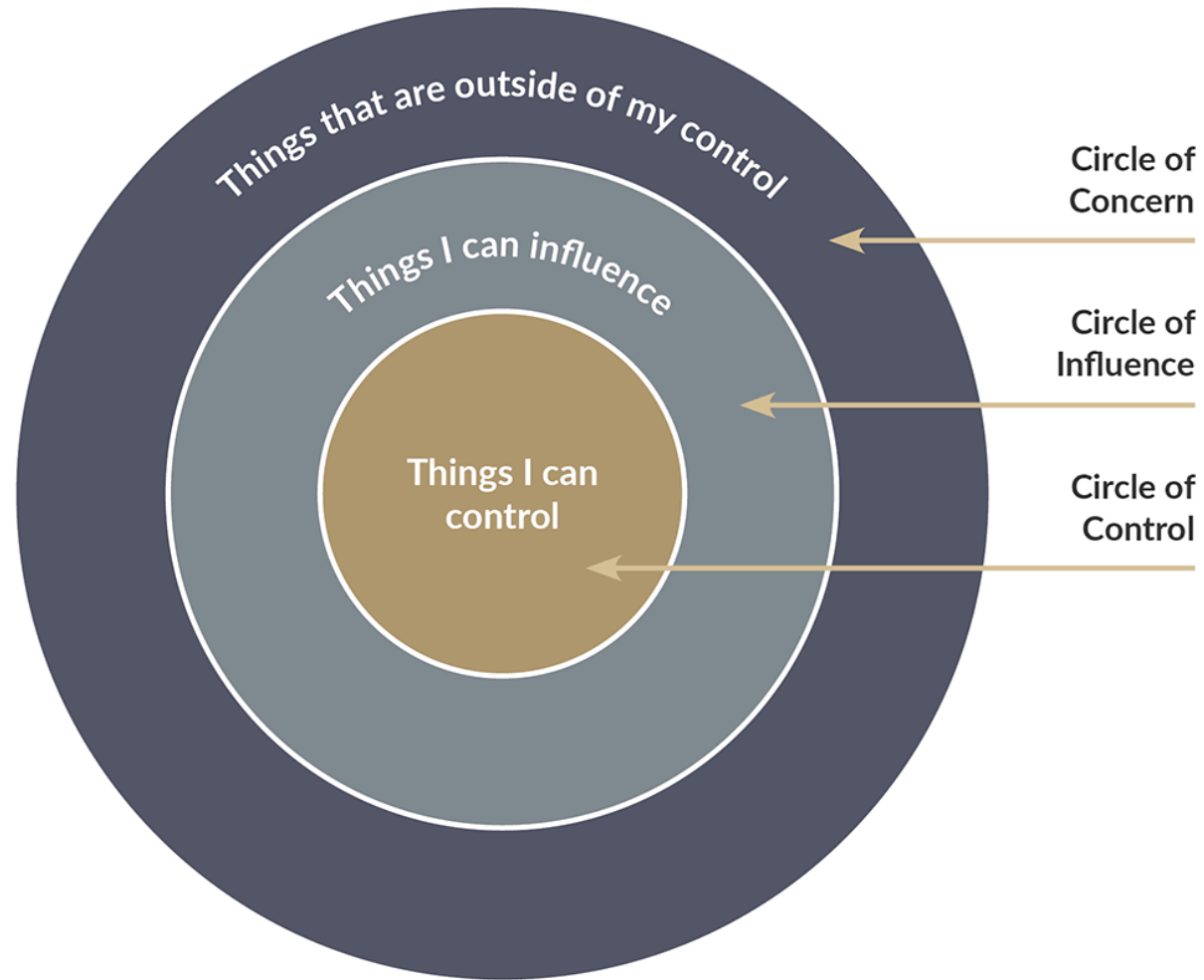
Misconception #3:

Anti-inflammatory strategies are not needed if there are no symptoms

**The absence of disease does not
guarantee the presence of health.**



Your Circle of Influence & Control



Your Inflammation Evaluation

The Inflammation Evaluation

Assess your inflammatory risk score.

For each statement, circle the option that best describes you.
Add up your points at the end to find your score.

Nutrition

How often do you eat ultra-processed or fast foods?

Rarely/Never (0pts) 1-3x/week (2pts) 4+ x/week (4pts)

How many servings of fruits and vegetables do you eat daily?

5+ servings (0pts) 3-4 servings (1pt) <3 servings (3pts)

How often do you eat anti-inflammatory foods?

Daily (0pts) 1-3x/week (1pt) Rarely/Never (3pts)

How much water do you drink daily?

8+ cups (0pts) 4-7 cups (1pt) <4 cups (3pts)

Movement

How often do you engage in moderate physical activity (walking, yoga, swimming)?

4+ x/week (0pts) 1-3x/week (2pts) Rarely/Never (4pts)

How many hours do you spend sitting daily?

<4 hours (0pts) 4-7 hours (2pts) 8+ hours (4pts)

How often do you engage in strengthening/muscle-building exercises?

2+ x/week (0pts) 1x/week (2pts) Rarely/Never (4pts)

Sleep

How many hours of sleep do you get per night?

7-9 hours (0pts) 5-6 hours (2pts) <5 hours (4pts)

Do you wake up feeling rested?

Always (0pts) Sometimes (2pts) Rarely/Never (4pts)

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Stress & Mental Health

How often do you feel overwhelmed or excessively stressed?

Rarely/Never (0pts) Sometimes (2pts) Often/Daily (4pts)

How often do you practice stress-reduction techniques (meditation, deep breathing)?

Daily (0pts) Occasionally (2pts) Rarely/Never (4pts)

Environmental Factors

How often do you spend time outdoors or in natural lighting?

Daily (0pts) 2-3x/week (1pt) Rarely/Never (3pts)

How would you rate your exposure to toxins (cigarette smoke, pollution, chemicals)?

Minimal (0pts) Moderate (2pts) High (4pts)

Calculate Your Score

Low Risk

0-12 points

Your lifestyle habits are supportive of low inflammation - great job! Keep assessing & re-assessing depending on life circumstances.

Moderate Risk

13-30 points

Some areas of your lifestyle may be increasing inflammation. Focus on small changes to improve nutrition, movement, stress, sleep and toxin exposure.

High Risk

31+ points

You may be at high risk for chronic inflammation, even if you don't have significant symptoms yet. Consider consulting with a lifestyle health expert to implement targeted strategies for improving your risk profile.

Contact St. Jude Wellness Center for personalized anti-inflammatory strategies.
www.stjudewellnesscenter.org

Personalize Your Anti-Inflammatory Strategies

- ✓ Work with a dietitian
- ✓ Work with a functional medicine provider
- ✓ Hone in on areas specific to you
- ✓ Trial and error
 - ✓ Cooking Class Jan 29 at 11:30
- ✓ Anti-Inflammatory Series:
 - ✓ January 30 at noon



Strategies Based on Category

Nutrition

- Fiber intake
- Protein intake
- Types of fat
- Antioxidant intake
- Sugar load
- Hydration status
- Supplements

Movement

- Basic functional movement
- Resistance training
- High intensity cardio
- Mobility & flexibility
- Activities of daily living

Sleep

- Quantity
- Quality
- Sleep environment
- Sleep hygiene

Strategies Based on Category

Stress & Mental Health

- Breath work
- Yoga therapy
- Mindfulness techniques
- Gratitude practice
- Massage therapy
- Acupuncture
- Professional therapy

Environmental Factors

- Pollutants & air quality
- Topicals
- Household environment
- Work environment
- Food ingredients & sourcing
- Supplement & medication ingredients

Special Offer:

Join The Anti-Inflammatory Series
TODAY and get a bonus live Q&A
session with me after the series!

Jan 30-Feb 27
12-1pm

