

THE COMPLETE GUIDE TO
CHRONIC
INFLAMMATION



WORKSHEET

3. What are some risks with chronic inflammation?

4. What are some ways doctors can check for chronic inflammation?

5. What are some main causes of chronic inflammation?

6. What are some things you can do to slow down or reverse chronic inflammation?

7. What diet changes can you make that may help reduce chronic inflammation?

8. How can you incorporate exercise into your daily routine?

9. In what ways can you change your routine to sleep better at night?