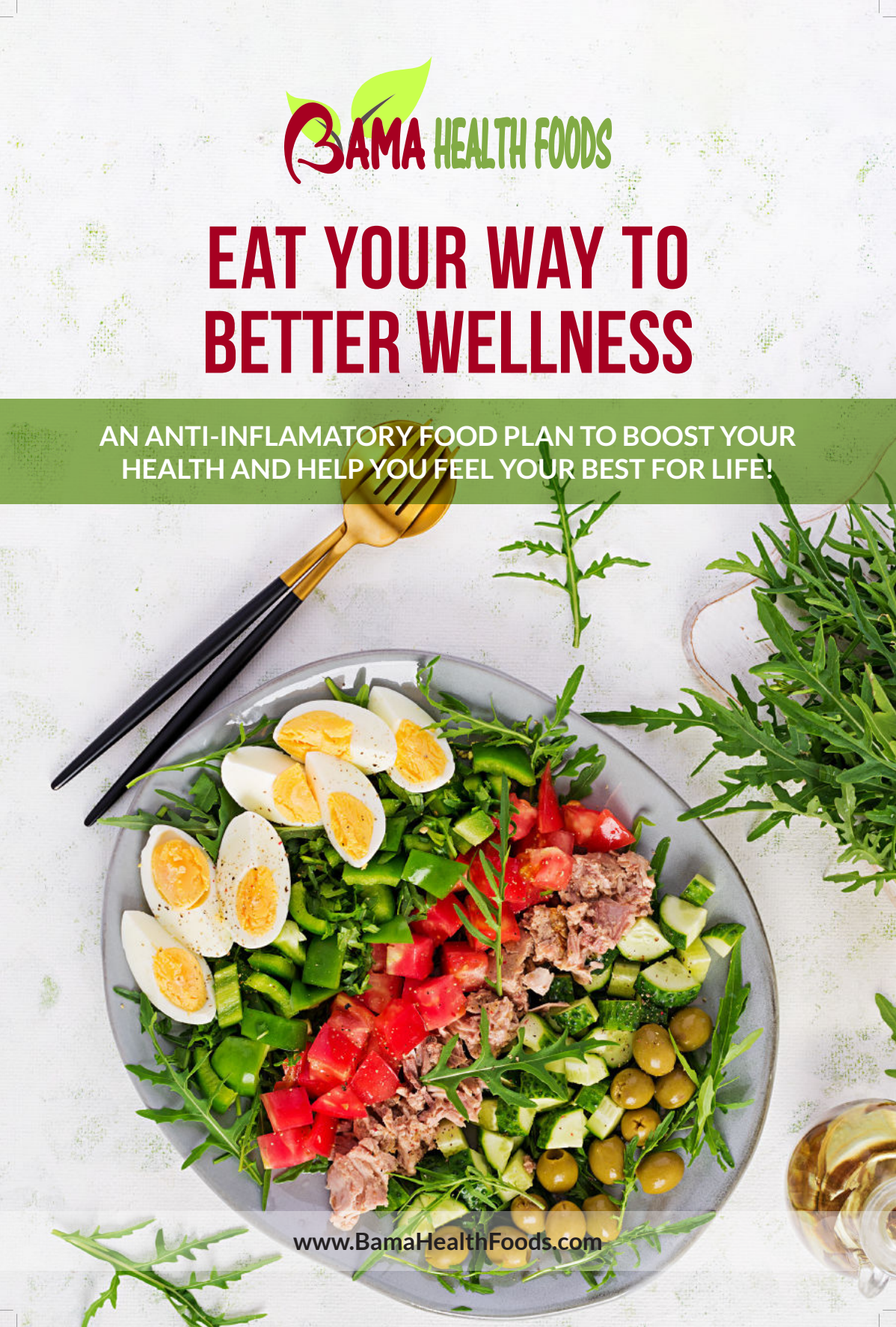
BAMA HEALTH FOODS

EAT YOUR WAY TO BETTER WELLNESS

AN ANTI-INFLAMATORY FOOD PLAN TO BOOST YOUR HEALTH AND HELP YOU FEEL YOUR BEST FOR LIFE!



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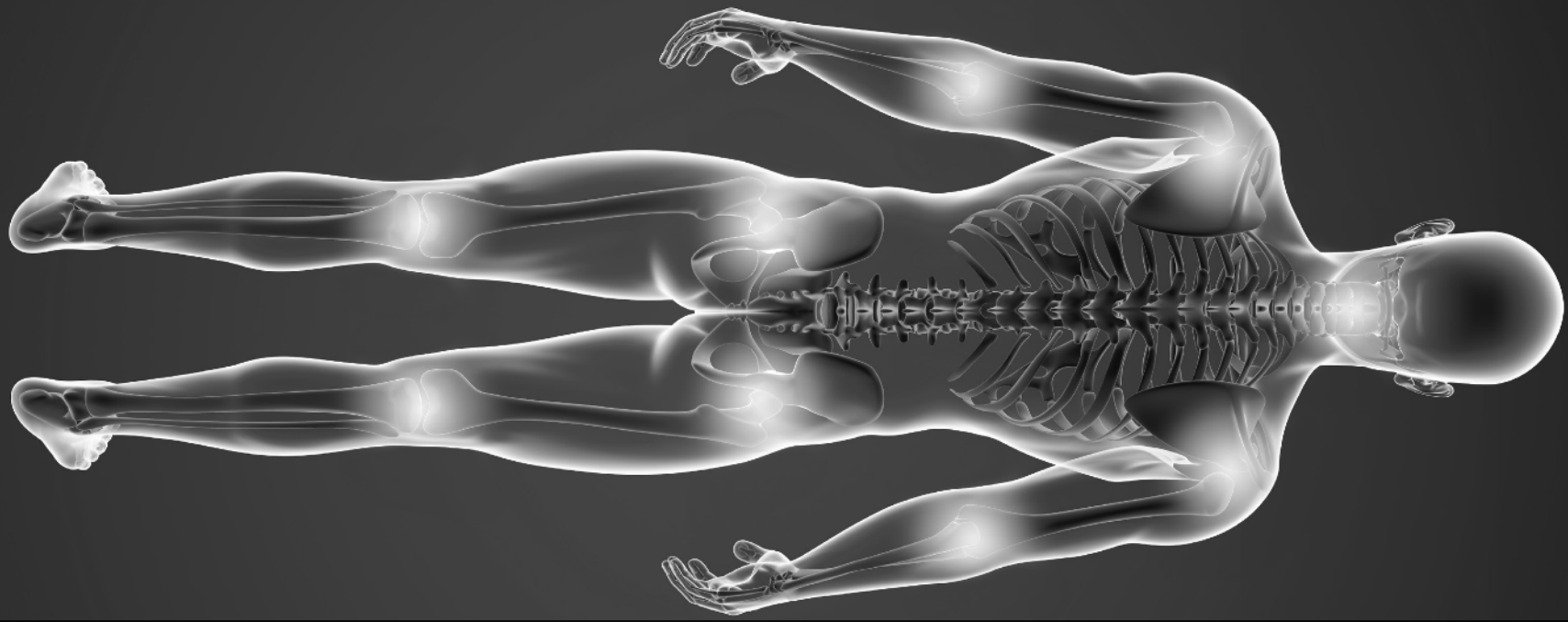

Section | 01

What is Inflammation?

It's no secret that eating right does the body good and smart food choices play a key role in your overall wellness. But what you may not know, is exactly how what you eat, and drink drives your immune system's inflammatory response to either heal your body, or worse, turn against itself in the form of chronic disease and autoimmunity. If you're wondering exactly what inflammation's got to do with your long-term health, keep reading. This booklet will explain just that.

In the following pages, you'll learn what inflammation is, how it's linked to a number of different conditions, and what foods can calm it. You'll discover how to select and prepare foods to yield both delicious and health-boosting results with a 4-week, budget-friendly meal plan designed to suit your busy lifestyle!

The Good Versus the Bad

There are two types of inflammation—acute and chronic—and both are your body's natural reaction to injury or infection and its effort to begin healing. The acute version is normally what you experience after you've cut yourself, been bitten by an insect or twisted your ankle. As a result, the injured area becomes red or swollen. In the case of a cold or the flu, you run a high fever. The symptoms are typically short-lived and go away within a few hours or days.

Chronic inflammation is much different and potentially dangerous overtime. It is your immune system's long-lasting, silent response to a number of changeable lifestyle factors including:

- Allergies (food and environmental)
- Alcohol consumption
- Lack of activity
- Lack of sleep
- Poor diet (high in calories, sugar, and fat)
- Stress

What's so concerning about chronic inflammation is that it can last for weeks, months and even years without displaying noticeable signs or symptoms. Although some people may experience headaches, fatigue or brain fog, they often don't realize those may be subtle symptoms and go undiagnosed.