

Inflammation

— What Actually Works —

Practical, evidence-backed strategies to reduce chronic inflammation and support long-term health.



Daily Habits

- Eat whole, unprocessed foods
- Stay active every day
- Manage stress
- Get quality sleep



Inflammation Control

- Reduces chronic inflammation
- Supports healthy joints
- Protects heart health
- Supports brain health



Long-Term Health

- Lower disease risk
- More energy
- Better digestion
- Improved quality of life

Key habits to reduce inflammation

- ✓ Eat a whole-food, anti-inflammatory diet
- ✓ Get regular movement
- ✓ Maintain a healthy weight
- ✓ Limit sugar and refined foods
- ✓ Prioritise sleep
- ✓ Manage stress effectively

Small daily changes can lead to less inflammation and better health over time.



The Real Health Guide 55+

Practical, evidence-based health information