

# Inflammation Checklist

## ROOT CAUSES OF INFLAMMATION — CHECKLIST

### Blood Sugar Imbalance

- Cravings for sugar or carbs
- Energy crashes after meals
- Stubborn belly fat

### Gut Dysfunction

- Bloating, gas, or irregular stools
- Food sensitivities
- Frequent heartburn or reflux

### Chronic Stress & Poor Sleep

- Trouble falling or staying asleep
- Feeling “wired but tired”
- High anxiety or burnout

## Nutrient Deficiencies

- Muscle cramps or tension
- Brittle nails or hair thinning
- Frequent illness or slow healing

## Toxic Load

- Sensitivity to smells or chemicals
- History of mold exposure
- Frequent headaches or brain fog

## Hormonal Imbalances

- Weight gain despite low calories
- Irregular cycles or low libido
- Cold hands/feet or hair loss

## Chronic Immune Activation

- Frequent infections
- Autoimmune symptoms
- Persistent inflammation on labs

## Movement Imbalance

- Little daily movement
- Excessive high-intensity exercise
- Poor recovery or chronic soreness

### Important Note

If you checked multiple boxes, your symptoms aren't random—your body is responding to underlying stressors.