



BONUS #6

ANTI-INFLAMMATORY
SYMPTOM
& RELIEF
CHART

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Your body is always communicating with you. The chart below helps you listen, understand, and respond with wisdom and compassion. Let it become your trusted companion on the journey back to yourself—back to the vibrant, energetic woman you were always meant to be.

Ultimately, this is a practical tool born from both ancient wisdom and recent research, designed to help you decode your symptoms and take immediate, effective action. Instead of Googling everything and anything to try and find relief, use this chart for clarity and direction when you need it the most.

For each common inflammatory symptom, you'll find specific dietary adjustments, targeted ingredients, and simple lifestyle practices that address not just the symptom itself, but the inflammatory process behind it. So, what are you feeling right now? Check the column to the left for your symptoms to begin using this symptom relief chart and start feeling better.

Anti-Inflammatory Symptom & Relief Chart

Symptom	Possible Causes	Dietary & Lifestyle Tips
Fatigue	Poor sleep, chronic inflammation, blood sugar imbalances	<ul style="list-style-type: none"> ● Include protein and fiber with every meal ● Consume more magnesium-rich leafy greens (spinach, kale, Swiss chard) ● Incorporate sweet potatoes ● Ensure proper hydration ● Gentle movement (yoga, stretching, slow walks, foam rolling) ● Establish a consistent bedtime routine; sleep 7–9 hours
Joint Pain & Stiffness	Inflammatory arthritis, omega-3 deficiency	<ul style="list-style-type: none"> ● Focus on consuming more omega-3s (fatty fish, nuts, seeds) ● Cook with turmeric & ginger or make teas with them ● Consume tart cherries ● Incorporate more leafy greens ● Gentle movement ● Warm Epsom salt baths ● Anti-inflammatory topicals
Bloating	Food sensitivities, low digestive enzymes, dysbiosis	<ul style="list-style-type: none"> ● Consume bone broth regularly ● Make sure your vegetables are cooked (easier to digest than raw) ● Make ginger & fennel tea ● Incorporate fermented foods (yogurt, kimchi, kombucha) ● Try digestive bitters ● Consider a probiotic supplement

Anti-Inflammatory Symptom & Relief Chart

Symptom	Possible Causes	Dietary & Lifestyle Tips
Skin Breakouts/ Acne	Hormonal imbalance, gut inflammation, blood sugar imbalances	<ul style="list-style-type: none"> ● Include protein and fiber with every meal ● Incorporate more cruciferous vegetables (broccoli, cabbage, Brussels sprouts, kale) ● Include zinc-rich foods (shellfish, red meat, nuts, seeds, legumes) ● Consume more healthy fats (avocado, olive oil, fatty fish) ● Ensure proper hydration ● Try warm lemon water ● Practice stress management ● Use non-comedogenic skincare products ● Establish a consistent bedtime routine; sleep 7–9 hours
Brain Fog	Blood sugar imbalances, poor sleep, neuroinflammation, and omega-3 deficiency	<ul style="list-style-type: none"> ● Include protein and fiber with every meal ● Eat more berries, avocados, and omega-3s (fatty fish, nuts, seeds) ● Try green tea ● Ensure proper hydration ● Establish a consistent bedtime routine; sleep 7–9 hours