

# UNDERSTANDING INFLAMMATION AND HOW TO COMBAT IT

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## WHAT WE ARE COVERING TODAY:

- Exploring how the body responds to inflammation
- What causes inflammation, signs & symptoms, and how to fight back
- One actionable step you can take today to help combat inflammation

## THE REBUILT NUTRITION FRAMEWORK

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Why a holistic approach?

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What area are you succeeding in right now?

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How does chronic inflammation impact overall health and well-being?

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# UNDERSTANDING INFLAMMATION AND HOW TO COMBAT IT

## WHAT IS INFLAMMATION?

## WHAT CAUSES INFLAMMATION?

Poor Gut Health

Alcohol

Sugar

Processed Foods

Overtraining

Sleep Deprivation

## BRAIN FOG SIGNS

## 4 CHRONIC DISEASES ASSOCIATED WITH INFLAMMATION?

1.

2.

3.

4.

## FOODS THAT FIGHT INFLAMMATION:



## OTHER FACTORS THAT AID IN REDUCING INFLAMMATION



One thing I will commit to working on starting today is \_\_\_\_\_  
my support person will be \_\_\_\_\_.

# INFLAMMATION WORKING FOR OR AGAINST YOU?

## ADDITIONAL NOTES:

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# TAKE YOUR NUTRITION TO THE NEXT LEVEL WITH REBUILT LIFE COACHING



# **Lose Weight & Body Fat**



## Support & Accountability



# Gain Confidence



# Gain Strength & Muscle



## Improve Overall Health



## Increased Energy

## About Our Individual Nutrition Coaching Program:

- Customized Plans Based On Your Healthy & Wellness Goals
- Expert Coaches To Help You Every Step Of The Way
- Weekly Check-Ins With Your Personal Coach
- Holistic Support Addressing Stress, Sleep, Nutrition & Mindset
- Healthy Recipes & Meal Ideas
- Simple, Habit-Based Approach
- Ongoing Support & Accountability

## How To Get Started In 3 Easy Steps:

# APPLY FOR COACHING



SCAN ME

## CREATE A CUSTOMIZED PLAN WITH AN EXPERT COACH

2

## TRANSFORM YOUR HEALTH & SEE LASTING RESULTS

3

