

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

TM



Why a holistic approach?

What area are you succeeding in right now?

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



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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 _____.

ADDITIONAL NOTES:

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:

1

APPLY FOR
COACHING



SCAN ME

2

CREATE A CUSTOMIZED PLAN
WITH AN EXPERT COACH

3

TRANSFORM YOUR HEALTH
& SEE LASTING RESULTS

