

RESOURCE 1

ROOT CAUSES OF CHRONIC INFLAMMATION

Looking Beneath the Surface

● REBALANCE RESOURCE ●

Why This Matters

Many people believe inflammation is caused by a single problem. In reality, chronic inflammation is usually the result of **multiple factors working together over time**.

Think of inflammation as a bucket.

Every unhealthy habit, environmental exposure, chronic stressor, blood sugar spike, poor night's sleep, or digestive imbalance adds another drop.

Eventually, the bucket overflows—and symptoms begin to appear.

Rather than asking, **"What disease do I have?"**

Ask,

"What may be filling my inflammation bucket?"

That question begins the journey toward lasting health.

The Most Common Drivers of Chronic Inflammation

1. Nutrition

Food is one of the most powerful influences on inflammation.

Foods That May Promote Inflammation

- Highly processed foods
- Sugar-sweetened beverages
- Excess added sugar
- Refined carbohydrates
- Frequent fast food
- Excess alcohol

Foods That Support Healthy Inflammation

- Vegetables
- Fruits
- Beans and lentils
- Whole grains
- Nuts and seeds
- Herbs and spices

Ask Yourself

Am I eating foods that nourish my body more often than foods that challenge it?

2. Blood Sugar Balance

Frequent blood sugar spikes may contribute to inflammation and increase the risk of metabolic disease.

Possible Clues

- Prediabetes
- Type 2 diabetes
- Sugar cravings
- Increased waist circumference
- Fatigue after meals
- Afternoon energy crashes

Ask Yourself

Does my energy stay steady throughout the day?

3. Sleep

Sleep is one of your body's greatest healing tools.

During sleep your body repairs tissues, balances hormones, strengthens the immune system, and supports brain health.

Poor sleep may contribute to:

- Fatigue
- Brain fog
- Weight gain
- Elevated blood sugar
- Increased inflammation

Goal: Aim for 7–9 hours of restorative sleep each night.

4. Chronic Stress

Stress affects far more than emotions.

Physical, emotional, financial, relational, occupational, environmental, and spiritual stress all influence the body's inflammatory response.

When stress becomes chronic, the body has fewer opportunities to recover.

Ask Yourself

What healthy habits help me recover from stress?

5. Physical Inactivity

Movement improves circulation, insulin sensitivity, muscle strength, mood, and metabolic health.

Remember:

*Movement doesn't have to be intense.
It simply needs to become consistent.*

6. Excess Visceral Fat

Visceral fat surrounds the internal organs.

Unlike fat beneath the skin, visceral fat actively produces inflammatory chemicals.

Reducing waist circumference is often one of the earliest signs of improving metabolic health.

7. Gut Health

Your digestive system plays an important role in immune function and inflammation.

Possible clues include:

- Bloating
- Gas
- Constipation
- Diarrhea
- Acid reflux
- Food sensitivities

Healthy digestion supports a healthier immune system.

8. Environmental Exposures

Some individuals are particularly sensitive to environmental exposures.

Examples include:

- Water-damaged buildings
- Mold
- Poor indoor air quality
- Tobacco smoke
- Household chemicals
- Pesticides
- Heavy metals
- Occupational exposures

These exposures may contribute to chronic inflammation in susceptible individuals.

9. Chronic Infections

Certain bacterial, viral, fungal, and parasitic infections may contribute to prolonged inflammation.

If symptoms persist despite healthy lifestyle changes, further medical evaluation may be appropriate.

10. Hormonal Balance

Hormones influence:

- Energy
- Mood
- Blood sugar
- Sleep
- Metabolism
- Immune function
- Inflammation

Changes in hormone balance may contribute to persistent symptoms.

11. Nutrient Status

Your body requires vitamins, minerals, protein, fiber, healthy fats, and plant nutrients to function properly.

Poor nutrition or nutrient deficiencies may affect:

- Energy
- Healing
- Immune function
- Brain function
- Metabolism

Putting It All Together

Rarely is there only **one** cause of chronic inflammation.

Most people have several contributors working together.

The encouraging news is that many of these drivers can improve through consistent lifestyle changes.

Small improvements in several areas often produce greater results than trying to completely change just one.

When Lifestyle Changes Aren't Enough

Lifestyle medicine is the foundation of the Reverse It™ approach.

However, some people continue to experience symptoms despite making healthy changes.

If you have persistent symptoms, your healthcare provider may recommend advanced testing to look for hidden contributors that routine laboratory tests may not identify.

Examples may include:

- Comprehensive gut health testing
- Organic acids testing
- Mycotoxin (mold toxin) testing
- Heavy metal testing
- Environmental toxin testing
- Specialized nutritional assessments

Advanced testing is individualized and is not necessary for everyone.

Action Step

After reviewing this guide:

- ✓ Complete your Reverse It™ Health Assessment
- ✓ Record your baseline score in My Reverse It™ Health Dashboard
- ✓ Identify the three inflammation drivers you believe are having the greatest impact on your health.

These will become your first areas of focus as you move through the Inflammation Healing Pathway.

Dr. Helen's Clinical Pearl

One of the greatest lessons I've learned as a physician is that symptoms are rarely random. Your body is constantly communicating with you. The goal isn't to silence those signals—it is to understand what they are trying to tell you. When we identify the root causes of inflammation, we can begin creating an environment where healing becomes possible.

Remember

Health is the New Currency—Spend It Wisely.™