



REVERSE IT!™ SUCCESS JOURNAL

Inflammation Healing Pathway

**A 90-Day Implementation Guide
VIP Mastery™ | Reverse It!™ Implementation Center
Dr. Helen Powell-Stoddart**

"Health is the new currency. Spend it wisely. Invest in it today—and avoid borrowing from your future."



Reverse It!™ Inflammation Healing Pathway Success Journal

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MEDICAL & EDUCATIONAL DISCLAIMER

Please Read Before Beginning

This journal has been created to provide education, practical tools, and lifestyle strategies designed to support healthier living through nutrition, movement, restorative sleep, stress management, environmental awareness, and other evidence-informed lifestyle practices.

The information contained within this journal is educational in nature and is not intended to diagnose, treat, cure, or prevent any disease. It should not be interpreted as individualized medical advice.

Participation in VIP Mastery™, use of this journal, or completion of any activities contained herein does **not** establish a physician-patient relationship unless you have separately enrolled as a patient of Pain 2 Wellness Healthcare and completed all required intake, consent, and clinical documentation.

Always consult your physician or other qualified healthcare professional before beginning any nutrition program, supplement, exercise routine, detoxification protocol, or making changes to medications.

If you experience chest pain, severe shortness of breath, sudden weakness, loss of consciousness, severe allergic reactions, or other medical emergencies, seek immediate medical attention.

Individual results vary.

Your progress depends upon many factors including consistency, medical history, genetics, environmental exposures, adherence to recommendations, and partnership with your healthcare providers.

PARTICIPANT ACKNOWLEDGMENT

I acknowledge that:

- ☐ This journal is an educational resource.
- ☐ It is not individualized medical advice.
- ☐ I remain under the care of my personal healthcare providers.
- ☐ I understand that lasting health requires consistent implementation.
- ☐ I accept responsibility for applying the information safely.

Participant Name: _____

Signature: _____

Date: _____

WELCOME

Welcome to the Inflammation Healing Pathway

Congratulations on making one of the most important investments you can make—an investment in your health.

Inflammation is at the root of many chronic conditions. While inflammation is a normal part of the body's healing process, persistent, unresolved inflammation can quietly contribute to pain, fatigue, digestive issues, metabolic dysfunction, cognitive decline, and many other health concerns.

This journal was designed to help you move beyond simply learning about inflammation to implementing the daily habits that support healing.

Each module builds upon the previous one, providing practical steps, reflection exercises, implementation activities, and progress tracking so you can confidently apply what you learn.

Remember:

Small, consistent actions create extraordinary results over time.

Welcome to your journey toward better health.



Dr. Helen Powell-Stoddart

Founder, Reverse It!™

Medical Director, Pain 2 Wellness Healthcare

HOW TO USE THIS JOURNAL

This journal is designed to be completed alongside each Inflammation Healing Pathway module.

For every module:

1. Watch the lesson.
2. Complete the activity.
3. Record your reflections.
4. Implement the weekly action steps.
5. Complete your habit tracker.
6. Reflect on your progress before moving to the next module.

Remember:

Learning without implementation rarely produces transformation.

Progress—not perfection—is the goal.

THE REVERSE IT!™ 4R SYSTEM™

REBALANCE

Identify inflammation triggers and establish a healthy foundation.

RESTORE

Support the gut, immune system, and body's natural healing processes.

REBUILD

Strengthen healthy habits through nutrition, movement, sleep, and resilience.

REINFORCE

Maintain your progress through consistent lifestyle practices and long-term accountability.

THE INFLAMMATION HEALING PATHWAY ROADMAP

Module 1

Understanding Inflammation



Module 2

What's Driving My Inflammation?



Module 3

Become a Health Detective



Module 4

Calming the Fire Through Nutrition



Module 5

Building Your Healing Kitchen



Module 6

Build Your Anti-Inflammatory Plate



Module 7

Living the Inflammation Buster Lifestyle



Graduation

MY HEALTH VISION

Why is improving my health important?

What will my life look like one year from today if I remain committed?

Who benefits when I become healthier?

My commitment statement:
"I am choosing health because..."

BASELINE HEALTH ASSESSMENT

Date	
Weight	
Waist Circumference	
Blood Pressure	
Resting Heart Rate	
Average Hours of Sleep	
Energy (1–10)	
Stress (1–10)	
Pain (1–10)	
Brain Fog (1–10)	
Mood (1–10)	
Digestive Health (1–10)	
Average Water Intake	
Exercise Days Per Week	
Servings of Fruits & Vegetables Per Day	
Primary Health Goals	1. 2. 3.

At the completion of Module 1, complete the Reverse It!™ Health Assessment and record your score before beginning your implementation journey.