

# THE INFLAMMATION WHISPER STARTER KIT™

**Inflammation Whispers Before Disease Speaks**

Learn to recognize the signs your body may be asking for help.

By Dr. Helen Powell-Stoddart, MD, MS, FABPMR

Founder, Reverse It Now

# Welcome

Most chronic diseases don't appear overnight. Long before a diagnosis of diabetes, autoimmune disease, high blood pressure, heart disease, or cognitive decline, the body often sends signals.

These signals may seem unrelated.

Fatigue.

Brain fog.

Digestive problems.

Skin changes.

Joint discomfort.

Weight gain.

Poor sleep.

Many people dismiss these symptoms as stress, aging, or simply being busy.

But what if your body is trying to tell you something?  
I call these signals "The Inflammation Whispers."

This guide will help you recognize those whispers and begin taking simple steps toward restoring balance.

# What Is Inflammation?

Inflammation is your body's natural defense system.  
Short-term inflammation helps you heal.  
Chronic inflammation is different.

When inflammation remains active for months or years, it can contribute to:

- Prediabetes and Type 2 Diabetes
- Heart Disease
- Autoimmune Conditions
- Digestive Disorders
- Weight Gain
- Brain Fog
- Fatigue
- Joint Pain
- Mood Changes

The good news?

Many of the drivers of chronic inflammation can be improved through nutrition, lifestyle changes, and identifying underlying root causes.

# THE INFLAMMATION WHISPER QUIZ™

Check all that apply.

## Energy

- I often feel tired despite getting adequate sleep.
- I experience an afternoon energy crash.
- I wake up feeling unrefreshed.

## Brain

- I struggle with brain fog.
- I have difficulty concentrating.
- I forget things more often than I used to.

## Metabolism

- I carry extra weight around my abdomen.
- My blood sugar has been elevated.
- My cholesterol is higher than I would like.

## Digestion

- I experience bloating.
- I struggle with constipation or diarrhea.
- Certain foods seem to upset my stomach.

## Skin

- I have eczema, rashes, acne, or unexplained skin irritation.
- My skin feels dull or inflamed.

## Sleep

- I have trouble falling asleep.
- I wake frequently during the night.
- I do not feel rested in the morning.

## Joints and Muscles

- I experience stiffness.
- I have chronic aches or pains.
- Recovery takes longer than it used to.

# YOUR SCORE

## **0-4**

### Quiet Whispers

Your body appears relatively balanced. Continue focusing on healthy habits and prevention.

## **5-9**

### Growing Signals

Your body may be showing early signs of inflammation and metabolic stress.

## **10-14**

### Loud Whispers

Inflammation may be significantly affecting your energy, metabolism, digestion, or overall well-being.

## **15+**

### The Body Is Asking For Attention

This may be the time to take a deeper look at the factors driving inflammation and consider a personalized plan.

**One of my patients came to me exhausted.**

She struggled with:

- Brain fog
- Fatigue
- Unwanted weight gain
- Skin rashes
- Nausea
- Poor sleep

She had seen multiple doctors.

She had received medications.

Yet she still didn't feel well.

Like many people, she assumed this might simply be part of getting older.

But her body was trying to tell a different story.

She was eating healthy.

Yet she still had cholesterol problems.

Her blood sugar fluctuated.

Her thyroid wasn't functioning optimally.

The signs were there.

The whispers had been present for years.

The question was whether someone would finally listen.

When we evaluated her situation, we stopped looking at the symptoms as separate problems.

Instead, we looked for patterns.

The fatigue.

The brain fog.

The skin issues.


The blood sugar fluctuations.

The cholesterol concerns.

The sleep disturbances.

They weren't random.

They were connected.



Once we identified the underlying drivers contributing to inflammation and metabolic dysfunction, we created a personalized plan.

The goal wasn't simply to suppress symptoms.

The goal was to help restore balance.

Within just two weeks she noticed more energy.

Her skin began to improve.

The brain fog started lifting.

She felt more like herself again.

And she was only getting started.

Three months later, the transformation was remarkable.

Under physician supervision, she was able to discontinue:

- Metformin
- Amlodipine
- Atorvastatin

Her energy improved.

Her clarity improved.

She continued working.

She continued building momentum.

Today she remains off those medications and feels dramatically better than when she first came to see us.

Her story reminds us that symptoms are often messages.

The key is learning how to interpret them.



## 7 Signs Inflammation May Be Affecting You

1. Persistent Fatigue
2. Brain Fog and Memory Changes
3. Difficulty Losing Weight
4. Blood Sugar or Cholesterol Concerns
5. Digestive Issues
6. Skin Problems
7. Joint Pain or Stiffness

### **Remember:**

Symptoms are information.

They are often clues, not random events.

# 5 Foods That Help Quiet Inflammation

## **Dark Leafy Greens**

Rich in antioxidants and phytonutrients.

Examples:

Kale, collards, spinach, arugula.

## **Berries**

Packed with protective plant compounds.

Examples:

Blueberries, blackberries, strawberries.

## **Beans and Lentils**

High in fiber and beneficial plant protein.

## **Cruciferous Vegetables**

Examples:

Broccoli, cabbage, Brussels sprouts.

## **Herbs and Spices**

Examples:

Turmeric, ginger, garlic, basil.

# Dr. Helen's Daily Inflammation Reset Checklist™

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Drink at least 64 ounces of water</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Eat greens today</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Eat at least one serving of beans or lentils</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Walk for 20-30 minutes</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Prioritize sleep</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Reduce ultra-processed foods</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Practice gratitude</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Spend time outdoors</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Eat the rainbow</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Goal: Check at least 6 boxes daily.**

## Simple Recipe #1

### Green Glow Smoothie

1 cup spinach

1 cup kale

1 green apple

½ cucumber

Juice of one lemon

Water to desired consistency

Blend and enjoy.

Benefits:

Supports hydration, fiber intake, and antioxidant protection.



## Simple Recipe #2

### **Rainbow Remedy Salad**

Mixed greens

Purple cabbage

Carrots

Cucumber

Red bell pepper

Black beans

Lemon-maple dressing

### Benefits:

Provides a variety of colorful phytonutrients that help support the body's natural defense systems.



## Could Your Symptoms Be Connected?

Many people think they have:

A blood sugar problem.

A cholesterol problem.

A weight problem.

A fatigue problem.

A skin problem.

A sleep problem.

Sometimes these are not separate problems at all.

Sometimes they are connected by one common thread:

**Inflammation.**

When we identify the root causes contributing to inflammation, the body often responds in remarkable ways.

## Your Next Step

Information Changes Awareness.

Implementation Changes Outcomes.

If you'd like additional support, consider one of these options:

### [The Inflammation Buster Membership™](#)

Practical recipes, meal ideas, education, grocery guides, and community support.

### [VIP Mastery™](#)

Advanced guidance for gut health, detoxification, neuroinflammation, metabolic health, and root-cause restoration.

### [Precision Visit with Dr. Helen](#)

A personalized physician-guided strategy designed specifically for your health concerns.



## **A Final Thought**

Your symptoms are not your enemy.

They may be your body's way of asking for help.

The sooner you listen, the sooner you can begin moving toward healing.

Health is the new currency.

Spend it wisely.

**Dr. Helen Powell-Stoddart**

Founder, Reverse It Now