

THE INFLAMMATION SUPPORT GUIDE

By Dr. Bilkisu Gaye | Designed4Wellness



Introduction

Inflammation is a normal part of the body's healing process. However, when inflammation becomes chronic, it can contribute to symptoms that many people dismiss as "getting older" or "being busy."

Fatigue, brain fog, digestive discomfort, stubborn weight gain, and joint aches may all be clues that your body is under stress.

The goal isn't simply to suppress symptoms. It's understanding what may be driving inflammation in the first place.

This guide will help you recognize common signs of inflammation and explore simple ways to support your body's natural healing processes.



Could Inflammation Be Affecting You?

(Check any symptoms you've experienced regularly over the past 30 days.)

Energy & Brain Function

- ☐ Frequent fatigue
- ☐ Afternoon energy crashes
- ☐ Brain fog
- ☐ Difficulty concentrating
- ☐ Poor memory or focus

Joint & Body Symptoms

- ☐ Joint discomfort
- ☐ Muscle aches
- ☐ Frequent headaches
- ☐ Feeling stiff when waking up
- ☐ Slow recovery after exercise

Weight & Metabolism

- ☐ Difficulty losing weight
- ☐ Increased belly fat
- ☐ Frequent cravings
- ☐ Blood sugar fluctuations
- ☐ Low motivation to exercise

Digestive Health

- ☐ Bloating
- ☐ Gas
- ☐ Constipation
- ☐ Diarrhea
- ☐ Food sensitivities

Skin & Immune Health

- ☐ Skin irritation
- ☐ Frequent breakouts
- ☐ Seasonal allergies
- ☐ Frequent illness
- ☐ Feeling inflamed or swollen

Common Contributors to Inflammation



01

Blood Sugar Imbalances

Frequent spikes and crashes in blood sugar may contribute to inflammation and increased cravings.



02

Chronic Stress

Stress hormones can trigger inflammatory pathways throughout the body.



03

Poor Sleep

Even one night of poor sleep can increase inflammatory markers.



04

Nutrient Deficiencies

Low levels of key nutrients may affect the body's ability to regulate inflammation.



05

Gut Health Imbalances

Digestive health plays a major role in immune function and inflammation.

5 Simple Ways to Support a Healthy Inflammatory Response

1. Build Balanced Meals

Aim to include:

- ✓ Protein
 - ✓ Fiber
 - ✓ Healthy fats
 - ✓ Colorful vegetables
- at most meals.



2. Prioritize Sleep

Work toward:

- ✓ Consistent bedtime
- ✓ Dark sleeping environment
- ✓ Reduced screen exposure before bed
- ✓ 7-9 hours of quality sleep



3. Support Blood Sugar Balance

Focus on:

- ✓ Protein-rich breakfasts
- ✓ Fiber-rich foods
- ✓ Fewer sugary beverages
- ✓ Regular meal timing



4. Manage Stress Daily

Even 10 minutes can help.
Ideas include:

- ✓ Walking
- ✓ Deep breathing
- ✓ Prayer or meditation
- ✓ Journaling
- ✓ Time outdoors



5. Eat More Anti-Inflammatory Foods

Try adding:

- ✓ Berries
- ✓ Leafy greens
- ✓ Olive oil
- ✓ Salmon
- ✓ Avocado
- ✓ Nuts and seeds
- ✓ Herbs and spices





Your Inflammation Reflection

How many symptoms did you check?



0–5 Checks

- You may have relatively few signs of inflammation, but healthy lifestyle habits remain important.



6–10 Checks

- Your body may be showing early signs that additional support could be beneficial.



11+ Checks

- Chronic inflammation may be contributing to how you're feeling and may warrant a deeper look into potential root causes.

*Remember: Remember: Symptoms are information.
They are not simply inconveniences to ignore.*



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