



St. Jude Wellness Center Presents:  
The Inflammation Evaluation

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# My Sister's Story



## Today's Agenda:

1. Inflammation: definition & misconceptions
2. Your Inflammation Evaluation
3. Strategies to improve your inflammatory status\
4. The Masterclass

## Misconception #1: Inflammation is always harmful



# When Inflammation is NOT Beneficial

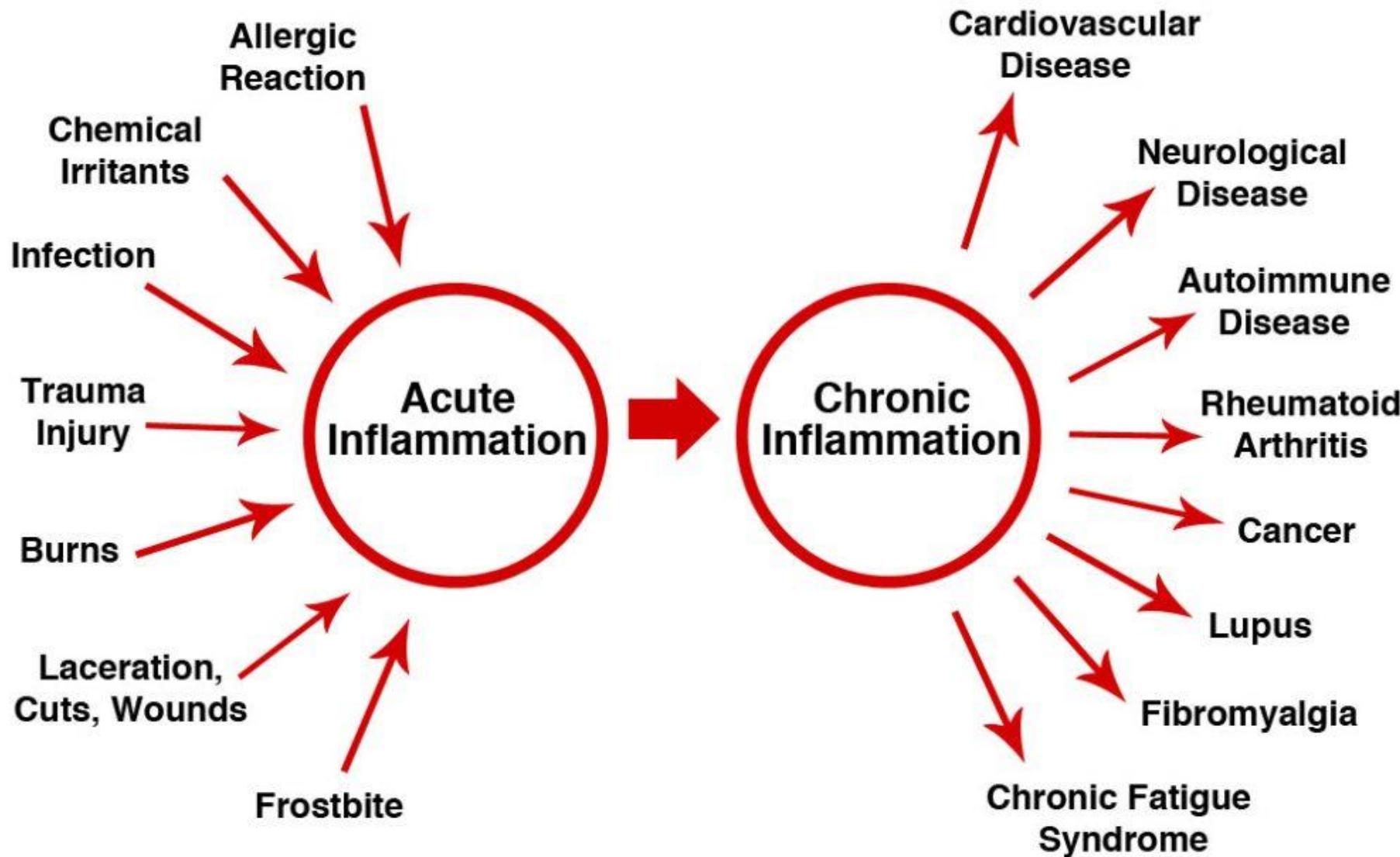


Chronic inflammation is linked to 6 of the top 10 leading causes of death.

Up to 60% of adults have chronic inflammation and may not even know it.

The global cost of inflammation is projected to exceed \$47 trillion by 2030.

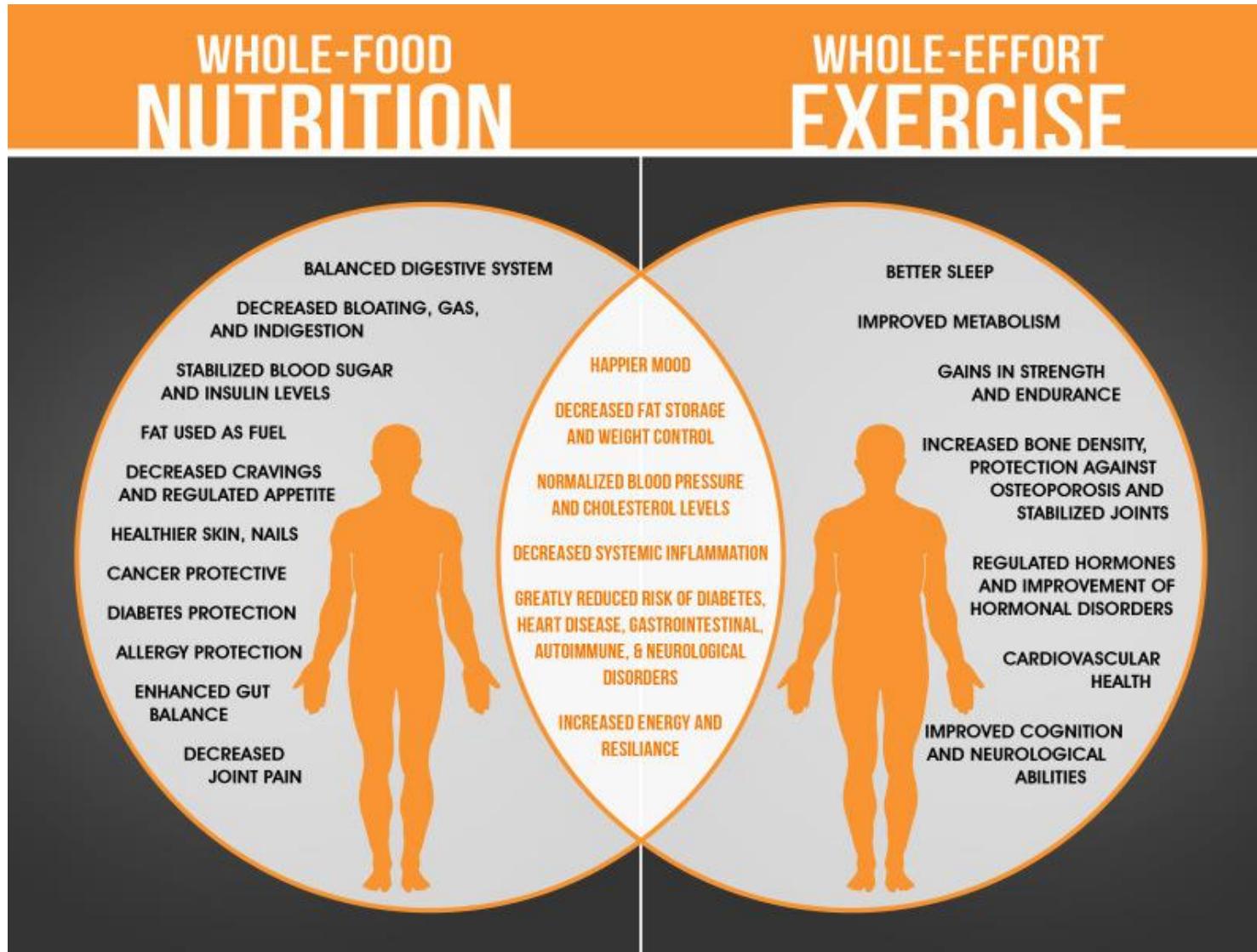
# Acute Vs. Chronic Inflammation



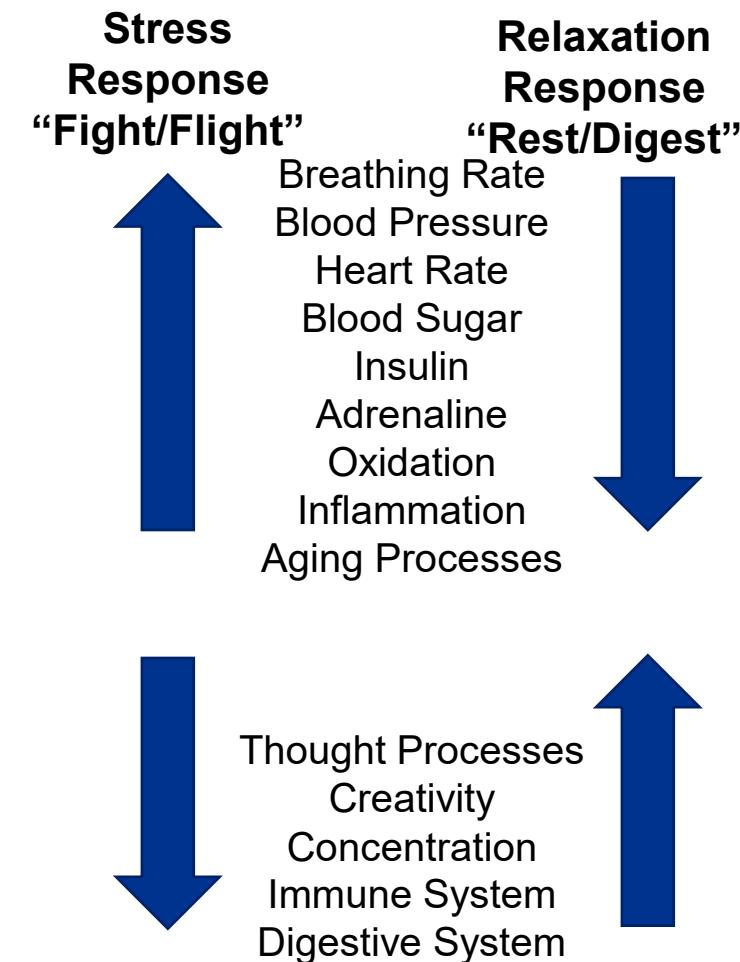
## Misconception #2: Diet alone can eliminate chronic inflammation



# Food vs. Movement



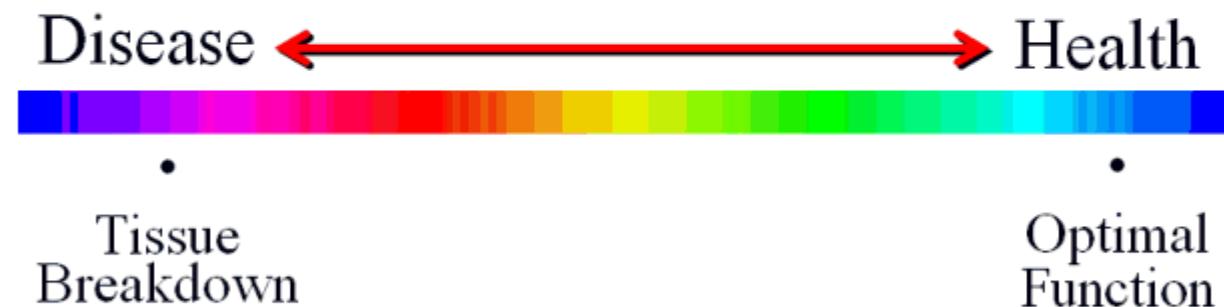
# Food vs. Stress



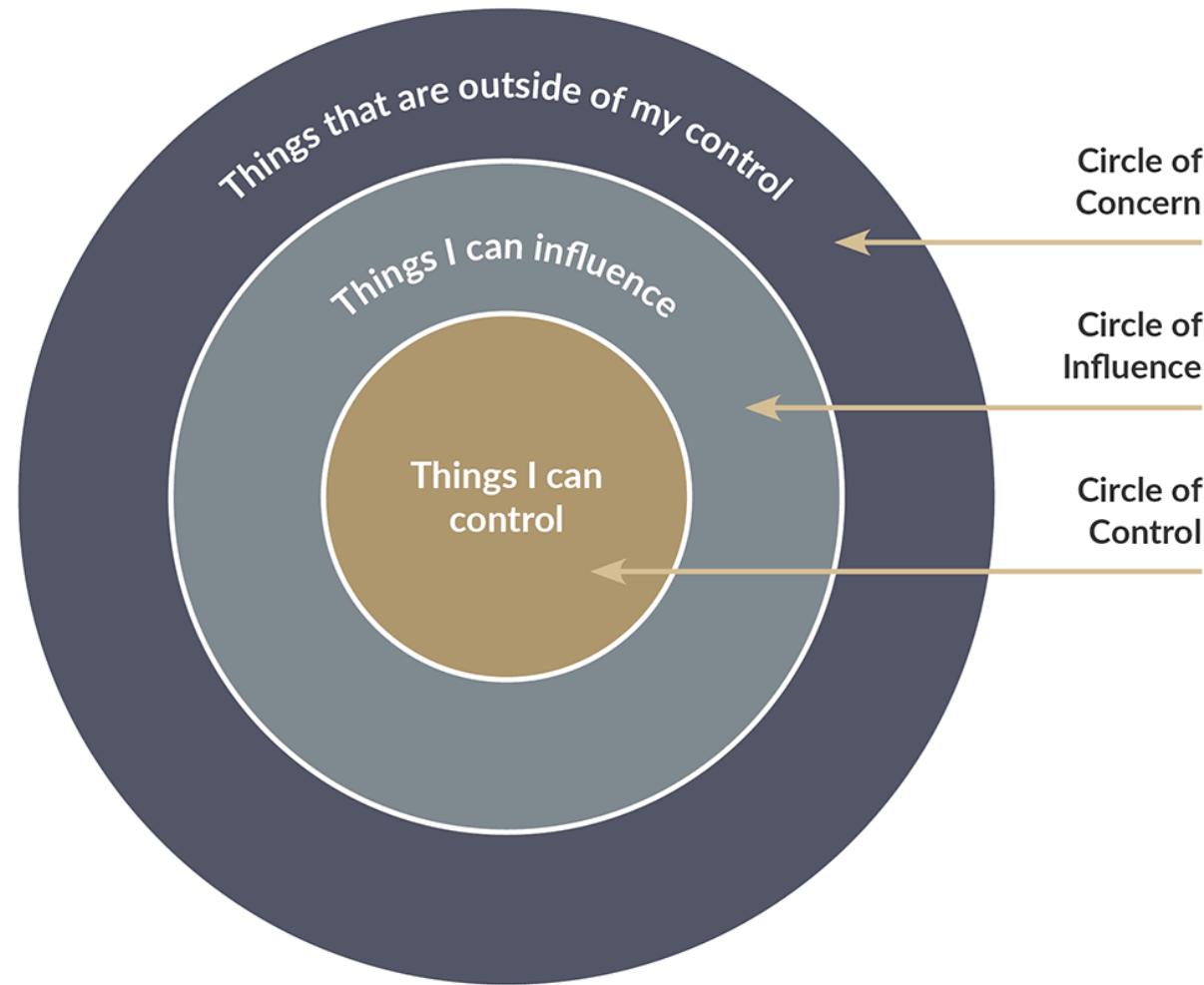
## Misconception #3:

Anti-inflammatory strategies are not needed if there are no symptoms

**The absence of disease does not guarantee the presence of health.**



# Your Circle of Influence & Control



# Your Inflammation Evaluation

## The Inflammation Evaluation

*Assess your inflammatory risk score.*

For each statement, circle the option that best describes you.

Add up your points at the end to find your score.

### Nutrition

How often do you eat ultra-processed or fast foods?

Rarely/Never (0pts) 1-3x/week (2pts) 4+ x/week (4pts)

How many servings of fruits and vegetables do you eat daily?

5+ servings (0pts) 3-4 servings (1pt) <3 servings (3pts)

How often do you eat anti-inflammatory foods?

Daily (0pts) 1-3x/week (1pt) Rarely/Never (3pts)

How much water do you drink daily?

8+ cups (0pts) 4-7 cups (1pt) <4 cups (3pts)

### Movement

How often do you engage in moderate physical activity (walking, yoga, swimming)?

4+ x/week (0pts) 1-3x/week (2pts) Rarely/Never (4pts)

How many hours do you spend sitting daily?

<4 hours (0pts) 4-7 hours (2pts) 8+ hours (4pts)

How often do you engage in strengthening/muscle-building exercises?

2+ x/week (0pts) 1x/week (2pts) Rarely/Never (4pts)

### Sleep

How many hours of sleep do you get per night?

7-9 hours (0pts) 5-6 hours (2pts) <5 hours (4pts)

Do you wake up feeling rested?

Always (0pts) Sometimes (2pts) Rarely/Never (4pts)

### Stress & Mental Health

How often do you feel overwhelmed or excessively stressed?

Rarely/Never (0pts) Sometimes (2pts) Often/Daily (4pts)

How often do you practice stress-reduction techniques (meditation, deep breathing)?

Daily (0pts) Occasionally (2pts) Rarely/Never (4pts)

### Environmental Factors

How often do you spend time outdoors or in natural lighting?

Daily (0pts) 2-3x/week (1pt) Rarely/Never (3pts)

How would you rate your exposure to toxins (cigarette smoke, pollution, chemicals)?

Minimal (0pts) Moderate (2pts) High (4pts)

## Calculate Your Score

### Low Risk

*0-12 points*

Your lifestyle habits are supportive of low inflammation - great job! Keep assessing & reassessing depending on life circumstances.

### Moderate Risk

*13-30 points*

Some areas of your lifestyle may be increasing inflammation. Focus on small changes to improve nutrition, movement, stress, sleep and toxin exposure.

### High Risk

*31+ points*

You may be at high risk for chronic inflammation, even if you don't have significant symptoms yet. Consider consulting with a lifestyle health expert to implement targeted strategies for improving your risk profile.

# Strategies Based on Category

## Nutrition

- Fiber intake
- Protein intake
- Types of fat
- Antioxidant intake
- Sugar load
- Hydration status
- Supplements

## Movement

- Basic functional movement
- Resistance training
- High intensity cardio
- Mobility & flexibility
- Activities of daily living

## Sleep

- Quantity
- Quality
- Sleep environment
- Sleep hygiene

# Strategies Based on Category

## Stress & Mental Health

- Breath work
- Yoga therapy
- Mindfulness techniques
- Gratitude practice
- Massage therapy
- Acupuncture
- Professional therapy

## Environmental Factors

- Pollutants & air quality
- Topicals
- Household environment
- Work environment
- Food ingredients & sourcing
- Supplement & medication ingredients

# Personalize Your Anti-Inflammatory Strategies

- ✓ Work with a dietitian
- ✓ Work with a functional medicine provider
- ✓ Hone in on areas specific to you
  - ✓ Strength in Motion Masterclass
  - ✓ Myofascial Workshops
  - ✓ Yoga for Psoas...
- ✓ Try New Things
  - ✓ Cooking Classes
  - ✓ Sound Baths
- ✓ Anti-Inflammatory Masterclass:
  - ✓ Thursdays 1/15-2/19 from 12-1pm



# The Anti-Inflammatory Masterclass Series

- 5 weekly virtual classes (& recordings):
  - Intro
  - Food
  - Movement
  - Stress Resilience
  - Your Anti-Inflammatory Plan
- 1 follow up Q&A session
- Tons of resources: Inflammation Evaluation, Recipe Booklet, Toolkit
- Option to add-on weekly produce boxes delivered to your home for partnership rate of \$25 per box

**\$75 for the series**



## Produce Add-On Offer:

Receive a weekly box of produce for the duration of the 5-week program along with recipes for just \$125 (\$25/box) from Farm Fresh to You.

## Questions??

