

Your Guide to Chronic *Inflammation*

1 What is chronic inflammation?

- ✓ Inflammation is your body's natural response to infection and injury (like a sprained ankle or cut).
 - ✓ Inflammation works by increasing blood flow and chemicals to places where healing is needed.
- ✓ While inflammation is natural and essential, too little or too much inflammation can cause problems.
 - ✓ *Chronic* inflammation is when the inflammatory responses continue, even after the initial injury or infection has been addressed.
- ✓ **When inflammation is chronic, it can cause damage and disease.**

2 What causes chronic inflammation?

Many different things can cause and maintain chronic inflammation, including:

- ✓ Certain environmental toxins
- ✓ Certain foods like sugary processed foods
- ✓ Stress
- ✓ Poor sleep
- ✓ Sedentary lifestyle



3 Chronic inflammation and your health

- ✓ Chronic inflammation is associated with the development of a number of conditions, including chronic physical symptoms like pain and fatigue.

