



01

Eat Lots of Lightly Steamed Veggies



02

Make Fish a Staple in your Diet



03

Eat Cage Free Eggs & Pasture Raised Meat



04

Prioritize Sleep



05

Keep Hydrated
Drink 1/2 your Body Weight in Fluid Ounces per day

ANTI-INFLAMMATORY LIFESTYLE

10 Steps

Keep inflammation down by what you do every day



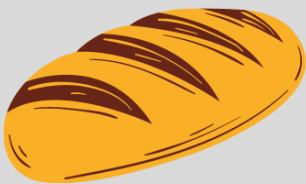
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Avoid Drinking Alcohol & Pop



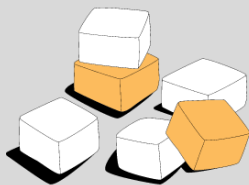
07

Stay Clear from Fast Food



08

Avoid Wheat



09

Stick to Natural Sweeteners like Honey & Maple Syrup



10

Emphasize Vitamins like Fish Oil, Curcumin & Vitamin D