

**March 2022  
Health Coaching Hints**



**Reducing Inflammation**

**Schedule your  
health coaching session  
with Erika today!  
(509) 392-7047**

**March 2022 Health Coaching Hint  
“LIFESTYLE BEHAVIORS TO REDUCE  
CHRONIC INFLAMMATION**

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Inflammation is a complex and highly orchestrated process used by your immune system as a response to harmful stimuli like pathogens, injury, and metabolic stress. When it is in response to an immediate trauma to your body or an infection it can work wonders towards helping your body heal.

It is when it becomes chronic, lasting for extended periods of time, that it can become harmful. Chronic inflammation has been linked to poor stress management and several medical conditions including heart disease, obesity, sleep apnea, insulin resistance, and diabetes.

Fortunately, there are several lifestyle behaviors that can be used to treat inflammation and are a key tool that we use to personalize our members treatments at Empowered Health. Start small and make gradual changes over time. The key is to not increase the stress on your mind and body as you develop these new behaviors.

If your doctor has mentioned that your symptoms may be affected by inflammation and you are wondering how you can begin to reduce their severity, we suggest starting with one of these options:

- > Do an elimination diet to personalize your nutrition
- > Practice daily oral hygiene, flossing
- > Create a daily deep breathing practice
- > Prioritize getting at least seven hours of sleep nightly
- > Work towards getting 150 minutes of moderate intensity exercise weekly

If you are unsure where to start and feel that you need extra support or accountability, consider working with our health coach, Erika Zink. To find out more about how health coaching could help you to begin making lifestyle changes to reduce your inflammation, schedule an inquiry call with Erika today.