

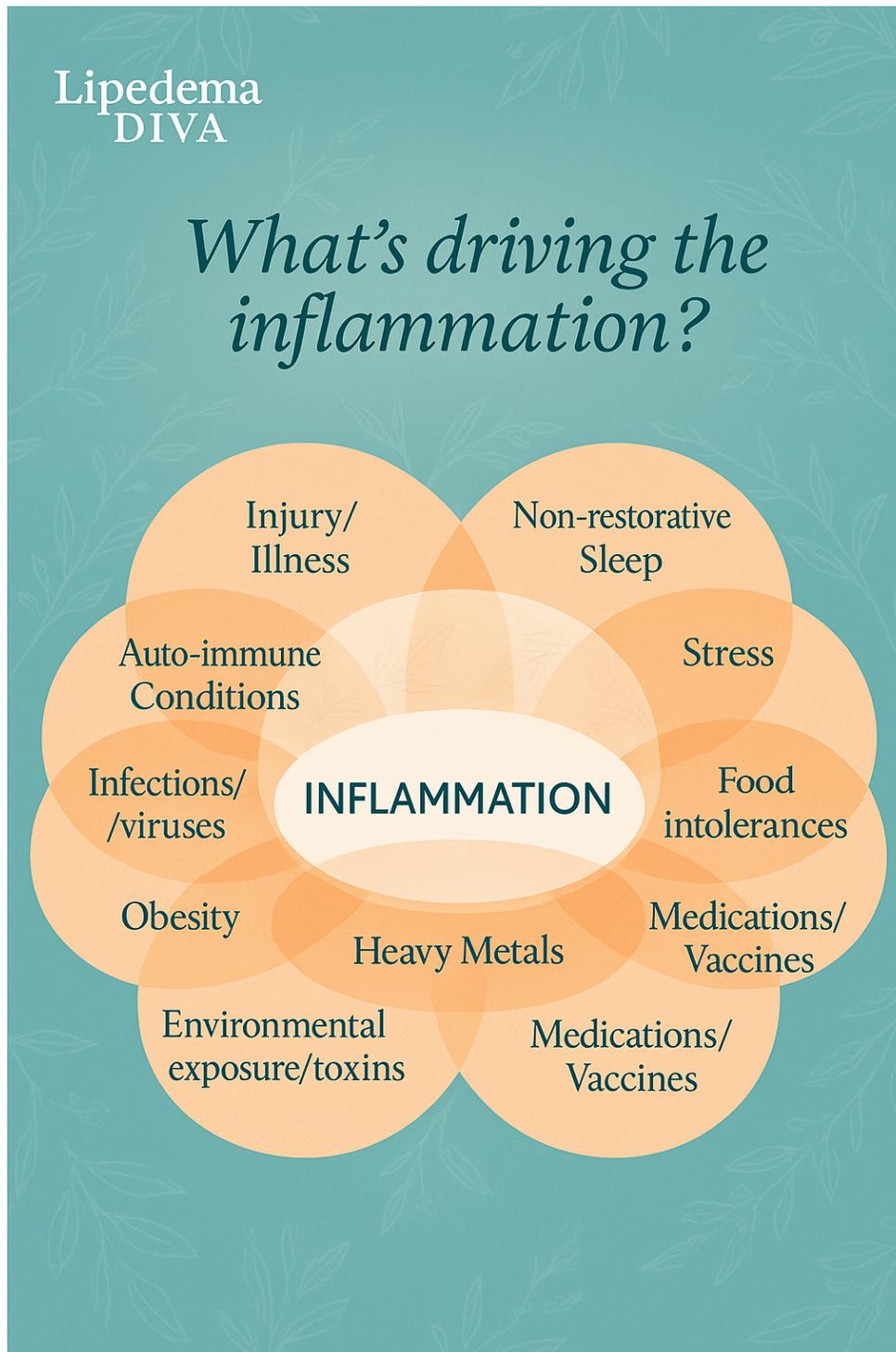


# How Can We CALM Inflammation?



## Sources of Inflammation

There are many root causes of Inflammation as shown on this graphic:



However, they can be combined into 3 Core Drivers.



# 🔥 Three Core Drivers of Inflammation

## 1. 🥑 Food-Based Inflammation

Focus: *Sensitivities, intolerances, gut permeability, histamine overload*

**Key contributors (from your diagram):**

- Food intolerances
- Preservatives/additives
- Infections/viruses (gut-related)
- Autoimmune conditions

**Calming Tools:**

- Quercetin & bioflavonoids
  - DAO support / Histamine-reducing diet
  - Gut healing (e.g. bone broth, glutamine, probiotics)
  - Elimination tracking
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## 2. ✨ Cortisol & Stress-Based Inflammation

Focus: *Dysautonomia, nervous system dysregulation, overdrive*

**Key contributors:**

- Stress
- Non-restorative sleep
- Hormones
- Injury/illness
- Autoimmune conditions

**Calming Tools:**

- Tulsi (holy basil), magnesium, adaptogens
- Morning sun + evening wind-down
- Breathwork / meditation / boundaries
- Gentle movement (not no movement)
- Prioritizing sleep rituals



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### 3. ☢ Toxic Load & Environmental Inflammation

Focus: *External burden from chemicals, toxins, medications*

#### Key contributors:

- Heavy metals
- Medications/vaccines
- Environmental toxins
- Hormone disruptors

#### Calming Tools:

- Hydration + sweat (detox support)
- Filtered air and water
- Lowering chemical exposure (home cleaning, body care)
- Binder supplements (only under guidance)

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### 🔄 Tie It All Together With CALM

Regardless of the source, the **CALM framework** applies across all three areas:

- **C** – Cut Out Triggers
- **A** – Add Support
- **L** – Lower Stress
- **M** – Monitor What Works



# CALM Your Inflammation



*My Favorite Tools for Reducing Flare-Ups Naturally*

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## What “CALM” Means to Me

Calming inflammation isn't just about cutting out sugar or following a trend — it's about tuning in to *your* body and making choices that reduce flares, pain, and fatigue.

I use the word **CALM** as a guide:

### **C – Cut Out Triggers**

Inflammation is personal. For me, common (and not so common) triggers included:

- Scallops - Did you hear I gained 5 lbs overnight?? From a SCALLOP! NOT a common trigger!
- Eggs - but now I tolerate well!
- Tomatoes - recent addition
- Seeds and Seed oils - in particular sunflower and sesame (These seeds are NOT common triggers!)
- Gluten - but for the LONGEST time it wasn't!
- Certain food additives - like Xanthan gum - often used in gluten-free baking as a thickener - this is not a common trigger!

The point is - MY list WILL NOT look like YOUR list! Your list will look different — and that's okay. Tracking your symptoms after meals can help uncover your hidden inflammation culprits.

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### **A – Add Support**

This can include food-based supports, supplements, and daily rituals. Some that helped me (for controlling stress and inflammation specifically – there's a whole list, as you know for reducing fibrotic tissue, vein support, thinning body fluids, IG symptoms) :

- Quercetin & bioflavonoids (When you react to “EVERYTHING” - strengthens Mast Cells)
- Bone broth/ probiotics
- Magnesium glycinate (for calming restorative sleep)
- Omega-3s
- Low-histamine turmeric (for inflammation reduction)
- Tulsi tea (Holy Basil) (for cortisol balancing)
- Ginger, hibiscus, or peppermint tea
- Electrolytes (especially with Keto)

Ask yourself: *What helps me feel nourished, calm, or grounded?*



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## L – Lower Stress

Chronic stress increases cortisol, which can worsen inflammation and lead to flares. A few things that help me:

- Low Dose Naltrexone - **modulates the immune system** → reducing chronic inflammation linked to autoimmunity
- Morning sunlight exposure - helps to balance cortisol and regulate hormones
- Limiting screens at night - reduce cortisol triggers
- Epsom Salt or Deep sea salt bath
- Deep breathing or guided meditation
- Gentle movement
- Saying “no” without guilt

Even small moments of peace make a big difference. This has been probably one of the biggest problems for me! And recently, I feel I’ve actually been able to experience that elusive “peace” so many talk about!

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## M – Monitor What Works

Healing isn’t linear — and it’s easy to forget what’s working when things get busy or hard. I keep a “Health Care Management Plan” (and TRY to keep it updated!) with the supplements/practices that have worked (for those times I forget!)

Separately, I also track:

- Flare days
- Foods I tried and how I felt after
- Sleep quality
- Supplements I added or removed

You can use a journal, a notes app, or even voice memos. The goal is progress, not perfection.

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## Notes – What Helps *You* Feel CALM?

*(Use this space to jot down your personal observations)*



- Food triggers I've noticed:
  
  
  
  
  
  
  
  
  
  
- Things that soothe my body:
  
  
  
  
  
  
  
  
  
  
- Routines that keep me grounded:
  
  
  
  
  
  
  
  
  
  
- What's helped me feel better this week: