

10 Daily Habits That May Help Reduce Inflammation

Small daily choices can have a lasting impact on whole-body health.

Inflammation is a normal part of the body's healing process, but when it remains elevated over time, it can contribute to many chronic health concerns. These simple habits can help support your body's natural ability to maintain balance.

1. Choose Whole Foods More Often

Vegetables, quality proteins, healthy fats, fruit in moderation, and minimally processed foods.

2. Stay Hydrated

Water supports every body system, including circulation, digestion, natural detoxification pathways.

3. Prioritize Restful Sleep

Quality sleep allows the body time to repair and restore.

4. Move Every Day

A walk, gardening, stretching, or gentle movement helps keep the body functioning well.

5. Spend Time Outdoors

Fresh air, sunshine, and time in nature benefit both body and mind.

6. Support Your Body with Herbs*

Many herbs have traditionally been used to support the body's natural inflammatory response. Herbs such as:

- Turmeric
- Rosemary
- Ginger
- Chamomile
- Garlic
- Peppermint

(*Always consult your healthcare provider if you are pregnant, nursing, taking medications, or managing a medical condition.)

7. Reduce Highly Processed Foods

The closer food remains to the way it was created, the less processing it has generally undergone. Read labels.

8. Care for Your Mind

Chronic stress influences physical health. Take time to pray, reflect, breathe, or simply enjoy a quiet moment.

9. Support Healthy Digestion

Eat slowly, chew thoroughly, and pay attention to how different foods make you feel.

10. Build Consistency

Healthy habits don't have to be complicated. Small choices repeated day after day produce meaningful results over time.

SMALL, FAITHFUL STEPS HAVE A WAY OF BECOMING LASTING HABITS.



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