

## Inflammation Checklist

*Research now demonstrates that our dietary and lifestyle habits can promote a state of chronic inflammation that leads to aches, pains, disability, and most chronic diseases, such as diabetes, heart disease, cancer, osteoarthritis, and neurological diseases such as Alzheimer's disease, Parkinson's disease and multiple sclerosis.*

- I have chronic aches and pains, such as back and neck pain, headaches, or general muscle or joint soreness.
- I regularly take anti-inflammatory or anti-pain medications, such as ibuprofen, aspirin, or Tylenol®, or a similar prescription drug.
- I eat grains and grain products, such as white bread, whole wheat bread, pasta, cereal, pretzels crackers, and any other product made with grains or flours from grains, which includes most desserts and packaged snacks.
- I often have refined sugar or artificial sugar substitutes (including desserts, sodas, sweetened drinks, etc.)
- I consume hydrogenated oils (trans fats) found in margarines, fried foods and most packaged and processed foods.
- I use corn oil, safflower oil, sunflower oil, cottonseed oil, soybean oil, canola oil and foods made with these oils such as mayonnaise, tarter sauce, margarine, bottled salad dressings, and most processed foods.
- I regularly eat cheese, dairy products and drink dairy in more than condiment size portions.
- I do not consume many fresh fruits and particularly fresh vegetables on a regular daily basis.
- I consume foods containing soy or soy products.
- I regularly eat meat and eggs from grain-fed animals (regular factory-farm supermarket brands).
- I am overweight and/or it is hard for me to lose weight or I seem to be hungry most of the time.
- I can grab too much fat around my waist.
- I am often physically lethargic.
- I do not exercise regularly.
- I do not feel well when I exercise or if I exercise a little more than I should, it is hard to recover.
- I am sometimes mentally lethargic and feel rundown and depressed more than I would like.
- I look old and/or feel old for my age.
- My skin sometimes looks old and saggy, is not clear, and I have had unexplained rashes, blemishes and bumps.
- I am prone to cold and flu symptoms or seem to catch what is going around or regularly have allergy symptoms.
- I am or have been a smoker or exposed to toxic materials including pesticides on produce, dental amalgam, etc.
- My sleep patterns are irregular; trouble falling asleep, wake up at night, tired in the early morning or early afternoon.
- I suffer from one or more of the following: arthritis, fibromyalgia, chronic fatigue syndrome, sinusitis, allergies, acne, asthma, digestive conditions, sleep disorders, endometriosis, Alzheimer's disease, Parkinson's disease, multiple sclerosis, cancer, heart disease, osteoporosis, hypertension, depression, anxiety, insulin resistance syndrome (pre-diabetes), or diabetes. I have many unexplained symptoms but have not been officially diagnosed with any disease at this time.