

# Guide 8. Health Is Wealth: Inflammation, Gut Health, and Healing the Body From the Inside Out

This worksheet helps you understand how inflammation and gut health affect your body—and how small, consistent food choices can create real healing from the inside out.

This is about awareness, not alarm. Support, not pressure.

## Part 1: Awareness — Understanding Your Body's Signals

Healing begins with listening.

### 1. Reflecting on Your Health Experience

Without judgment, reflect honestly.

Right now, my body most often feels:

- Energized
- Inflamed
- Tired
- Reactive
- Balanced
- Unpredictable

Some physical or mental symptoms I notice regularly:

(fatigue, bloating, pain, brain fog, anxiety, skin issues, digestion, cravings, etc.)

One way my health affects my daily life:

## 2. Reframing Health

Finish these sentences gently:

"I used to think health meant \_\_\_\_\_."

"I'm beginning to understand that health is more about \_\_\_\_\_."

One insight from this guide that changed how I think about healing:

## Part 2: Inflammation — Seeing the Root Clearly

Inflammation is information, not failure.

## 3. Recognizing Possible Inflammatory Patterns

Foods or habits that might increase inflammation for me:

(no judgment—just noticing)

Foods or habits that seem to help my body feel calmer or clearer:

One pattern I'm noticing between what I eat and how I feel:

## 4. Releasing the 'Symptom-Only' Mindset

Check anything you're ready to release:

- "This is just how I am"
- "Healing has to be extreme to work"

One belief about my health I'm ready to soften or change:

### **Part 3: Gut Health — Supporting the Body's Center**

Your gut is not just about digestion—it's about healing.

#### **5. Gut Awareness**

When I think about my digestion or gut health, I usually feel:

- Comfortable
- Unsure
- Bloating
- Sensitive
- Curious

Signs my gut might need more support:

(irregular digestion, bloating, reactions to food, low immunity, mood changes, etc.)

#### **6. Nourishing the Microbiome**

Foods I already eat that support gut health:

(fruits, vegetables, whole grains, fermented foods)

One probiotic or prebiotic food I'm willing to try or eat more often:

## Part 4: Gentle Healing Actions

Lowering inflammation doesn't require perfection—just consistency.

### 7. My Low-Pressure Healing Focus

Choose **one** action that feels realistic right now:

- Add one anti-inflammatory food daily
- Include fermented foods a few times this week
- Increase fiber with fruits, vegetables, or whole grains
- Remove one highly processed food I eat often
- Pay attention to how foods make me feel

My choice:

This feels manageable because:

### 8. Elimination as Information (Not Punishment)

One food I suspect may cause inflammation for me:

If I removed it temporarily, I would pay attention to:

(energy, digestion, mood, inflammation, sleep, etc.)

Reminder to myself:

## **Closing Reflection**

Finish this sentence honestly:

“When I support my body instead of fighting it, I notice \_\_\_\_\_.”

## **Before You Move On**

Your body is always communicating with you.

Inflammation is a signal—not a life sentence.

Healing happens when the environment inside your body feels safe.

You don't need extremes.

You don't need fear.

You don't need to fix everything at once.

Health is built through daily choices.

Food is one of the most powerful tools you have.

And healing begins the moment you listen.

Take this guide slowly.

Trust the process.

Your body knows how to heal.