



# IS THERE A FIRE INSIDE OF YOU?

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5 STEP CHECKLIST TO CURB HUNGER,  
RESTART WEIGHT LOSS, AND FIGHT  
FATIGUE!

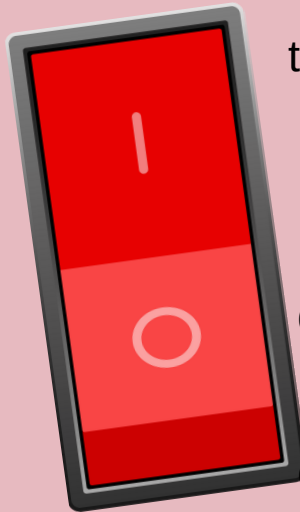


# THE CULPRIT: INFLAMMATION

Inflammation. You've heard of it. That it's 'not good,' 'needs to be lowered,' or 'the culprit that leads to lifestyle diseases.' All true. But that's not the entire story. Inflammation is like a level of white noise in the body. While inflammation is necessary, too much, or the louder the white noise, the higher the risk for long-term diseases such as high blood pressure, Diabetes, heart disease, cancer, immune diseases, neurologic diseases, and more. The list is long, and with it, so are inflammation's symptoms—brain fog, constant hunger, blood sugar irregularities, sleep disturbance, hormone imbalances, weight gain, and joint pain, to name a few.

There are two types of inflammation, acute (shorter term, immediate) and chronic (longer duration, lingering):

**Acute inflammation** is the body's response to sudden insults, such as cutting your finger. To heal a cut, inflammatory cells are sent to the injury to start healing. We need this inflammation type and want it to be ready to do its best job to repair damages and fight off infections and certain illnesses.



**Chronic or prolonged inflammation** is the type we want to minimize. It's when inflammatory cells are present when there is no longer an outside danger. The inflammatory switch gets turned "on" permanently and causes damage to otherwise healthy cells. This type of inflammation can contribute to stalled weight loss, constant hunger, food sensitivities, poor toxin elimination, poor sleep, rising blood sugar (pre-diabetes), or Diabetes.

# WHAT'S YOUR REAL COST OF DOING NOTHING?

- Losing just 1 pound of weight will relieve 4 pounds of pressure from your hips, knees, and feet.



- People diagnosed with diabetes incur, on average, \$16,750 annually in medical expenses.



- Adults with high blood pressure can expect to pay almost \$2000 more annually on healthcare costs than those with normal blood pressure.



- Just one night of sleep deprivation (less than six hours of quality sleep) can result in excess of 500 calories consumed the following day.



- Expect to pay an additional \$3842 annually to treat any cardiovascular disease.



Is a fire burning inside of you? If you can resonate with one or more of these symptoms, you may have too much inflammation:

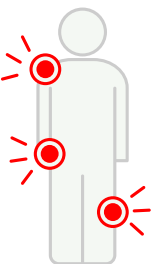
- I have a chronic disease.
- My digestion is off.
- I am tired a lot.
- I can't think as clearly as I used to.
- I am in pain.
- I often feel bloated.
- I have a hard time losing weight.
- I'm hungry throughout most of the day.
- My blood levels show my inflammation is high.
- My skin is irritated.
- I have flare-ups and tenderness in my joints regularly.





# USE THIS CHECKLIST TO PUT OUT YOUR FIRE

- Try something new for your health for a day or a week. The process should be gradual but significant enough that there will be changes over time.
- Create a 12–13 hour daily fasting window. A fasting window is easiest done from the evening until the following morning. This helps your body detox naturally.
- Downsize portions when you eat out. Do you usually have a large drink when picking up from your favorite coffee shop or drive-through? Commit to a small or medium moving forward.
- When you choose to have a sweet or dessert, eat it within 1/2 hour of finishing a meal. Sweets that are eaten close to a meal containing protein, healthy fats, and fiber will better balance blood sugar than having the sweet farther away from a meal or on an empty stomach.
- Know your DNA. Once the root cause of your inflammation is uncovered, you can take the right steps to decrease your risk permanently. Being guided by a professional is key. That's what I help you navigate!







# HI, I'M ALISA!

**Registered Dietitian Nutritionist and Health and Wellness Coach**

I'll show you how to nourish yourself as soon as your next meal, slay constant hunger, minimize or eliminate medications, and streamline supplementation.

Consider knowing your DNA. Certain gene expressions give insight into how your body recognizes hunger and satiety cues. I can guide you!

*Alisa*

**FOR MORE INFORMATION OR TO BOOK A CALL TO  
OUTLINE YOUR NEXT HEALTH STEPS VISIT**

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