

A woman with blonde hair, wearing a bright yellow sleeveless dress, is sitting on a white blanket in a garden. She is smiling and looking upwards, juggling two lemons. The background is filled with green trees and foliage. The overall scene is bright and cheerful.

Inflammation Reset:

Nourish, Heal, Thrive

THE
Eat Well
STUDIO

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What is Inflammation?

Inflammation is a natural defense system in the body. It helps you heal from injuries, fight infections, and recover from illness.

Short-term inflammation is part of a healthy immune response. **Long-term, or chronic, inflammation** is different. It can occur when the immune system stays active for too long, even without injury or infection. This ongoing immune activity can damage tissues and organs over time, increasing the risk of chronic diseases such as heart disease, type 2 diabetes, cancer, arthritis, and certain autoimmune conditions.

The good news is that many factors that drive chronic inflammation are within your control. Food choices, daily habits, and stress levels all play a role. This guide will help you understand what causes inflammation, which foods fight it, which foods promote it, and which lifestyle habits can support a calmer, healthier immune system.

Causes of Inflammation

Inflammation is the body's way of sending white blood cells, immune proteins, and nutrients to an area that needs healing. The process can be triggered by:

- **Infections:** Viruses, bacteria, or fungi that the immune system works to destroy.
- **Injuries:** Cuts, sprains, burns, or surgery can cause localized inflammation during healing.
- **Toxins:** Exposure to pollutants, chemicals, or cigarette smoke can activate the immune system.
- **Chronic diseases:** Conditions such as asthma, rheumatoid arthritis, inflammatory bowel disease, and lupus keep the immune system in a constant state of activation.
- **Lifestyle factors:** Poor diet, lack of exercise, chronic stress, and insufficient sleep can promote low-grade inflammation.

There are two main types of inflammation:

- **Acute inflammation:** Short-term, lasting hours to days, usually helpful for healing.
- **Chronic inflammation:** Long-term, lasting months or years, often harmful to tissues and linked to disease.

Understanding these causes is the first step to making changes that calm the immune system and protect your long-term health.

Anti-Inflammatory Foods

The anti-inflammatory diet is not a strict meal plan. It's a way of eating that focuses on nutrient-rich foods shown to lower inflammatory markers in the body.

Fruits and vegetables: Packed with antioxidants, vitamins, and minerals that neutralize free radicals and reduce oxidative stress.

- **Examples:** Berries, cherries, leafy greens, tomatoes, oranges, broccoli, peppers.



Healthy fats: Unsaturated fats, especially omega-3 fatty acids, can reduce inflammation and support heart and brain health.

- **Examples:** Olive oil, avocado, nuts (walnuts, almonds), seeds (chia, flax).



Fatty fish: Omega-3s in fish like salmon, tuna, sardines, and mackerel help lower inflammatory molecules in the body.



Whole grains: Provide fiber, which supports healthy gut bacteria that can lower inflammation.

- **Examples:** Oats, brown rice, quinoa, barley, whole wheat bread.



Legumes: Rich in plant-based protein, fiber, and minerals that help regulate blood sugar and inflammation.

- **Examples:** Beans, lentils, chickpeas.



Herbs and spices: Many have compounds with anti-inflammatory effects.

- **Examples:** Turmeric (curcumin), ginger, cinnamon, garlic.



Foods that May Contribute to Inflammation

Some foods increase inflammation, especially when eaten often or in large amounts. Reducing these can help calm the immune system.

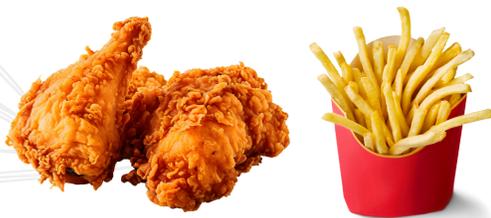
Refined carbohydrates

- White bread, pastries, and other processed grains can spike blood sugar, which triggers inflammatory pathways.



Fried foods

- Often made with oils high in trans fats or repeatedly heated oils that produce harmful compounds.



Processed meats

- Bacon, sausage, hot dogs, and deli meats contain preservatives and compounds that can increase inflammation.



Sugary drinks

- Soda, sweetened teas, energy drinks, and flavored coffees are linked to higher inflammatory markers.



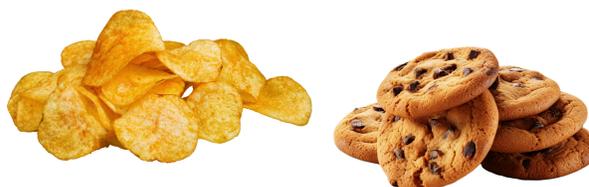
Excess alcohol

- Drinking more than recommended amounts (more than one drink per day for women, two for men) can damage tissues and trigger inflammation.



Highly processed packaged foods

- Chips, cookies, frozen meals, and sweet snacks often contain added sugars, unhealthy fats, and low nutrient content.



Lifestyle Factors

Regular Physical Activity

Aim for at least 150 minutes of moderate exercise per week.

- Activities like walking, cycling, swimming, or strength training improve circulation, support a healthy weight, and lower inflammatory markers.



Adequate Sleep

Adults need 7 to 9 hours per night.

- Poor sleep disrupts immune function and increases inflammation.



Stress Management

Chronic stress releases hormones that fuel inflammation. Techniques such as deep breathing, meditation, yoga, and spending time in nature can be beneficial.



Healthy Weight

Extra body fat, especially around the abdomen, produces inflammatory chemicals. A balanced diet and regular exercise help maintain a healthy weight.

Avoid Tobacco

Smoking and secondhand smoke are linked to higher inflammation and increased disease risk.





Blueberry Lemon Blender Oats

SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 40 MIN

Ingredients

- 1 Tbs chia seeds
- 2 Tbs water
- 1/2 cups old-fashioned oatmeal
- 1/2 banana
- 1 tsp lemon zest
- 1 Tbs lemon juice
- 1/4 almond milk, unsweetened (or milk of choice)
- 1 Tbs maple syrup
- 1 Tbs flax meal (optional)
- 1/2 tsp cinnamon, ground
- 1/2 tsp baking powder
- 1/8 cup blueberries
- 1 Tbs Greek yogurt, 2%

Directions

Prep

1. Combine chia seed and water in a small cup and whisk to combine.
2. Set aside for 10 - 15 mins.
3. Preheat oven to 350°F.
4. Grease 8-ounce ramekin.

Make

1. Add all ingredients to a blender, except the blueberries, and blend until smooth.
2. Pour into a greased ramekin and stir in chocolate chips.
3. Place ramekin on a small baking sheet and bake for 25 minutes.
4. Let cool for 5-10 minutes.
5. Top with yogurt of choice, if desired.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Calories per serving 359	Total Fat 9.9g	15%	Total Carbohydrates 64g
	Saturated Fat 1.3g	6%	Dietary Fiber 11g	44%
	Trans Fat 0.0g		Total Sugars 23g	
	Cholesterol 2mg	0%	Protein 11g	
	Sodium 64mg	2%		
	Vitamin D 1mcg 6% · Calcium 466mg 46% · Iron 3mg 15% · Potassium 663mg 14%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





Black Bean Quinoa Salad

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 25 MIN

Ingredients

- 1 1/2 cups quinoa
- 1 1/2 cups black beans, canned, rinsed and drained
- 1 1/2 cups corn, frozen, defrosted
- 1 medium bell pepper, red, seeded and chopped
- 4 medium scallions, chopped
- 1 tsp garlic, finely minced
- 1/4 cup cilantro, fresh, chopped fine
- 1/4 tsp cayenne pepper, optional
- 1/3 cup lime juice
- 1/2 tsp salt
- 1 1/4 tsp ground cumin
- 1/4 cup olive oil
- salt, to taste
- pepper, to taste

Directions

Prep

1. Rinse quinoa in a fine sieve under cold running water until water runs clear. Put quinoa in a pot with 2 1/4 cups of water. Bring to a boil, then cover and simmer 20 minutes or until water is absorbed and quinoa is tender.
2. Fluff quinoa with a fork and transfer to a large bowl, and allow to cool.

Make

1. Once quinoa has cooled, add beans, corn, bell pepper, scallions, garlic, cilantro, and cayenne (if using) and toss to combine.
2. In a small bowl, whisk together lime juice, salt, cumin, and add oil in a stream while whisking. Drizzle over salad and toss well. If desired, add salt and pepper to taste.

Notes: Toss in some fresh greens for added texture and nutrition!

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Calories per serving 347	Total Fat 3.5g	5%	Total Carbohydrates 50g	
	Saturated Fat 0.4g	2%	Dietary Fiber 8g	33%	
	Trans Fat 0.0g		Total Sugars 3g		
	Cholesterol 0mg	0%	Protein 12g		
	Sodium 202mg	8%			
	Vitamin D 0mcg 0% · Calcium 49mg 4% · Iron 4mg 19% · Potassium 589mg 12%				





Mediterranean Grilled Chicken Salad

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 30 MIN

Ingredients

Marinade & Dressing

- 1/2 cup olive oil
- 4 lemons, juiced
- 2 Tbs red wine vinegar
- 4 Tbs parsley, fresh, chopped
- 2 tsp oregano, dried
- 2 tsp garlic, granulated
- salt, to taste
- black pepper, to taste
- 1 1/2 lb chicken breast, skinless, boneless

Salad

- 4 cups romaine, washed, chopped
- 1 cucumber, seedless, diced
- 1 bell pepper, red, chopped
- 1 pints of tomatoes, cherry, halved
- 1/4 onion, red, slivered
- 1/3 cups olives, kalamata, pitted
- 1 avocado, sliced

Directions

Prep

1. Chop romaine.
2. Dice the cucumber.
3. Silver onion.
4. Preheat grill or grill pan to medium-high.

Make

1. Dressing: Add marinade ingredients to a mason jar with a lid and shake to combine. Pour half of the marinade into a large glass baking dish and add chicken. Marinate for 15-30 minutes, turning once
2. Salad: Add salad ingredients, except for avocado, to a large bowl and toss to combine.
3. 2. Remove the chicken from the marinade and discard the marinade.
4. Grill chicken on medium heat either in a grill pan or on a grill, until internal temperature reaches 165° F. Turning once during cooking until browned on both sides.
5. Let chicken rest for 5 minutes then slice at an angle.
6. Toss salad with remaining dressing from jar and season with salt and black pepper.
7. Arrange on plates, top with chicken and avocado and serve.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	587	Total Fat 40.4g	62%	Total Carbohydrates 15g	5%
		Saturated Fat 4.5g	22%	Dietary Fiber 5g	20%
		Trans Fat 0.0g		Total Sugars 6g	
		Cholesterol 0mg	0%	Protein 42g	
		Sodium 524mg	22%		
Vitamin D 0mcg 0% · Calcium 59mg 5% · Iron 2mg 9% · Potassium 1107mg 23%					

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Salmon & Artichokes

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 1 1/2 lb salmon, cut into filets
- 3 Tbs olive oil
- 2 lemons
- 8 cups spinach
- 1 1/2 cups artichokes, canned, drained (or frozen, defrosted)

Directions

Prep

1. Zest and juice 1 lemon. Cut one into wedges for serving
2. Whisk together 2 tablespoons of olive oil, lemon juice, and 2 teaspoons of zest.
3. Brush salmon with this mixture and sprinkle with pepper to taste.

Make

1. Heat a medium non-stick skillet on medium heat. Drizzle with 1 tablespoon of oil.
2. When the pan is hot, place salmon fillets in the pan, flesh side down, to brown for about 2 minutes. Carefully flip, and reduce the heat to medium-low. Add 1/4 cup of water to the pan and cover the top, and let them cook for 4-5 minutes until cooked throughout.
3. Remove salmon fillets from the pan and place them on a dish, then cover to keep warm. Add remaining oil and artichoke hearts to the pan and sauté until browned. Add spinach - heat over low until spinach is just wilted.
4. Serve salmon over spinach and artichokes with lemon wedges.

Nutrition Facts

Calories 495
per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 33.3g	51%	Total Carbohydrates 10g	3%
Saturated Fat 6.6g	33%	Dietary Fiber 5g	20%
Trans Fat 0.0g		Total Sugars 1g	
Cholesterol 94mg	31%	Protein 39g	
Sodium 615mg	26%		
Vitamin D 19mcg 187% · Calcium 82mg 8% · Iron 2mg 13% · Potassium 992mg 21%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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