



From
FRAZZLED TO
FREEDOM

WEEK 2



Action Steps:

Your Game Plan for Healing Inflammation

Step 1: Don't cause damage.

What can you do this week to avoid causing further inflammation in your body? (Examples: I will avoid artificial sweeteners, I will buy a bag of oranges instead of a bag of chips, I'll cut out canola oil and replace it with coconut oil, I'll replace my drugstore supplements with pharmaceutical grade ones, etc.) _____

Step 2: Heal existing inflammation.

What can you include in your routine this week to actively start healing existing inflammation? (Examples: I will start incorporating a probiotic rich food, like kombucha, plain full fat yogurt, or sauerkraut into my diet. I will eat 2 tablespoons of fat at every meal and snack, etc.) _____

Step 3: Practice patience and consistency.

What can you do to keep things positive and keep your momentum going? (Examples: I will journal for 10 minutes every day, I will pay extra close attention to what my body is telling me, I will check in every day with the Facebook group for accountability, etc.) _____
