



The Reset.

A Market for Modern Wellbeing

The Anti-Inflammatory Reset: How Food Can Heal Your Body



Why it matters:

Chronic inflammation can contribute to fatigue, joint pain, and long-term health issues like heart disease, diabetes, and cognitive decline. An anti-inflammatory diet helps your body heal, restore balance, and feel its best.

Key Benefits:

- **Protects Against Chronic Disease**
Antioxidant-rich foods neutralize free radicals, supporting heart, brain, and joint health.
- **Supports Immune Balance**
Helps your immune system respond appropriately, reducing flare-ups and autoimmune reactions.
- **Boosts Mood & Brain Health**
Omega-3s, leafy greens, and berries help reduce inflammation that can affect mood and cognition.
- **Increases Energy & Recovery**
Reducing inflammatory foods restores natural energy and supports muscle recovery.
- **Promotes Long-Term Vitality**
Enhances metabolism, hormone balance, digestion, and even skin health.

Foods to Include:

- ✓ Fruits & vegetables (especially leafy greens and berries)
- ✓ Fatty fish (salmon, sardines, mackerel)
- ✓ Nuts & seeds (almonds, walnuts, chia, flax)
- ✓ Olive oil & other healthy fats
- ✓ Herbs & spices (turmeric, ginger, garlic)

Foods to Limit:

- ✗ Refined sugar & desserts
- ✗ Processed oils & fried foods
- ✗ Excess red meat & processed meats
- ✗ Highly processed snacks

Tip: Focus on whole, colorful foods. Small changes add up to big results in reducing inflammation and boosting your health!

The Power 9 principles

- **Move Naturally:** Integrate natural movement, like walking or gardening, into your daily routine instead of dedicated gym time.
- **Know Your Purpose:** Having a sense of purpose in life can add years to your life expectancy.

- **Down Shift:** Create routines to regularly de-stress, such as napping or taking a walk.
- **80% Rule:** Stop eating when you are 80% full, as it takes time for your brain to register that your stomach is satisfied.
- **Plant Slant:** Make a plant-based diet, with fewer meats, the foundation of your meals.
- **Wine @ 5:** Drink one or two glasses of wine per day with friends and/or with food.
- **Belong:** Regularly attend faith-based services, which has been linked to a longer life.
- **Friends @ Five:** Make time to see friends every day or at least four times a week.
- **Positive Pack:** Invest in the relationships that matter most by surrounding yourself with healthy-minded people.