



Inflammation is at the root of almost every illness and disease. Whilst short term inflammation is a critical first response to injury or illness (helping the body repair from injuries or wounds, exposure to a virus), chronic inflammation is not good for us.

When your body is constantly inflamed under the surface, the 'fighting' mechanisms of your immune system get tired from always being switched on, so you are not able to fight off bugs, viruses, and injuries as quickly, resulting in impaired health.

Luckily there are many small habits each day that you can practise to decrease inflammation in your body.

1. PICK THE RIGHT FOODS.

Fibre is crucial to helping to clear excess waste and cholesterol from your digestive tract, as well as being one of the most important dietary factors when it comes to reducing inflammation. Adding in a handful of salad or a carrot at lunch, and having a piece of fruit as a snack will go a long way towards reducing inflammatory markers in your body.

Healthy fats are also really important for reducing inflammation in the body. Things like avocado, nuts and seeds, olive oil and fatty fish are rich in Omega 3s and Omega 6s which are needed for reducing inflammation in the body.



2. GET MOVING.

Moving your body and contracting your muscles also has a big influence on inflammation. If you can move your body for even 60 seconds throughout the day in small breaks, the increased blood flow will help your body to clear waste products and reduce inflammation.

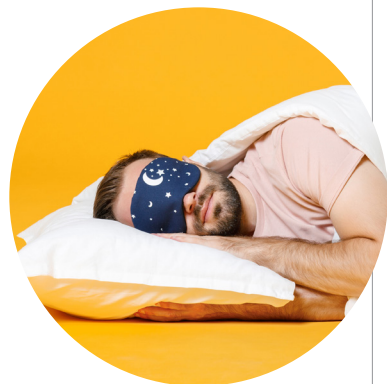
Although generally speaking, the more movement the better, even small amounts of movement each day can add up to not only make you feel better in the moment, but reduce inflammation and improving your health long-term.



3. PRIORITISE SLEEP.

Although getting a long or good quality sleep isn't always possible, doing whatever you can to prioritise a good sleep is extremely important for reducing inflammation. Sleep is the time when your body repairs itself, and when waste products from places like the brain get flushed out.

If you have poor sleep or consistently don't get enough, your risk of chronic inflammation increases significantly. That being said, even if you can't change your sleep, other lifestyle habits such as eating more fruit or moving your body can help to reduce the damage a lack of sleep may do to your body.



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