

7 DAYS TO SOOTHE INFLAMMATION NATURALLY

+ QUIZ : WHAT'S YOUR LEVEL OF INFLAMMATION ?
HIGH, MODERATE OR LOW ?

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WHO I AM ?

Certified since 2018 in Naturopathy, Sophrology, Massage therapy and Herbalism, I've had the opportunity to work with hundreds of people who are particularly keen to understand how to improve their health in the most natural way possible.



All these years have enabled me to specialize in anti-inflammatory care, because all diseases and pathologies have one thing in common... Inflammation.

After implementing hundreds of tips and treatments to support the people who have placed their trust in me, I've decided to share with you, through my videos and training courses, simple but effective advice that you can implement to improve your quality of life.

I'm here to democratize the anti-inflammatory lifestyle and show you how simple it is to improve your physical and mental well-being, without headaches.

ARE YOU READY?

INTRODUCTION

WHY CHRONIC INFLAMMATION IS A SILENT DANGER

Inflammation is the body's natural response to aggression: infection, injury, allergen, toxins... It's a necessary and protective process. However, today, we're so surrounded by toxic elements (household products, perfumes, pesticides, etc...) that we need to help our bodies reduce certain inflammations and prevent them from becoming chronic or worse.

When this inflammation becomes chronic, it ceases to be beneficial: it becomes a trigger and aggravating factor for numerous pathologies, including :

- Joint and muscle pain
- Digestive disorders
- Hormonal imbalances
- Autoimmune diseases
- Neurodegenerative pathologies
- Type 2 diabetes, obesity and cardiovascular disease

Our modern diet, sedentary lifestyle, chronic stress and pollution encourage this low-grade inflammation.

The aim of this 7-day program is to provide you with the foundations of an anti-inflammatory lifestyle based on naturopathy, functional nutrition and micro-nutrition and herbalism. ,You'll discover 7 targeted approach, dietary advice and simple rituals that you can integrate over the long term.

HOW TO USE THIS GUIDE

Once you've absorbed all these elements, apply them for a full 7 days. In a notebook, write down how you feel, how is your skin, your digestion, your aches and pains if you have any, etc....

Every detail counts! And take stock after 7 days to compare the evolution.

Let me know how it goes!

QUIZ

WHAT'S YOUR LEVEL OF INFLAMMATION ? HIGH, MODERATE OR LOW ?

Answer each question honestly. At the end, add up your points to find out your level of inflammation.

- 1. How often do you wake up feeling tired, even after a full night's sleep?**
 - A. Rarely (0 point)
 - B. Sometimes (1 point)
 - C. Often or always (2 points)
- 2. How frequently do you experience bloating, constipation, or digestive discomfort?**
 - A. Almost never (0)
 - B. Occasionally (1)
 - C. Frequently (2)
- 3. How is your skin lately?**
 - A. Clear and healthy (0)
 - B. Occasional breakouts or irritation (1)
 - C. Acne, eczema, redness or flare-ups (2)
- 4. How often do you feel anxious, stressed or overwhelmed?**
 - A. Rarely (0)
 - B. Several times a week (1)
 - C. Daily or constantly (2)
- 5. Do you suffer from joint pain, body aches or tension?**
 - A. No (0)
 - B. Mild or only after physical effort (1)
 - C. Yes, often or chronically (2)

6. How many hours of sleep do you get per night on average?

- A. 7–9 hours (0)
- B. 5–6 hours (1)
- C. Less than 5 hours (2)

7. How processed is your diet (refined sugars, fast food, fried food)?

- A. Mostly whole, natural foods (0)
- B. Mixed (1)
- C. Highly processed (2)

8. How often do you move your body (walk, stretch, exercise)?

- A. Daily (0)
- B. A few times a week (1)
- C. Rarely (2)

9. Do you suffer from hormonal symptoms (PMS, irregular cycles, acne, low libido)?

- A. No (0)
- B. Mild or occasional (1)
- C. Yes, frequently (2)

10. How is your mood and mental clarity?

- A. Stable and focused (0)
- B. Sometimes foggy or irritable (1)
- C. Often low, anxious or unfocused (2)

YOUR SCORE : ADD UP YOUR POINTS

0–5 POINTS : LOW INFLAMMATION

Well done! Your body is functioning well and your lifestyle seems to be anti-inflammatory. Keep taking care of yourself

6–12 POINTS : MODERATE INFLAMMATION

Imbalances are present, your body is sending signals. It's time to adjust your sleep, your diet or your stress level.

13–20 POINTS : HIGH INFLAMMATION

Your inflammation level is high. This can affect your digestion, nervous system, immunity and hormones. A change in lifestyle is essential: an anti-inflammatory diet, restful sleep, stress management and gentle movement are essential.

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ADVICE N°1

TURN OFF THE MAIN HOT SPOTS: SUGAR, GLUTEN, INDUSTRIAL DAIRY PRODUCTS

Objective: Identify and reduce major inflammatory foods
The trio of refined sugar, (industrial) gluten and cow's milk products is often at the heart of chronic inflammation.

They cause :

- Intestinal hyperpermeability ("leaky gut")
- Immune system activation
- Repeated blood sugar spikes

Eliminate/reduce for 7 days :

- Viennoiseries, pastries, sodas, industrial fruit juices, cookies
- White bread, white pasta, pizza, industrial products containing gluten
- Cow's milk, cream, sweetened yoghurts

Prefer :

- Whole fruit, sweet potatoes, quinoa, brown rice...
- Coconut milk, plain plant-based yoghurt...
- Natural sourdough bread (if tolerated), gluten-free flours (buckwheat, rice, chestnut..)

Bonus tip : Read labels. Beware of "false healthy alternatives" often packed with sugar or additives.

Daily routine : Prepare an anti-inflammatory breakfast
Buckwheat flakes porridge + almond milk + chia seeds + red berries + cinnamon

ADVICE N°2

NOURISH YOUR BODY WITH POWERFUL ANTI-INFLAMMATORY FOODS

Objective : Provide the body with nutrients that repair, alkalize and calm inflammation.

Food is our first medicine. Some contain natural anti-inflammatory molecules as powerful as drugs, with no side effects.

The essentials to include :

- Turmeric (with black pepper): inhibits pro-inflammatory mediators
- Ginger: antioxidant, digestive, anti-nausea
- Dark green vegetables: spinach, kale, broccoli, rich in magnesium and chlorophyll
- Red fruit : rich in anthocyanins, protect cells
- Flax and chia seeds: plant-based omega 3
- Rapeseed, camelina and flaxseed oil: use raw

Tip : Replace your usual snack with an anti-inflammatory smoothie:

- 1 handful blueberries
- 1 tbsp. tablespoon chia seeds
- 1/2 banana
- 1 handful spinach
- 1 teaspoon turmeric
- Vegetable milk (almond or coconut)

Routine for the day : Incorporate turmeric into your cooked dishes, with black pepper and a little oil to activate it's active ingredients (curcuminoids).

ADVICE N°3

MOVE TO CIRCULATE INFLAMMATION AND ACTIVATE ELIMINATION

Objective: Activate emunctories through movement.

The lymphatic system transports cellular waste and toxins. Unlike blood, it does not circulate via a heart. It needs movement:

- Walking
- Stretching
- Trampoline bouncing
- Yoga, qi gong, intuitive dance
- Gym

Action plan:

Walk for 30 minutes on an empty stomach if possible
Incorporate 10 minutes of gentle yoga (child's pose, downward facing dog, twists)

Drink of the day: Water infused with lemon and fresh ginger → Stimulates digestion, liver and lymph.

Routine: Do 10 deep breaths on waking + gentle stretching + hydration

By taking deep breaths, you'll increase the flow of oxygen into your cells and improve your blood circulation. Without realizing it, this simple mechanism will improve the absorption of nutrients at the very heart of your organism.

ADVICE N°4

PAMPER THE GUT, REGULATE INTESTINAL POROSITY

Objective: Repair the intestinal barrier and strengthen the microbiota. A large part of inflammation stems from an unbalanced, porous intestine. This allows toxins, allergens and bacteria to pass into the bloodstream and trigger an inflammatory response.

To integrate:

Homemade broths (with vegetables, seaweed, garlic, turmeric)
Lacto-fermented vegetables: raw sauerkraut, pickles
Soaked flaxseeds, blond psyllium

Simple prebiotics:

Leek, garlic, onion, not too ripe banana

You can also supplement your day's hydration with kombucha-based drinks. There's a wide variety of tastes to suit all tastes. Kombucha increases the number of good bacteria in your body, helping to optimize intestinal function.

Avoid:

Antibiotics, antacids, alcohol, sweeteners (microbiota disruptors)

Routine: Morning on an empty stomach: 1 tbsp flaxseeds soaked in a glass of water + 5 minutes abdominal massage : slow clockwise pressure (direction of blood circulation)

ADVICE N°5

CALMING THE NERVOUS SYSTEM: THE HIDDEN KEY TO INFLAMMATION

Objective: Reduce neuro-hormonal inflammation and cortisol spikes. Chronic stress triggers continuous cortisol production and disrupts the gut-brain axis.

This causes:

- Hyperacidity
- Sleep problems
- Irritability, anxiety
- Insulin resistance
- Low immunity (repeated infections)

Recommended techniques:

Heart coherence 2x/day (5 min) : Inhale for 5 seconds and exhale for 5 seconds. Inhale and exhale as deeply as possible. If you can increase the number of seconds and let go, it's a good way to release tension.

Mindfulness walking : Take the time to breathe and enjoy the moment

Intuitive writing: clearing the mind. By placing your thoughts on your journal, you will increase your clarity of mind and your ability to reflect.

Soothing plants :

Lemon balm, passionflower, ashwagandha, rhodiola.

Routine: Breathing deeply before each meal → activates the vagus nerve and aids digestion

ADVICE N°6

OPTIMIZE SLEEP, THE KEY TO REGENERATION

Objective: Support the body's repair functions.

At night, the body regenerates its tissues, drains cellular waste and regulates immunity and hormones. Poor sleep is inflammatory.

There's a list of 10 inflammation-related ailments caused by lack of/poor sleep:

- Chronic fatigue and mental fog
- Weight gain and metabolic inflammation (increased cortisol, insulin resistance)
- Digestive disorders (bloating, irritable bowel)
- Reduced immunity (frequent infections, silent inflammation)
- Muscle and joint pain (increased tissue inflammation)
- Hormonal disorders (menstrual cycle imbalance, aggravated PCOS)
- Hypertension and cardiovascular risk
- Anxiety and mood disorders (brain inflammation)
- Accelerated cellular aging (oxidative stress + inflammation)
- Inflamed skin (acne, eczema, dull complexion)

Key tips:

Light dinner before 8pm : Take the time to chew

No blue light after 9pm : Put on night mode / anti-blue light glasses

Sleep infusion : Verbena, chamomile, lavender, linden

Epsom salt footbaths in the evening : Relieve tension and improve sleep

Daily routine:

Screen off at 9pm

Reading / meditation / gratitude journal : METIME

3 deep abdominal breaths in bed

ADVICE N°7

GENTLE DETOX FOR THE LIVER AND EMUNCTORIES

Objective: Support the master organ of elimination and waste management.

The liver neutralizes toxins, regulates hormones and synthesizes anti-inflammatory proteins. When overloaded: fatigue, dull complexion, irritability, inflammation.

Liver-friendly foods:

Artichoke, black radish, rosemary, turmeric, lemon, beet, dandelion

Warm water with lemon

Green broths (leek, celery, parsley, nettle)

Routine: In the morning (twice a week) on an empty stomach: 1 glass warm water + lemon juice + 1 tsp cider vinegar → Activates the liver, digestion and regulates pH.

More advice :

One of the best ways to help the liver eliminate toxins is to make fresh homemade fruit and vegetable juices. Our soils are getting poorer and poorer, and food is becoming less and less nutritious.

Adding homemade juices multiplies the supply of vitamins and minerals to the very heart of your organism, increases the natural elimination of waste and brings more purity to the very heart of your cells.

If you need inspiration, don't hesitate to pick up my [Challenge 6 day detox juice cure guide for a complete detox of your body in 6 days + a multitude of tips.](#)



TO HELP YOU GO ONE STEP FURTHER WOMEN'S NUTRITION ONLINE COURSE

Now that you've learned the basics of anti-inflammatory self-care, it's time to go further. Imagine the impact on your well-being and in your entire life ! This program is for women, and men who want to understand and support their wives and daughters.

In Women's Nutrition online course, you'll learn to:

MODULE 1 : Understanding Female Nutritional Needs

MODULE 2 : Adapting your diet to your menstrual cycle

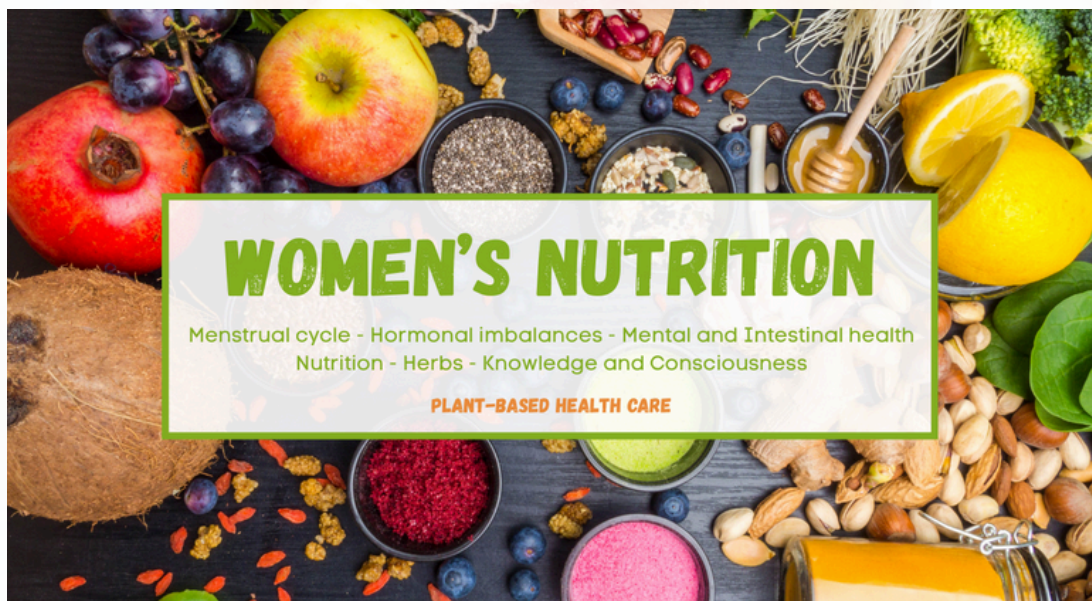
MODULE 3 : Herbs and Natural Supplements

MODULE 4 : Digestion and Intestinal Health

MODULE 5 : Mental health and life balance

MODULE 6 : Recipes

Immediate access here : [Women's nutrition](#)



THANKS FOR TAKING CARE OF YOURSELF

I hope I've helped you make the best of your life. Know that this freebie is just the beginning of everything I have in store for you, program after program, and all the time I'll be sharing with you on youtube.

- If you'd like to find out more about me and how I manage my family around this lifestyle, I invite you to discover [my youtube channel Héléne BEAR](#). I'll also be sharing educational videos to increase your knowledge and awareness of health, plants, nutrition and, of course, inflammation.
- If you'd like to change your life right now, I invite you to [discover my different programs available on Maâdili-Kan.com](#).

SEE YOU SOON FOR MORE SHARING

