AgelessCoach™
AGE STRONG. LIVE LONG.

Chronic Inflammation: Four Basics

The four basics Harvard Health names, what a CRP result does and does not tell you, and the foods Johns Hopkins lists on both sides.

✓ **Verified against published guidance** from Harvard Health, Cleveland Clinic & Johns Hopkins Medicine · sources below

Contact a health care provider about persistent symptoms such as joint pain or stiffness, unexplained fever, ongoing fatigue, mouth sores, a skin rash, lasting digestive trouble, unexplained weight change or frequent infections.

✓ Do This

Keep a Healthy Weight
- Visceral fat can read as a threat
- Longer carried, longer inflamed
- Immune system attacks those cells

COACH'S TIP Harvard names the mechanism.

Choose a Good Diet
- Patterns beat single ingredients
- Direction, not prescription
- Some foods promote, some inhibit

COACH'S TIP No hero food required.

Get Plenty of Sleep
- One of the four Harvard names
- Diet and exercise help it too
- Listed beside the others

COACH'S TIP Free and often skipped.

Exercise Regularly
- Strong effect, Harvard says
- Three levers move together
- Also helps weight and sleep

COACH'S TIP The best value of the four.

Ask What Your CRP Number Was
- 1 to 3 mg/L is low but chronic
- Ask what your provider makes of it
- Liver protein that rises

COACH'S TIP Ask for the figure.

Cut Before You Add
- Red meat and processed meat
- Added sugar and sweet drinks
- White flour bread and pasta

COACH'S TIP Subtraction is cheaper.

✗ Do Not

Do Not Treat All Inflammation as Bad
- It is how the body heals
- Chronic is the problem
- Acute inflammation protects you

COACH'S TIP Cleveland says so outright.

Do Not Buy the One True Diet
- Hopkins: no one specific diet
- Patterns, not protocols
- Harvard: evidence is not clear

COACH'S TIP Two institutions, same answer.

Do Not Read CRP as a Diagnosis
- It rises with inflammation
- Direction of cause is unclear
- It does not name a cause

COACH'S TIP A signal, not an answer.

Do Not Ignore the Non Food Causes
- Environmental toxins
- Aging and chronic stress
- A lingering virus

COACH'S TIP Hopkins lists all four.

Do Not Expect Obvious Symptoms
- Chronic is harder to spot
- Chronic often shows nothing
- Acute shows redness and heat

COACH'S TIP Quiet by nature.

Do Not Self Treat Persistent Symptoms
- Joint pain or stiffness
- Frequent infections
- Fever, mouth sores, rash

COACH'S TIP That is an appointment.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

4	1 to 3 mg/L	4 signs
basics Harvard Health names	CRP low but chronic, Harvard	of acute inflammation, Hopkins

Sources: Harvard Health, Cleveland Clinic, Johns Hopkins Medicine. **Educational content, not medical advice.** Talk with your doctor.