

# Day 6: Inflammation

12 Day  
*Natural*  
Detox

# Inflammation

Looking at the lists from the module, use the table below to make a plan to replace inflammation-causing foods with inflammation-fighting foods.

Inflammation-causing Foods That You Eat Routinely	Inflammation-fighting or Neutral Foods to Replace Them With

# Daily Reflections

How do you feel physically after today? What sensations are you experiencing when you tune into your body?

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What challenges did you overcome today?

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How is your motivation and commitment to accomplishing your health goals in this program? Focus on your accomplishments for the day.

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What do you need to focus on for tomorrow to be a success for you within this program?

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