

THE HIDDEN BARRIER:

Is inflammation
hindering your
progress?



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Many women do everything right, eat well, move their bodies, cut back where they can, and still don't see the results they expect.

Often, there's a hidden factor at play, chronic, low-grade inflammation. This checklist will help you start recognising the signs.

10 Signs Your Body May Be Inflamed

1. Puffiness or swelling that doesn't fully go down overnight
2. Joint aches that seem to move around or flare without warning
3. Bloating after meals, even when you haven't overeaten
4. Skin that feels tender, warm or bruises more easily than usual
5. Energy that crashes hard in the afternoon
6. Weight that resists shifting despite doing all the right things
7. Waking up feeling stiff or unrested
8. Sugar or carbohydrate cravings that feel stronger than usual
9. Brain fog or difficulty concentrating
10. Digestive changes, such as constipation or looser stools than normal

If you mentally checked off three or more, inflammation may well be part of your picture.

Foods That Heal v's Foods That Harm

Foods that heal

Fatty fish such as salmon
Extra Virgin Olive Oil, and other
cold pressed oils
Leafy greens
Colourful vegetables
Berries
Herbs and spices
Nuts and seeds

Foods that harm

White flour and
processed grains
White sugar
Damaged seed oils
Packaged snack foods
Deep Fried Foods
Excess alcohol

Three Small Changes to Start This Week

1. Swap one processed snack a day for a handful of nuts or some berries
2. Add an extra cup of colourful vegetables to your main meal
3. Prioritise consistent sleep and gentle daily movement, since both poor sleep and inactivity feed inflammation too

You don't need to overhaul everything overnight. Small, consistent changes make a genuine difference.

If you'd like personalised support, particularly if you're navigating menopause, weight resistance or lipoedema, please reach out.

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Specialising in women's health, menopause, and lipoedema