

A decorative green dotted pattern in the top-left corner of the page.

INFLAMMATION FREE IN 5 DAYS FOR WOMEN 35+:

A BUSY WOMAN'S GUIDE TO FEELING LIKE YOURSELF AGAIN

Written by A&N Holistic Health

WELCOME,

I'm Andrea.



I'm so glad you request the **Inflammation Free in 5 Days: A Busy Woman's Guide to Feeling Like Yourself Again.**

See, before I became a certified health and nutrition coach and before I created **The Anti Inflammatory Method** that works with **women who are want to heal inflammation in their body and finally lose the stubborn weight**, I spent so much time trying different things that either didn't work at all or only worked for a little while. I was determined to find a solution because continuing on was no longer an option for me.

After much trial and error, I discovered **addressing chronic inflammation and lifestyle factors contributing to stress all affected weight loss, it wasn't just about eating the right foods and moving my body**. I almost dismissed it as just another thing that wouldn't work **BUT THEN** I started to notice **not only did i lose stubborn weight but my mood was more stable, i had consistent energy, I was better able to handle the stress that life continually throws our way**. I was over the moon about it.

The good news is that, you did a really smart thing and requested this guide! Now you have access to the strategies we use with our clients to decrease inflammation, increase energy, reduce bloating, improve resilience, and feel better the best I every have in the **Inflammation Free in 5 Days: A Busy Woman's Guide to Feeling Like Yourself Again** guide.

IMPORTANT: strategies only work if you actually do them, make them part of your lifestyle, so they become a habitual practice for you and you can sustain them life long.

Want additional free resources to help you address inflammation, get your energy back and your confidence?

[CLICK HERE TO JOIN](#) my free Facebook group.

I can't wait to hear how the **Inflammation Free in 5 Days: A Busy Woman's Guide to Feeling Like Yourself Again.** helped you.

Love Andrea

HOW TO BEST USE THIS GUIDE

If you're anything like me, then you want **simple steps to follow and even simpler actions** to take that will help you feel better, faster, without adding more chaos to your already full life.

This guide was created for women just like you--working hard, juggling responsibilities, and just wanting to feel like yourself again.

Follow these steps below for best results.

STEP # 1: Read through the **Inflammation Free in 5 Days** in its entirety first.

STEP # 2: Join the free Facebook Group called: **Inflammation and Weight Loss Relief for Busy Women** [CLICK HERE TO JOIN.](#)

STEP # 3: Plan ahead.

Look at your calendar and carve out a few moments each day to implement the steps. It could be 10 minutes in the morning or a quiet moment before bed--**small efforts lead to big shifts**. And if something doesn't make sense? ask in the **Inflammation and Weight Loss Relief for Busy Women** FB GROUP.

STEP # 4: Focus on the wins.

It's easy to feel frustrated when change doesn't come overnight. But healing takes time. Instead of measuring by the scale or energy level alone, **notice the small shifts**-- less bloating, fewer cravings, a calmer mind. Those are signs you're on the right track.

STEP # 5: Ask for help.

If you want to get results faster, the best way is to ask for help. We work with busy, high achieving women who are ready to get to the root cause of their inflammation, rebalance their metabolism, and finally feel like themselves again.

If you are curious about our one-to-one coaching or the **Anti Inflammatory Method** program email us at ann_nicole@anholsitichealth.com

Ok, now that you the steps to be successful, now it's time to put them into action.

Inflammation Free in 5 Days

Inflammation Free in 5 Days

A Busy Person's Guide to Feeling Like Yourself Again

For high-achieving women in their 30s and 40s who are done with feeling bloated, tired, stressed out, and just "off."

How This Works

This 5-day guide is designed to help you reduce chronic inflammation by getting to the root cause:

- what you eat
- how you move
- how you recover
- your surroundings
- your mindset

This isn't just about food or supplements. This is about addressing your foundation. The goal?

To help you notice what's working, what's not, and what your body's been trying to tell you.

DAILY STRUCTURE:

Each day will include:

- The Why (short evidence-based insight)
- The Decision (habit or pattern that may be contributing to inflammation)
- The Action (what to implement today)
- The Mindset Shift (to support sustainability)
- What to Watch For (signs of improvement or red flags)

WHY INFLAMMATION MATTERS

Low energy. Brain fog. Gut issues. Sleep problems. Hormonal swings.

These aren't separate problems—they're often symptoms of chronic, low-grade inflammation, driven by repeated decisions, unmanaged stress, and disconnect from your body's signals.

Inflammation Free in 5 Days

The information provided in this guide is intended for educational and informational purposes only. It is not medical advice and should not be used to diagnose, treat, or replace the care or guidance of a qualified healthcare professional.

While this guide is designed to support your health journey through evidence-informed practices, always consult your physician or healthcare provider before making changes to your diet, exercise, medications, or supplement routine—especially if you are currently under medical supervision or have known health conditions.

The authors and publishers of this material are not responsible for any adverse effects, reactions, or consequences resulting from the use of the information contained within this guide.

Any references or external resources provided are for informational purposes only and do not imply endorsement. We encourage you to explore responsibly and stay curious—but also stay safe.

Inflammation Free in 5 Days

DAY 1: CALM THE STRESS RESPONSE

THE WHY: Chronic cortisol elevation damages the gut lining, disrupts hormones, and keeps your body inflamed. This starts with your nervous system, not your diet.

THE DECISION:

Overcommitting, saying yes to everything, and never pausing.

THE ACTION:

Today, implement the 2-Minute Reset twice a day:

- Sit quietly.
- Inhale for 4 seconds, hold for 4, exhale for 6.
- Do this 5–6 rounds.

Bonus: Do this before meals to calm your gut and reduce bloating.

MINDSET SHIFT:

You don't need to earn rest. You need to protect it. Rest is productive.

WHAT TO WATCH FOR:

A calmer mind, deeper breaths, fewer cravings by the evening.

DAY 2: REMOVE THE INFLAMMATORY TRIGGERS

THE WHY: Ultra-processed foods, alcohol, and sugar light up your immune system like a fire alarm. Even small reductions help your body shift into repair mode.

THE DECISION:

Reaching for “quick fixes” when you're tired, emotional, or multitasking.

THE ACTION:

Today, eliminate just two things:

- Added sugar (watch sauces, creamers, bars)
- Refined seed oils (canola, soybean, corn)

Replace with:

- Fruit, tea, water
- Olive oil, avocado oil, coconut oil

Inflammation Free in 5 Days

MINDSET SHIFT:

This isn't about restriction. It's about removing the noise so your body can speak clearly.

WHAT TO WATCH FOR:

Less bloating, more steady energy, fewer 3 p.m. crashes.

DAY 3: MOVE TO REDUCE INFLAMMATION

THE WHY:

The wrong kind of exercise (too much intensity, not enough recovery) increases cortisol.

The right movement reduces inflammation, supports gut motility, and improves insulin sensitivity.

THE DECISION:

Skipping movement entirely—or overtraining without rest.

THE ACTION:

Do 20 minutes of restorative movement:

- Brisk walk outside
- Gentle resistance training
- Stretching + deep breathing

MINDSET SHIFT:

Movement should feel like nourishment, not punishment.

WHAT TO WATCH FOR:

Better sleep, improved digestion, fewer headaches.

DAY 4: SUPPORT DEEP SLEEP & RECOVERY

THE WHY:

Sleep is when your body detoxifies, heals the gut lining, and resets hormone levels.

Miss it—and inflammation builds quickly.

Inflammation Free in 5 Days

THE DECISION:

Late-night scrolling, irregular sleep times, no wind-down.

THE ACTION:

Create a 30-minute sleep routine:

- Shut down screens
- Drink magnesium tea
- Read, stretch, journal

Lights out by 10:30 p.m. if possible.

MINDSET SHIFT:

If your body doesn't feel safe, it won't sleep. Sleep is your superpower.

WHAT TO WATCH FOR:

More mental clarity, stable morning energy, better mood.

DAY 5: DETOX YOUR ENVIRONMENT

THE WHY:

Toxins from your environment—plastics, cleaners, candles, even thoughts—affect your immune system and hormone balance.

THE DECISION:

Ignoring what surrounds you daily—chemicals, chaos, noise, negativity.

THE ACTION:

Choose one area to detox today:

- Swap plastic containers for glass
- Replace synthetic air fresheners
- Unfollow triggering social media
- Say no to energy-drainers

MINDSET SHIFT:

Your body can't heal in the same environment that made it sick.

WHAT TO WATCH FOR:

Lighter moods, fewer skin flare-ups, a sense of calm control.

What Happens Next

WHAT HAPPENS NEXT?

By the end of these 5 days, you should feel:

- Clearer on what your body is reacting to
- More empowered to control your stress + energy
- A little less bloated, a little more balanced

You may also start to identify symptoms that don't go away, even with these shifts. That's where deeper work is needed—like gut healing, hormonal balancing, or metabolic repair.

Want to Go Deeper?

If you're ready to take what you've learned in these 5 days and build lasting, sustainable change, we'd love to invite you into: **The Anti-Inflammatory Method**

A **12-week transformational program** designed to help you:

- Calm inflammation at the root
- Balance hormones and reduce stress
- Heal your gut and improve digestion
- Build habits that stick in real life
- Reconnect with your body

This isn't a quick fix. It's a lifestyle shift grounded in evidence-based practices, real support, and flexible tools that work for your life.

You don't have to figure it out alone.

Email us at ann_nicole@anholistichealth.com

Or visit anholistichealth.com/coaching to learn more.

Love,

Andrea + Nicki

A&N Holistic Health