

HOW INFLAMED ARE YOU?

Use this checklist to understand symptoms of inflammation and how it presents in the body. The more you tick and align with, the more inflammation you may have.

HIGHEST LEVEL OF INFLAMMATION

- ☐ Frequent Infections or Illnesses
- ☐ Elevated Blood Pressure/Blood Sugar
- ☐ Irregular or Painful Periods
- ☐ Thyroid Imbalance
- ☐ Infertility or Difficulty Conceiving
- ☐ Autoimmune Disease
- ☐ PCOS
- ☐ Endometriosis/Adenomyosis
- ☐ Heavy period

MID LEVEL INFLAMMATION

- ☐ Weight gain around mid section
- ☐ Swollen lymph nodes
- ☐ Stiff neck or sore muscles
- ☐ Nausea/Vomiting
- ☐ Breast tenderness
- ☐ Changes in appetite
- ☐ Numbness/Tingling
- ☐ Acid Reflux
- ☐ Vaginal Dryness/Itchiness

HIGH LEVEL INFLAMMATION

- ☐ Hot Flashes/Night Sweats Regularly (daily)
- ☐ Recurrent Colds/Poor immune health, always sick
- ☐ Joint Pain/Swelling
- ☐ Chronic Fatigue
- ☐ Chronic Pain
- ☐ Chronic Sinus Congestion
- ☐ Digestive Issues
- ☐ Brain Fog/Poor Memory
- ☐ Skin rashes/Hives/Psoriasis/Eczema
- ☐ Gum Swelling
- ☐ Mood Swings/Anxiety

LOW LEVEL INFLAMMATION

- ☐ Low Libido
- ☐ Headaches (1 -2 x per week)
- ☐ Unexplained sweating
- ☐ Dark circles under eyes
- ☐ Tiredness after eating
- ☐
- ☐
- ☐

There are many ways Inflammation may present in the body not limited to this checklist - Simply use this as a guide to help you understand your body better.