

Leading an Anti-Inflammatory Lifestyle

Click here for Leading an Anti-Inflammatory Lifestyle

Click here for Smoking and Inflammation Revisited - ScienceDirect

<u>Click here for Alcohol, inflammation, and gut-liver-brain interactions in tissue damage and disease</u> <u>development - PMC (nih.gov)</u>

Click here for The anti-inflammatory effects of exercise: mechanisms and implications for the prevention and treatment of disease | Nature Reviews Immunology

Click here for Effect of exercise training on chronic inflammation - PMC (nih.gov)

Click here for How sleep deprivation can cause inflammation - Harvard Health

Click here for Inflammation: The Common Pathway of Stress-Related Diseases - PMC (nih.gov)

<u>Click here for The Interplay Between Stress, Inflammation, and Emotional Attention: Relevance for Depression - PMC (nih.gov)</u>

Click here for Does Inflammation Cause Weight Gain? (eatingwell.com)

Click here for 8 Evidence-Based Health Benefits of Avocado Oil (healthline.com)