



10 ways to lower
Inflammation

A strategic plan for managing inflammation

MAKING MENOPAUSE EASY

Hi There

Chronic, low-grade inflammation is a killer, wreaks havoc on your hormones, and makes you look and feel old before your time.

But it can be easier to manage than you think - **with the right strategy**.

Use the 10 easy steps below to:

- 1.Reduce existing inflammation
- 2.While also cutting off inflammation at the source

Then find out how to use this same strategy for hormonal balance, so you can be in control and feel GREAT during and after menopause.



- Dana

I've discovered menopause is your moment to reinvent yourself after years of focusing on the needs of everyone else.

Oprah Winfrey



making menopause easy

3 part plan

01

Cut off inflammation at the source

The most powerful way to reduce
inflammation long term

02

Reduce existing inflammation

The most powerful natural anti-
inflammatories

03

Avoid COMMON inflammatory triggers

Easy ways to cut down chronic
inflammation even more

04

SUMMARY

A handy 10-step checklist & **how to
apply this strategy to your
hormones**



Part 1

**Cut off
inflammation at
the source**



Cut it off at the source!

IMPROVE DIGESTIVE HEALTH

An unhealthy gut is a huge source of inflammation for the whole body

1: Use probiotics
(Make sure they're as high quality as possible)

2. Eat fermented foods!
Coconut yogurt,
fermented vegetables, or
miso.

REDUCE STRESS

Studies show chronic stress fuels inflammation, contributing not only to metabolic and vascular disease, but also to many autoimmune diseases.

Keep it simple - do it regularly.

Try deep breathing or [CLICK HERE for my 30-second ear massage](#) DAILY.

EVEN OUT BLOOD SUGAR

Ups and downs in blood sugar increase insulin and spike inflammation.

1. Avoid sugary foods and refined carbohydrates
2. Eat regular meals (or snacks) and include protein, healthy fat, and fiber each time.
3. Include a dash of cinnamon daily
4. Include some green tea or matcha
5. Don't skip meals - but do avoid snacks
6. When it comes to fruit... Include more melons and berries instead of high-fructose fruits like apples, pears, cherries, and watermelon.

Part 2

Reduce current inflammation



the best natural anti-inflammatory

1) Turmeric

Find a high quality supplement (or prepare it properly) as the active ingredient in most turmeric (curcumin) is hard for the body to absorb.

2) Resveratrol

Some people absorb this better than turmeric! Use both and find a high quality source (low quality resveratrol can contain toxins.)

3) Gynostemma

A favorite of mine! I love to use this daily as a tea or capsule! It's been shown to inhibit NF- κ B activation, which is HUGE for inflammation

4) Omega 3s

Omega 3s like high quality fish oil have been proven to fight systemic inflammation.

A top-down view of a light-colored wooden desk. On the left is a black laptop keyboard. In the center is a black mouse on a circular base. To the right, there are some papers and a black office chair. A white rectangular box is overlaid in the center of the image, containing text.

Step Three

**Avoid Common
Inflammation
Triggers**



avoid

Unhealthy Fats

Many vegetable oils like corn, safflower, sunflower, soy and hydrogenated oils can increase inflammation!

Use coconut oil or ghee for cooking and walnut and olive oils raw.

avoid

GMOs

GMOs can disrupt your healthy gut flora, trigger an immune response, and create inflammation - avoid them when possible by looking for non-GMO labels or buying organic..



avoid

Sugars

Sugars spike blood sugar, which drives up inflammation. Try stevia, or monkfruit sweetened desserts or dark chocolate.



quick checklist

PART ONE: CUT OFF INFLAMMATION AT THE SOURCE



Improve digestive health



Reduce Stress



Even out blood sugar

PART TWO: REDUCE EXISTING INFLAMMATION WITH THE BEST NATURAL ANTI-INFLAMMATORIES



Turmeric



Resveratrol



Gynostemma



Omega 3s

PART THREE: AVOID COMMON INFLAMMATION TRIGGERS



Avoid Unhealthy fats



Avoid GMOs



Avoid refined sugar

What's the Next Step?

don't wait to start using this same level of
SMART STRATEGY for your **HORMONES**

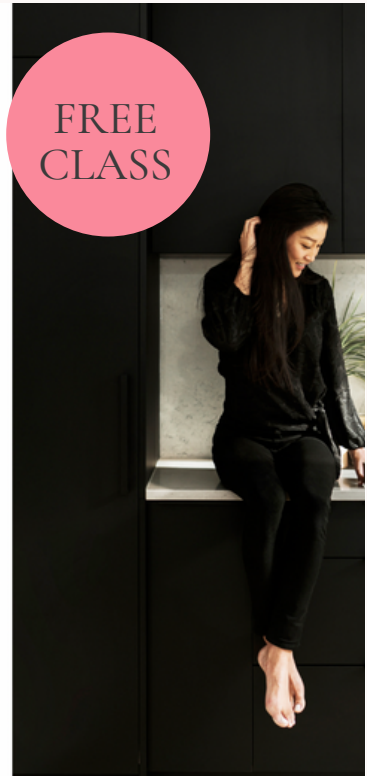
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AND FEEL GREAT

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CLASS



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www.danalavoielac.com/masterclass



I SAID AVOID SUGAR - NOT DESSERT
BONUS: Practical Tips

I love chocolate. I love sweets!

You can easily avoid sugar and blood sugar spikes while still enjoying dessert!

Try very dark chocolate or desserts sweetened with fruit, stevia, or monkfruit like these (click for the recipes)

[Healthy ice cream](#)

[Healthy peppermint patties](#)

[Brownies](#)

[Hot chocolate](#)

[Chocolate chip cookies](#)

[Sunday Brunch Pancakes](#)



Hi there, I'm Dana

WWW.DANALAVOIELAC.COM

As natural menopause expert for 20 years, I believe every woman deserves to be in control and feel great at every stage of pre, peri, and post menopause. And I'm telling you it's possible - with safe, natural, herbal remedies.

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