

CHECKLIST: WEEK 4 INFLAMMATION AND OXIDATION

This week you take a look at how inflamed you are and what you can do about it. Are you rusting inside like an old bike left outside to the elements? Are you under oxidative stress?

CAN-DO -NOW ACTIONS

CHECK



1. Fill out your weekly **Toxicity and Inflammation Quiz**. Take stock- progress?
2. Continue **Daily Food Log/Journal**.
3. **Watch the Videos** for this week.
4. **Facebook group Kasia Kines Detox Support**: share with us, your tribe: challenges, successes, questions, discoveries, adventures and questions from last week and from the Food Journal! What have you learned about yourself?
5. Read **pages 151-152 in the Manual** for the summary on **Inflammation**.
6. **Read Chapter 12 in the Companion** for details.
7. Assess where your inflammation is coming from.
8. Commit to at least 3 anti-inflammatory herbs, spices, etc. to add this week.
9. Watch the OPC video! If you are not on OPC-3 yet, this is the time!
10. Read **pages 152-153 in the Manual** for the summary on **Oxidation**.
11. **Read Chapter 13 in the Companion** for details.
12. How well does your food score on ORAC? What can you add to bump it?
13. Add more antioxidants: make sure you have organic fruit between meals.
14. **Cooking**: Make another batch of sauerkraut, green drink; cook one new grain this week- how about millet? Try a new idea for lunch and dinner.