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## Inflammation & Metabolism

Chronic inflammation acts like a slow internal “static” that interrupts your body’s normal metabolic communication. When inflammatory markers like CRP rise, your cells become less responsive to insulin — meaning glucose has a harder time getting into cells where it’s supposed to be used as energy. This often leads to higher blood sugar, higher insulin levels, and more fat storage over time. Poor sleep, chronic stress, frequent sugar intake, ultra-processed foods, and an overload of inflammatory oils (like some refined seed oils) all contribute to this cycle. The result is a metabolism that becomes less efficient — burning fewer calories at rest, sending stronger hunger signals, and struggling to recover after meals or workouts. Inflammation also damages the mitochondria (your cellular engines), which can leave you feeling tired even when you’re eating “enough.”

Inflammation doesn’t always show up as something dramatic — it often whispers first.

**01 FOR EXAMPLE** You might notice joint stiffness, headaches, or brain fog after meals, or feel bloated and heavy even after eating foods that “should be healthy.” Some people experience fatigue, mood shifts, or swelling the next morning after a high-sugar dinner or a poor night of sleep. These reactions can be signs your body is struggling to process inflammation and stabilize blood sugar. Over time, these small daily symptoms can build into more noticeable issues like stubborn weight gain, increased cravings, and more frequent energy crashes — all of which reflect a metabolism that’s working harder than it should.

**02 Try This Today** Take a 10-minute walk after your largest meal today and add one anti-inflammatory food to that meal (like olive oil, berries, turmeric, or fatty fish). This simple combo helps lower blood sugar spikes, improves insulin signaling, and cools inflammation — making your metabolism feel smoother and more efficient almost immediately.

**Select a plan:**  
<https://tinyurl.com/healthyu-amaze>

