



The Body on FIRE

身体着火了

Persistent fatigue, brain fog, joint pain, stubborn weight, and gut issues may seem minor, but together they can signal chronic inflammation. Unlike the short-term healing of acute inflammation, chronic inflammation is a long-lasting internal response that can silently damage the body.

Modern triggers like processed food, poor sleep, stress, toxins, and even loneliness keep the immune system on high alert. Over time, this state is linked to serious conditions like heart disease, diabetes, autoimmune disorders, and cancer—often with no obvious symptoms until it's too late.

持续的疲劳、脑雾、关节疼痛、难以减重和肠道问题，表面看似小毛病，但可能是慢性发炎的警讯。与短期的急性发炎不同，慢性发炎是一种长期的内部反应，会在体内悄悄造成损害。

现代生活中的诱因如加工食品、睡眠不足、压力、环境毒素，甚至孤独感，都会让免疫系统长期处于警戒状态。随着时间推移，这种状态与心脏病、糖尿病、自体免疫疾病和癌症等严重疾病密切相关，而往往在症状明显之前，身体已经受损。

10

Hidden Signs You Might Be Inflamed

慢性发炎十大警讯， 您中标了吗？

Chronic inflammation doesn't always announce itself loudly. Here are ten subtle yet powerful signs your body might be giving you :

慢性炎症并非总是来势汹汹。以下是身体可能发出的十个细微但显著的信号：

•Chronic Fatigue 慢性疲劳

You're always tired—the kind of exhaustion sleep doesn't fix
即使经过充足睡眠也无法缓解的疲惫感

•Skin Problems 皮肤问题

Acne, eczema, or rashes that don't clear up
如痤疮、湿疹或其他顽固性皮疹

•Mouth Symptoms 口腔健康异常

Swollen or bleeding gums, mouth inflammation or persistent bad breath—oral health is often a mirror of systemic inflammation
牙龈肿胀或出血、口腔炎症或持续性口臭等症状——口腔健康常常是全身性炎症方面的直观反映

•Poor Sleep 睡眠质量差

Restless nights or waking up tired—inflammation can disrupt circadian rhythms and melatonin production
夜间失眠或醒来后仍感到疲惫，可能与炎症干扰昼夜节律和褪黑素的生成有关

How to Reset Your Body

The good news? Inflammation is reversible. With the right support and lifestyle changes, you can calm the fire. One of the most effective ways to reset your system is through Dr. Lynn's Detoxification and Rejuvenation Programme (DRP). Trusted for decades by tens of thousands, this comprehensive regime gently removes toxins, nourishes cells, and helps your body return to a state of natural repair and healing. It is the perfect foundation for reducing inflammation and restoring vitality, especially if you're feeling burnt out or stuck in a cycle of recurring symptoms.

Everyday Inflammation-Fighting Habits

In addition to the DRP, here are simple habits to help reduce inflammation every day:

- Eat healthy to calm the fire. Focus on whole, anti-inflammatory foods like leafy greens, berries and healthy fats, while cutting back on sugar, alcohol and processed foods. For a full guide, see "Stop Feeding Inflammation" on page 6.
- Prioritize 7–9 hours of quality sleep
- Move your body regularly
- Manage stress with breathwork, nature, or mindfulness
- Support your gut with fibre and probiotics
- Take supplements. Some supplements can help reduce inflammation and support immune health. If your diet falls short, they offer extra support. For more details, turn to page 13 for "Supplements to Beat Inflammation".

Pro Tip:

Ask your doctor about testing C-reactive protein (CRP) or homocysteine levels—they are key indicators of hidden inflammation.

如何重置您的身体

好消息是，炎症是一种可以通过干预逆转的生理状态。通过提供适当的支持并实施生活方式的调整，您可以有效缓解炎症反应。其中，陈林希珠博士创研的排毒与复健计划（DRP）被公认为重置身体系统最为高效的方法之一。DRP 历经数十年的发展，已成功帮助数万人实现健康目标。它能够温和有效地清除体内毒素、滋养细胞，并促使身体恢复到自然修复和自愈的状态。对于那些长期感到疲惫不堪或陷入反复发作症状循环的人来说，这一方案无疑是减少炎症和恢复活力的理想基础。

每日抗炎习惯

除了DRP之外，以下是一些日常习惯，可帮助您持续降低炎症水平：

- 吃有助于平息炎症的食物。多吃全天然的抗炎食物，如绿叶蔬菜、浆果和健康脂肪，同时减少糖、酒精和加工食品的摄入。更多指南，请参阅第6页的《停止喂养炎症》。
- 确保7至9小时的优质睡眠
- 适度且规律的运动
- 通过呼吸练习、亲近自然或正念冥想等方式适当抒压
- 利用膳食纤维和益生菌支持肠道健康
- 服用补充剂。如果您的日常饮食无法满足全部营养需求，某些补充剂可以提供额外支持，帮助减轻炎症并支持免疫健康。更多详情，请翻至第13页查看《抗炎补充剂》。

专业提示：

建议您向医生咨询检测C反应蛋白（CRP）或同型半胱氨酸水平——这两项指标是评估隐匿性炎症的重要参考依据。

“ *Your body is always talking. The question is—
are you listening?* ”

您的身体时刻都在传递信号。关键在于——您是否愿意倾听？ ”

•Frequent Infections

频繁感染

Getting sick often or taking longer to recover
免疫力低下导致反复生病或恢复缓慢

•Brain Fog & Mood Shifts

认知功能下降与情绪波动

Trouble focusing, forgetfulness, mental fatigue, or low mood
注意力难以集中、记忆力减退、精神倦怠或情绪低落

•Unexplained Weight Gain

不明原因的体重增加

Especially around the belly, as inflammation disrupts metabolism and insulin sensitivity
特别是腹部脂肪堆积，因为炎症会扰乱新陈代谢和胰岛素敏感性

•Cravings for Junk Food

对垃圾食品的渴望

You regularly crave sugar, salty snacks or processed foods
对高糖或加工食品的强烈渴望

•Aches and Pains

不明原因的疼痛

Ongoing, unexplained discomfort in the joints, muscles, or body
关节、肌肉或其他部位的持续性不适，且无明确病因

•Digestive Issues

消化系统紊乱

Bloating, gas, constipation, diarrhoea, or food sensitivities
包括腹胀、胀气、便秘或腹泻等不适，以及对某些食物的不耐受反应