

# SUPPORT FOR HEALTHY NEUROINFLAMMATORY BALANCE

## *HT WELLNESS EDUCATIONAL SERIES*

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Neuroinflammation becomes problematic when inflammatory signaling becomes chronic.

### ***Supportive Lifestyle Practices***

**Consistent Movement:** Regular physical activity supports circulation and brain health.

**Sleep Quality:** Restorative sleep allows the brain to clear metabolic waste and support repair.

**Stress Regulation:** Managing stress supports balanced inflammatory signaling.

### ***Whole Food Nutritional Support***

Omega-3 foods, Turmeric & herbs, Flavonoid-rich foods, Blood sugar stability.

Daily habits that reduce oxidative stress protect long-term brain health.

Small, consistent lifestyle and nutritional choices create long-term impact.

### **Supplement Brands Mentioned**

#### **Standard Process**

- Neuro-Regenex
- OPC Synergy

#### **MediHerb**

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#### **Premier Research Labs**

- NeuroVen

#### **Fullscript**

- Thorne Meriva-SF