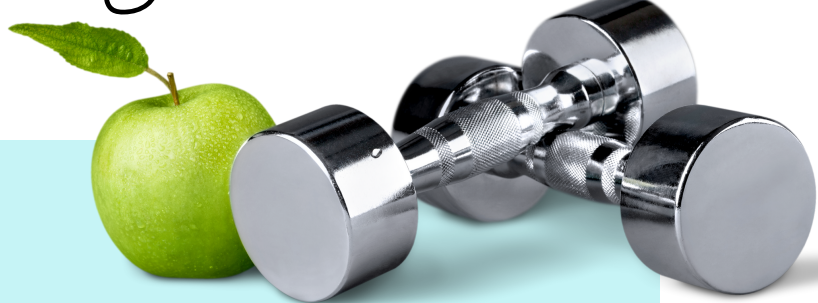


Hints for Success:



- Eat a variety of fruits and vegetables.
- Reduce the amount of fast food you eat.
- Eliminate soda and sugary drinks.
- Plan shopping lists to ensure healthful meals and snacks are on hand.
- Carry small anti-inflammatory snacks while on the go.
- Drink more water.
- Stay within the daily calorie requirements.
- Add supplements, such as omega-3 and turmeric.
- Exercise regularly.
- Get the proper amount of sleep.



Jenna Fletcher, Medical News Today

