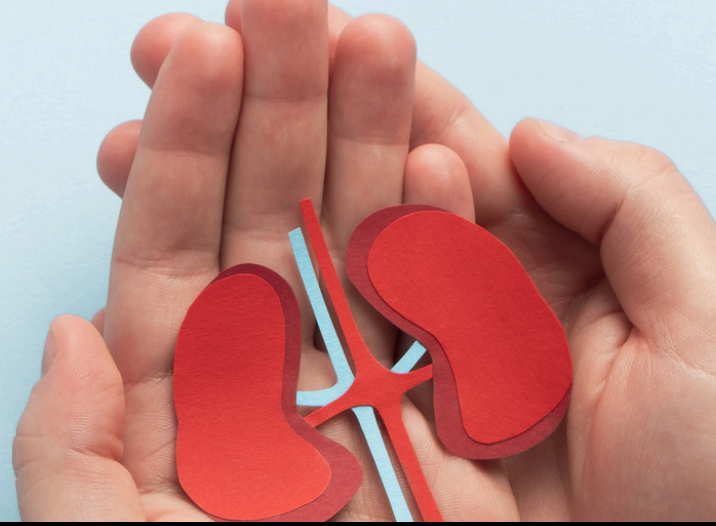


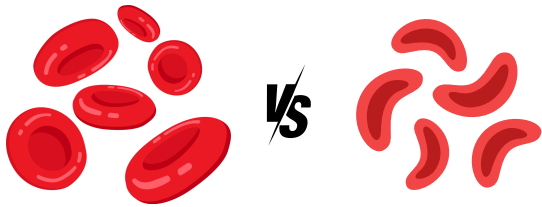
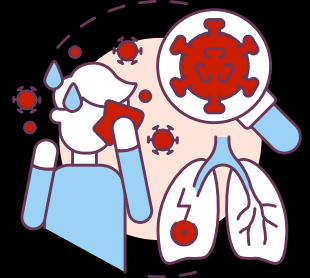
# Breaking Down Chronic Disease

## Causes, Impact, and Prevention



### What is Chronic Disease?

Chronic diseases are long-term conditions requiring ongoing care. Understanding their causes and effects helps individuals take proactive steps toward prevention and management



### Chronic Inflammation: The Silent Driver of Disease

Chronic inflammation fuels diseases like heart disease and arthritis. Identify and reduce common triggers to support long-term health.



### The Role of Inflammation in Chronic Illness

Inflammation is essential for healing but harmful when chronic. Learn how food and lifestyle choices influence inflammation and how to restore balance



### Understanding Oxidative Stress

Oxidative stress accelerates aging and disease. Combat free radicals with antioxidant-rich foods, regular exercise, and stress reduction.



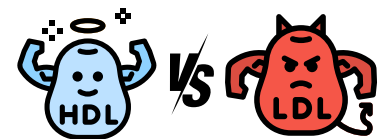
### What Went Wrong? The Root Causes of Chronic Disease

Chronic diseases develop gradually due to diet, stress, and inactivity. Recognizing risk factors early can help you make positive changes for lifelong health.



### How Choices Lead to Chronic Disease

Your daily choices shape your future health. Small, consistent changes in diet, activity, and stress management can prevent chronic diseases.



### Cholesterol: Fact or Fiction?

Cholesterol is essential for the body but misunderstood. Learn how to maintain a healthy balance and support heart health through diet and lifestyle.