SAADI AKADEEMIA

Free guide · Inflammation

3-day inflammation protocol

What silent chronic inflammation is and how to try an anti-inflammatory lifestyle over three days.

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BEFORE YOU START

How to Use This Guide

This guide explains what low-grade chronic inflammation is, how it relates to blood sugar, sleep and stress, and provides a practical 3-day protocol for trying an anti-inflammatory lifestyle.

Important. This guide is educational material. It does not provide personalised medical advice or replace a medical consultation, diagnosis or treatment. If you have a chronic condition, take medication (especially medication that lowers blood sugar or blood pressure), are pregnant or are breastfeeding, discuss any changes to your diet or fasting with your GP or treating doctor beforehand.

The Academy’s Approach in Brief

Saadi Akadeemia focuses on lifestyle and health optimisation: we look not just at a single test result or symptom, but at how nutrition, blood sugar, sleep, light, stress, physical activity and the nervous system influence one another. Most everyday complaints — fatigue after meals, sugar cravings, poor sleep, abdominal fat, anxiety — are often different manifestations of the same metabolic imbalance.

Pillar	Why It Matters
Nutrition and Blood Sugar	Stable glucose and lower insulin = steadier energy, fewer cravings, healthier body weight.
Sleep and Light	Circadian rhythm regulates hormones, appetite and recovery. Blue light in the evening shifts this rhythm.
Stress and the Nervous System	Chronic stress raises cortisol and blood sugar; the vagus nerve helps the body calm down.
Physical Activity and Muscles	Muscle is the body’s largest “consumer” of glucose — every walk after a meal counts.
Awareness and Measurement	Tests and self-monitoring show whether the changes are really working.

PART 1

Acute and chronic inflammation

Acute inflammation is the body’s normal protective response — redness, swelling and pain after an injury or infection that resolves. Low-grade chronic inflammation is silent and long-lasting: it does not hurt, but is associated with fatigue, joint pain, weight gain, insulin resistance and many chronic diseases.

Main sources of inflammation in everyday life

Source	Mechanism
High blood sugar and insulin	Fluctuating glucose and visceral fat trigger the release of inflammatory signalling substances
Ultra-processed food	Added sugar, refined flour, processed meat, trans fats
Lack of sleep	Even short nights raise inflammatory markers
Chronic stress	Cortisol regulation is disrupted, and the immune system is constantly on alert
Insufficient physical activity	Working muscles release substances that reduce inflammation
Gut imbalance	Too little fibre, too much sugar and alcohol

How to measure inflammation

The most common marker is hsCRP (high-sensitivity C-reactive protein). Ferritin, blood sugar markers and lipids provide additional information. CRP is always high during an acute infection — so it is best to have the test when you are well.

PART 2

Principles of an anti-inflammatory lifestyle

The protocol is a short trial, not a diet. Its purpose is to show how your body responds when the main sources of inflammation are removed — and whether it is worth exploring this approach in greater depth.

What to avoid for 3 days

PART 3

3-day protocol

Daytime	Food	Physical activity, sleep and stress
1 · Getting started	Morning: eggs and vegetables. Lunch: a large salad with fish or chicken, olive oil. Evening (3 h before sleep): steamed vegetables and protein.	20 min walk after lunch. Dim the lights in the evening and put screens away 1 h before sleep.
2 · Going further	A longer overnight break from eating (e.g. 14 h, if your health permits). Lunch: eggs, avocado, greens. Evening: salmon or Baltic herring with vegetables, berries.	30 min walk in the morning light. 10 min of simple strength exercises. 5 min of slow breathing.
3 · Consolidation	Morning: omelette with vegetables. Lunch: salad, fish, nuts. Evening: vegetable soup, protein.	Sauna or a warm bath. Vagus nerve exercise. Go to bed at the same time as on previous days.

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Shopping list

Self-test: could inflammation be an issue for you?

Tick each statement that has generally applied to you over the past month.

- ☐ I feel stiff in the morning or my joints hurt
- ☐ I often have swelling (in my face, fingers, legs)
- ☐ My fatigue does not go away even after rest
- ☐ My abdominal fat has increased in recent years
- ☐ I often eat ready-made meals, white bread or sweets
- ☐ I regularly sleep less than 7 hours
- ☐ I have skin problems (redness, eczema, acne)
- ☐ My hsCRP has been elevated

0–2: good balance. 3–5: it is worth trying the 3-day protocol and monitoring how you feel. 6+: low-grade inflammation may be an important issue — discuss testing with your doctor and see the Academy's materials on the link between blood sugar and inflammation.

PRACTICAL WORKSHEET

Substitutions and monitoring how you feel

Instead of this	Try
Sugary breakfast cereals	Eggs, Greek yoghurt with berries or cottage cheese
White bread and sandwiches	Salad or soup with protein, and a slice of wholegrain bread if needed
Sugary drinks or juice	Water with lemon or cucumber, mineral water, herbal tea
Crisps and biscuits	A handful of nuts, vegetable sticks with hummus
Sausages and frankfurters	Oven-baked chicken, fish or eggs
Evening wine	Mineral water with lime or herbal tea

Record at the end of each day (1 = poor, 5 = very good)

	Day 0 (before)	Day 1	Day 2	Day 3
Energy				
Joints and stiffness				
Swelling				
Digestion				
Sleep				
Mood				

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After 3 days: if any measure improved noticeably, this is a clue that diet and lifestyle affect how you feel. Continue with 1–2 habits that were the easiest.

PART 4

A closer look at the science of inflammation

Inflammation is the immune system's response to a threat. Acute inflammation is necessary for healing and ends when the threat has passed. Low-grade chronic inflammation is long-lasting and silent: the immune system continually sends out a low-level alarm signal. Studies associate it with atherosclerosis, type 2 diabetes, fatty liver and mood.

Source	Mechanism
Visceral fat	Adipose tissue cells and macrophages produce cytokines (IL-6, TNF-α).
High blood sugar	Advanced glycation end products (AGE) and oxidative stress.
Intestinal barrier	Bacterial particles entering the bloodstream may activate the immune system.
Lack of sleep	Inflammatory markers rise even with short-term sleep deprivation.
Smoking, pollution	Direct damage to blood vessels and lungs.
Chronic infection	Gum inflammation, untreated dental problems, other sites of infection.

Resolving inflammation is an active process

The body produces substances (resolvins) from omega-3 fatty acids that help resolve inflammation. This is why the quality of dietary fats – fish, nuts, seeds, olive oil – is important when it comes to inflammation.

There is no scientific consensus on optimal ranges – they are based on individual studies. The laboratory's reference ranges apply, and a doctor interprets the result.

PART 5

An anti-inflammatory dietary pattern

A single “superfood” does not change much; the overall pattern matters. The Mediterranean-style diet is the most extensively studied, and it can also be followed using Estonian foods.

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Group	Estonian examples	How often
Vegetables	Cabbage, beetroot, carrot, swede, broccoli, lettuce	Every meal
Berries	Blueberry, lingonberry, cranberry, sea buckthorn, blackcurrant	Every day
Fish	Baltic herring, sprat, salmon, trout, mackerel	2–3 times a week
Legumes	Peas, beans, lentils, broad beans	Several times a week
Whole grains	Wholegrain rye bread, buckwheat, rolled oats, barley	In moderation
Fats	Rapeseed oil, olive oil, nuts, flaxseeds	Every day
Fermented foods	Sauerkraut, kefir, cultured sour milk	Every day
Herbs and spices	Garlic, onion, ginger, turmeric, dill and parsley	Freely

What to cut back on

- Ultra-processed foods: ready meals, crisps, biscuits, sugary breakfast cereals.
- Sugary drinks and sugar.
- Processed meat products: sausage, frankfurters, bacon.
- Alcohol – even moderate amounts affect sleep and the liver.
- Overheated and burnt food.

Free guide “Blood Sugar” and other materials: saadiacademy.ee/tasuta-materjalid

PART 6

Lifestyle and inflammation

Lever	What studies show	Practical step
Physical activity	Regular moderate physical activity is associated with lower hs-CRP.	Daily walking, 2 strength training sessions per week.
Weight and waist	Reducing abdominal fat lowers inflammatory markers.	Monitor your waist circumference.
Sleep	Lack of sleep raises inflammatory markers.	7–9 hours, with a consistent sleep schedule.
Stress	Chronic stress alters the immune response.	Breathing exercises, nature, relationships.
Oral health	Gum inflammation is associated with systemic inflammation.	Flossing, regular dental visits.
Quitting smoking	One of the most important steps for vascular health.	Ask your family doctor for help.

Tests to discuss with your doctor

- hs-CRP – repeat when you are well, as a cold raises the level.

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- Glucose, insulin, HbA1c – metabolism and inflammation are linked.
- Lipids and, if needed, ApoB.
- Ferritin – also rises with inflammation, not just because of iron.
- Vitamin D – deficiency is common in Estonia in winter.

Supplements (omega-3, curcumin, vitamin D) do not replace lifestyle measures. If you take blood thinners, discuss these supplements with your doctor.

Dr Saadi Club features a new topic and a live broadcast every month: saadiacademy.ee/klubi

WORKSHEET

Anti-inflammatory menu for the week

Daytime	Breakfast	Lunch	Evening
Mon	Porridge with berries and flaxseed	Lentil soup, rye bread	Baked salmon, roasted vegetables
Tue	Omelette with spinach	Chicken salad with olive oil	Braised cabbage, turkey
Wed	Kefir, blueberries, nuts	Buckwheat porridge with vegetables	Baltic herring, potatoes, sauerkraut
Thu	Quark with berries	Bean soup	Chicken curry with vegetables
Fri	Rye bread, egg, cucumber	Oven-baked trout, salad	Vegetable stew with chickpeas
Sat	Smoothie with berries and kefir	Mushroom soup	Mackerel, beetroot salad
Sun	Buckwheat pancake, berries	Lentil salad	Fish soup

Daytime	Vegetables (servings)	Physical activity (min)	Sleep (h)	Well-being (0–3)
1.				
2.				
3.				
4.				
5.				
6.				
7.				

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QUESTIONS

Frequently asked questions

Question	Answer
Are 3 days enough?	Three days is a starting point that shows how your body responds. Changes in inflammatory markers require weeks and months of consistency.
Should I take an omega-3 supplement?	Eating fish 2–3 times a week is the first choice. Discuss the need for a supplement with your doctor, especially if you take blood thinners.
Do gluten and milk cause inflammation?	Yes, in people with coeliac disease or a milk allergy. For others, the evidence is not clear-cut—monitor how you feel and discuss it with your doctor.
Does coffee cause inflammation?	Studies have not linked moderate coffee consumption to inflammation. Make sure coffee does not interfere with your sleep.
Why is my CRP high even though I feel well?	CRP can also rise after a cold, an injury or strenuous exercise. Repeat the test when you are well and discuss the result with your doctor.
Does exercise increase inflammation?	Strenuous exercise raises inflammatory markers briefly, but regular physical activity reduces low-grade inflammation over the long term.

WHAT NEXT

Your next step in the Academy

This guide has given you an initial overview. Inflammation is often the combined result of blood sugar, sleep and stress. The biggest change comes when you understand the whole picture and can ask for explanations. The Academy offers several levels for this purpose — choose the one that suits you right now.

Step	What it is	Where to find it
1. Free materials	Other guides in the same series: blood sugar, sleep, the vagus nerve, inflammation, laboratory tests, insulin resistance.	/tasuta-materjalid
2. Free videos	Brief explanations of the most important topics — a good place to start.	/tasuta-videod
3. Webinars	Live sessions and recordings on a single topic, with questions and answers.	/veebinarid
4. Courses	A structured, multi-week learning programme, including the core course “Ainevahetuse Kood”.	/kursused
5. Dr Saadi Club	Monthly materials, live sessions, an archive and a community. Members receive discounts on webinars and courses.	/klubi
6. Book	“Veresuhkru ohtlikud saladused” (published by Varrak) — the whole subject in one book.	varrak.ee

All addresses begin with: saadiacademy.ee — for example, saadiacademy.ee/klubi.

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Which option is right for you? If you simply want to get started — free videos. If you have one specific question — a webinar. If you want to improve your metabolic health step by step — a course. If you want ongoing support and new materials every month — the club.

What the Academy does not do

The Academy is an educational platform. We do not diagnose conditions, prescribe treatment or provide personalised medical advice online. We do, however, help you understand your body, test results and options, so you can have more meaningful discussions with your doctor and make informed everyday decisions.

ABOUT THE AUTHOR

Dr Sergey Saadi and Saadi Akadeemia

Dr Sergey Saadi is a doctor who has been practising since 2010 and focuses on metabolism, blood sugar, insulin resistance and the effects of lifestyle on health. He is the author of “Veresuhkru ohtlikud saladused” (published by Varrak) and the founder of Saadi Akadeemia. The Academy aims to make evidence-based knowledge understandable and usable in everyday life.

Topics we cover at the Academy

Topic	What you will learn
Blood sugar and insulin	How metabolism really works and how to interpret it through test results
Low-carbohydrate nutrition and keto	How to find the right level for you and make the transition safely
Fasting and time-restricted eating	For whom, how and when these approaches are suitable — and when they are not
Sleep, light and circadian rhythm	Blue light, morning light, evening routines
Stress and the vagus nerve	Training the nervous system’s ability to calm down
Inflammation and testing	What to measure, how to understand the results and discuss them with your doctor

Questions and contact

Write to us: kursused@synage.ee. We will reply as soon as possible and in the language of your message (Estonian, Russian or English). All materials and news: saadiacademy.ee.

All purchases come with a 14-day right of withdrawal, and purchased recordings remain accessible for at least one year.

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