SAADI AKADEEMIA

Free guide · Inflammation

Could hidden inflammation be smouldering in your body?

10 questions about factors associated with low-grade inflammation.

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SELF-ASSESSMENT

Could hidden inflammation be smouldering in your body?

Low-grade inflammation does not hurt, but it is associated with many chronic diseases. This test shows which factors may be fuelling it.

For each question, choose one answer that best describes you over the past month. Write down the points and add them up at the end. This takes about 5 minutes.

Question	0 points	1 point	2 points
1. Is your waist circumference more than half your height?	☐ No	☐ Don't know	☐ Yes
2. Do you eat ultra-processed food (ready meals, crisps, pastries)?	☐ Rarely	☐ Sometimes	☐ Every day
3. How many times a week do you eat fish, vegetables and legumes?	☐ Often	☐ Sometimes	☐ Rarely
4. Do you sleep for less than 6 hours?	☐ Rarely	☐ Sometimes	☐ Often
5. Do you smoke?	☐ No	☐ Previously	☐ Yes
6. Are you physically active for less than 30 minutes a day?	☐ No	☐ Sometimes	☐ Yes
7. Do you have joint stiffness or pain without an injury?	☐ No	☐ Sometimes	☐ Often
8. Do you frequently have digestive complaints?	☐ No	☐ Sometimes	☐ Often
9. Has your hs-CRP been elevated?	☐ No	☐ Don't know	☐ Yes
10. Are you under long-term stress?	☐ No	☐ Don't know	☐ Yes

Educational material—does not replace medical consultation, diagnosis or treatment.

RESULT

What your score indicates

Add up the points for all your answers. This test is not a diagnosis—it helps you identify which areas may need attention and what to discuss with your doctor.

Points	What this generally means
0–6	You have few factors that may fuel inflammation.
7–13	You have several factors. Look at your diet, sleep and physical activity—these are the first areas to address.
14–20	You have many factors. Discuss measuring hs-CRP and metabolic markers with your doctor.

If you have symptoms that interfere with everyday life, or you take medication, discuss your result with your family doctor. The Academy is an educational platform and does not provide personalised medical advice.

Read the article again: saadiacademy.ee/akadeemia/teemad/poletik

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HOW IT WORKS

Acute and low-grade inflammation

Acute inflammation is the body's defence response: redness, pain, fever, followed by healing. Low-grade inflammation is silent and long-lasting – it does not hurt, but studies have linked it to heart disease, type 2 diabetes and other chronic conditions.

Source	How it fuels inflammation
Belly fat	Fat tissue produces inflammatory signalling molecules.
Ultra-processed food	Low in fibre, high in added sugar and processed fats.
Lack of sleep	Increases inflammatory markers.
Smoking	Damages blood vessel walls.
Sedentary lifestyle	Muscle activity reduces inflammation.
Chronic stress	Affects the balance of the immune system.
Gum inflammation and other chronic inflammatory conditions	A persistent, small focus of inflammation.

hs-CRP is a sensitive marker of inflammation. It also rises during a cold, so the measurement is repeated when you are well.

There is no scientific consensus on optimal ranges – they are based on individual studies. The laboratory's reference ranges apply.

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A PRACTICAL PLAN

4 weeks towards an inflammation-reducing lifestyle

Week	Focus	What to do
1	Colours on your plate	Eat vegetables or berries of at least 3 different colours every day.
2	Fish and legumes	Fish 2 times a week, legumes 2–3 times a week.
3	Physical activity	At least 30 minutes every day; strength training 2 times a week.
4	Sleep and stress	7–9 hours of sleep, a daily 5-minute breathing exercise.

Food swap table

Instead of	Try
White bread	Wholegrain bread, rye bread
Sunflower oil for frying	Olive oil or rapeseed oil
Sugary drinks	Water, herbal tea, sparkling water with lemon
Processed meat	Fish, chicken, legumes
Dessert every day	Berries and dark chocolate occasionally

The free guide “Inflammation” includes a food swap table and a 3-day wellbeing tracker: saadiacademy.ee/tasuta-materjalid

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TESTS

What to discuss with your GP

Marker	Why It Matters
hs-CRP	A marker of low-grade inflammation.
Glucose, HbA1c, HOMA-IR	Metabolism and inflammation are closely linked.
Lipids	Inflammation and vascular health.
Ferritin	Also rises with inflammation – interpretation requires a doctor.
Vitamin D	Linked to immune system function.

Supplements (omega-3, curcumin and others) do not replace lifestyle measures. Discuss their use with your doctor, especially if you take blood-thinning medication.

If you take medication or have a chronic condition, discuss any changes with your doctor first.

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WORKSHEET

Myths and a 7-day tracker

Myth	What science says
“Inflammation is always painful.”	Low-grade inflammation is usually silent.
“One superfood solves everything.”	Your overall dietary pattern is what matters.
“All fats are inflammatory.”	Olive oil and fats from fish support health.
“Only food matters.”	Sleep, physical activity and stress have just as much influence.

Daytime	Vegetables (colours)	Physical activity (min)	Sleep (h)	Ultra-processed (yes/no)
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Ainevahetuse Kood – 8-week course: saadiacademy.ee/kursused

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WHAT NEXT

Explore the topic in more depth at the Academy

The free “Inflammation” guide includes a food substitution table and a 3-day wellbeing log.

Step	What it is	Where to find it
Free resources	Practical guides with worksheets: blood sugar, sleep, the vagus nerve, inflammation, lab tests.	/tasuta-materjalid
Webinars	One topic at a time, with questions and answers.	/veebinarid
Dr Saadi Club	A video lecture, a protocol and a live stream every month. A Facebook community.	/klubi
Ainevahetuse Kood	An 8-week core course for understanding metabolism and developing a daily plan.	/kursused
Book	“Veresuhkru ohtlikud saladused” (published by Varrak).	varrak.ee

Questions: kursused@synage.ee. We will respond as soon as possible. All articles: saadiacademy.ee/artiklid. © Saadi Akadeemia (OÜ Süsivesik). Sisu üle vaadatud: 2026 · järgmine ülevaatus 2027.

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