Chronic Overactivation Systemic Stress system

Current medication for chronic inflammation

High glycemic food

Mental stress↑
Toxic stress ↑
Exercise ↓
Vitamin/Minerals ↓
New Food
Medication
Etc

"New"environmental stressors

Hyperglycaemia
Hyperinsulinemia

Exercise ↓
High calorie diet
Muscle/fat↓

LA ↑
Anti-nutrients

Immuun system activation

Suppression Resoleomics - Immune system

Ratio LA:ALA↑

Chronic Low Grade Inflammation
Vulnerability Excessive Inflammation↑

Reactive Hypoglycemia

Muscle/fat↓

Exercise ↓

High calorie diet

New Food

Medication
Etc