

THE HIDDEN SLOW BURN:

HOW DAILY HABITS CAN TURN ON INFLAMMATION

What Is Metaflammation?

Metaflammation = Slow, Silent Inflammation

- Not the swelling from a cut.
- A quiet irritation inside fat tissue that stays “on” every day.
- Builds up from long-term habits like poor food choices, too little sleep, and constant stress.

How It Starts

Fat Cells Under Pressure

- Eating lots of packaged, sugary, or high-fat foods makes fat cells overfill.
- Overfilled cells send distress signals.
- Immune cells rush in as if there’s an injury, keeping the area mildly inflamed.

Why It Matters

Confused Signals = More Fat Storage

- Inflammatory signals confuse insulin, the hormone that helps sugar enter cells for energy.
- When insulin can’t work well (insulin resistance), the body stores more calories as fat.
- Fat burning slows down.

The Vicious Loop

The Cycle Keeps Going

1. Fat cells swell.
2. Immune cells add more inflammation.
3. Insulin resistance gets worse.
4. Fat storage speeds up and burning slows.
5. The process repeats.

How to Calm the Fire

Small Shifts Make a Big Difference

- Choose more whole foods and fewer packaged ones.
- Move a little more each day; walks, stretching, strength.
- Aim for steady sleep and simple stress breaks.