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2022-2023  
Wil Alexander  
**Wholeness  
Series**

## Eating Well to Decrease Inflammation

**JeJe Noval, PhD, RDN**

*Assistant Professor, Nutrition & Dietetics, SAHP*

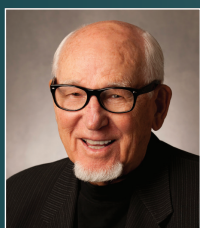
**Decreasing inflammation in the body not only centers on the food choices we make, but how we eat along with other lifestyle practices.**

- Determine where chronic inflammation typically begins
- State the relationship of gut dysbiosis to inflammation
- List at least three food items resulting in an increase of gut microbiota diversity to decrease inflammation

**Sponsored by:** School of Medicine

**Damazo Amphitheater, Centennial Complex, 5:00 – 6:00 pm**

View workshops @ [home.llu.edu/waws](https://home.llu.edu/waws) or <https://llu.tv>



### The Wil Alexander Wholeness Series

(WAWS) honors the legacy of a beloved educator and innovator who pioneered the concept of whole-person care on the Loma Linda University campus.



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