

It's Not Just Italy—It's Healthy Habits That Lower Inflammation

Vacations feel amazing—but it's not just the location. It's what you *do* on vacation that helps reduce **chronic inflammation**—a root cause of many chronic illnesses.

Here's how travel habits support your body:

- **Movement Reduces Inflammation**

Exploring cities, swimming, walking—all count as **physical activity**, which lowers inflammatory markers like **hs-CRP**.

- **Relaxation Lowers Stress Hormones**

Time off lowers **cortisol**, your main stress hormone. Chronic stress = chronic inflammation.

- **Social Connection Heals**

Long meals, conversations, and laughter? Meaningful connection lowers inflammation and reduces risk of chronic illness.

- **Nature Supports Immunity**

Beach lounging or mountain hikes—**being outdoors** helps regulate immune responses and reduce inflammation.

- **Deep Rest = Deep Repair**

Vacations help you **catch up on sleep** without alarms, deadlines, or blue light—giving your body time to heal.

So before you ask yourself, “*Should I move here?*”

You can do these things at home, too.

Start by testing these key biomarkers tied to inflammation:

- Hs-CRP
- Linoleic Acid
- Omega-3 Total
- Arachidonic Acid

- ANA
- Lead
- Glucose
- Cortisol
- Vitamin D
- Mercury
- Insulin
- Magnesium
- Omega-6 Total
- Omega-6/Omega-3 Ratio

Based on insights from Function Health's post