

TIER 03 · HEALTH ADVISORY BOARD

Tier 03 · Dr. Mark Hyman

Inflammation, Stress, and the Modern Workplace

Chronic low-grade inflammation is the silent driver behind most modern disease and most modern workplace fatigue. Dr. Hyman lays out the inflammation framework — what causes it, what reverses it, and how the modern workplace systematically inflames its own people.

KEY TAKEAWAYS

- 01** Acute vs chronic inflammation: why one heals and the other harms
- 02** The four workplace inflammation drivers most leaders ignore
- 03** How chronic stress translates directly into measurable inflammation
- 04** The reversal protocol: nutrition, sleep, movement, social connection
- 05** Why HR-led 'mental health' programs miss the inflammation root cause
- 06** What it would take to build an anti-inflammatory workplace

AUDIENCE

C-suite, HR, mental health and wellness program owners, ERG leaders.

FORMATS

- 45-min keynote
- 60-min keynote + Q&A

SAMPLE AGENDA

- 0–10 min — Inflammation as the silent driver
- 10–30 min — Workplace inflammation drivers
- 30–55 min — Stress and the inflammation cascade
- 55–75 min — The reversal protocol
- 75–80 min — Q&A

SLIDE OUTLINE

- Slide 1 — Acute vs chronic inflammation
- Slide 2 — The four workplace drivers
- Slide 3 — Stress → inflammation cascade
- Slide 4 — The reversal protocol
- Slide 5 — Why mental-health programs miss this
- Slide 6 — Anti-inflammatory workplace

SPEAKER POOL

Dr. Mark Hyman.