



ANTI-INFLAMMATORY DIET

Inflammation is a component of essentially all diseases including heart attacks. Most medical research is converging on inflammation as the common link in most diseases (heart diseases, stroke, diabetes, Alzheimer's, cancer, Asthma, COPD, Chronic Pain, IBS, Crohn's, Ulcerative Colitis, Lupus, Scleroderma, Rheumatoid Arthritis, etc.) eating an anti-inflammatory diet is a great model of dietary health for most of everyone with these conditions. Avoid most packaged food with a long list of ingredients. When preparing food select raw, fresh, steamed, or broiled options over fried, barbequed or highly-processed choices.

SPECIFIC RECOMMENDATIONS ARE TO EAT MORE OF:

- **Colorful Whole Fruits and Vegetables**

Eating foods with deep red, yellow, orange and green colors provide vitamins and minerals, phytonutrients, fiber and potent antioxidants that minimize inflammation. Eating foods as close to their unrefined state preserves the content of these beneficial nutrients.

- **Healthy Fats**

This include the Omega 3 oils found in fatty fish (salmon, mackerel, sardines) and foods such as avocados, extra virgin olive oil, raw nuts and seeds.

- **Fiber**

Promotes adequate bowel movements, creates a favorable environment for healthy bacteria in your gut, and supports the body's overall detoxification process. A few tablespoons of ground flax seeds daily are a great way to add soluble and insoluble fiber. A good goal is about 30 grams per day.

- **Moderate Amount of Organic Meat**

Grass fed beef or bison is higher in anti-inflammatory essential fats. Organic free-range chicken tends to be lower in antibiotics and are fed a vegetable/grain based diet, which offers a cleaner source of protein.

- **Spices / Herbs**

Seasonings such as garlic, ginger, turmeric, rosemary, oregano, cayenne, nutmeg, and cinnamon add an ant-inflammatory component to the diet. Herbs such as Boswellia, Willow bark, and Feverfew add an ant-inflammatory component to the diet.



ELIMINATE OR EAT LESS OF THE FOLLOWING:

- **Trans or Hydrogenated Fats**

The body has no mechanism to use these unnatural fats that ultimately cause inflammation. These should be eliminated from your diet.

- **Refined Oils**

Commercial safflower, corn, and canola oils have had much of their health-promoting content removed for shelf-storage purposes and tend to be high in omega 6 fats that can be converted to inflammatory arachidonic acid, a type of fat that stimulates inflammation in the body.

- **High Glycemic or Processed Carbs**

such as bread, pasta, rice, cakes, candies, fruit juices and corn syrup are quickly digested leading to a rapid rise in blood sugar and subsequent inflammatory cascade stimulated by insulin.

- **Red Meat**

Avoid these and eat in moderation. Eat organic grass-fed meat to reduce ingesting high levels of pro-inflammatory arachidonic acid.

NOTE:

Common Food Allergies - some individuals will have allergies to milk products, eggs, gluten from wheat and peanuts.

Artificial Sweeteners and Preservatives – These additives have **zero** nutritional values and tend to promote inflammatory reactions.