

Pro-Inflammatory Foods (Minimize Intake)

- Alcoholic beverages (>1-2 drinks/day)
- Breakfast cereals (high-glycemic, >7 grams sugar per serving)
- Candy
- Canned foods (fruit, vegetable, other)
- Chips, processed snacks
- Conventionally raised (corn/grain-fed) meats and dairy
- Fried food
- Jams, jellies, syrups (those not 100% fruit)
- Frequent use of peanut butter, especially non-organic with hydrogenated oils
- Refined, processed carbohydrates (bread, pasta, crackers, bagels, muffins, cookies, pies, cakes)
- Smoked, canned or processed meat (hot dogs, deli meat with nitrates)
- Soda and “fruit” drinks (not 100% fruit juices)
- Sugar and high-glycemic sweeteners (High fructose corn syrup)
- Vegetable oils (corn, cottonseed, peanut, safflower, soybean)
- White flour



Lifestyle Strategies to Decrease Inflammation

- Regulate blood sugar
- Increase intake of Omega-3 fats and decrease intake of Omega-6 fats
- Increase intake of foods, beverages, herbs and spices in the Anti-inflammatory list
- Reach or maintain a healthy weight – adipose cells (fat cells) secrete inflammatory compounds
- Get enough sleep (7-8 hours is a general recommendation)
- Participate in qi gong, yoga, meditation, breathing exercises, etc.
- Avoid exposure to tobacco smoke
- Reduce stress
- Exercise and be physically active
- Laugh! Enjoy the sunshine!



ANTI-INFLAMMATORY LIFESTYLE

Using nutrition to promote wellness

Inflammation and Nutrition

Our bodies are constantly bombarded with internal and external stresses, contaminants and foreign compounds.

We must neutralize toxic, oxidative compounds like: environmental chemicals (car exhaust and other air pollution), pesticide residues from foods, medications, alcohol and tobacco, plastics, and others we don't even know about! If these are not removed properly from the body, many of these compounds promote inflammation.

Inflammation is the common thread of all chronic disease (Autoimmune diseases, cancer, diabetes, heart disease, infection, obesity, and others). In the short-term, inflammation is an important process for our health. However, we do not want to promote long-term inflammation. *Some foods actually promote inflammation.* Yikes!

Luckily, there are foods that fight and counteract these common offenses on our system. The following foods and beverages are therapeutic. They help build our immune system, decrease inflammation, and promote overall wellness.



Anti-Inflammatory Foods and Nutrients (Eat plenty!)

Acai
Almonds
Anise
Apples and raw apple cider
Basil
Black currants
Black pepper
Black & red raspberries
Blueberries
Cardamom
Carrots
Cashews
Cherries (black)
Chili pepper
Cinnamon
Clove
Coriander
Dark chocolate
Extra virgin olive oil
Fennel
Figs
Flaxseed
Garlic
Ginger
Green tea
Gooseberry
Hempseeds
Herbs (cilantro, parsley, basil, oregano)
Holy basil

Lemon grass
Leafy greens (chard, kale, collards, etc.)
Licorice
Mango
Mint
Mustard
Nuts (especially almonds and walnuts)
Nutmeg
Omega-3 rich-eggs (pastured eggs)
Organic, pasture-fed meat, poultry
Onion
Oregano
Parsley
Peppers, hot
Pomegranate
Pumpkin
Rosemary
Saffron
Sesame seeds
Tamari
Turmeric
Walnuts
Wild, cold-water fish (fish oil)

