

Top 10 Anti-Inflammatory *Foods & Spices*

Foods

Avocados
Berries
Broccoli
Cherries
Dark Chocolate
Grapes
Green Tea
Leafy Greens
Mushrooms
Garlic

Spices

Basil
Cinnamon
Clove
Cocoa
Cumin
Ginger
Orgena
Parsley
Thyme
Tumeric