

### Anti-Inflammatory foods List:

Omega-3 fatty fish

Wild-caught sardines, salmon, tuna, mackerel

- Omega 3 fatty acids help reduce global inflammation

Tumeric

- High in anti-oxidants and natural anti-inflammatory action

Ginger

- A natural anti-inflammatory and increase enzyme activity

Garlic

- Allium is the active ingredient that is known to reduce inflammation and boost the immune system

High fiber-foods (avoid grains)

Organic psyllium husks, guar gum, chia seeds & flax seeds (both also high in Omega 3s)

- Fiber is able to reduce levels of some proteins that cause inflammation.

Dark Green Leafies

- Contain large amounts of vitamin E, which can help stop inflammation within the body (cytokine reduction)

Berries

- Dark blues and blacks - contain anthocyanins, which enables a reduction of inflammation all over the body.

### Foods to Avoid:

All grain products – especially wheat, barley, rice, corn

- Even gluten free-grains can increase inflammation

Starchy vegetables

Dairy products