

Top 10 Most Inflammatory Foods to Avoid



by
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Top 10 Most Inflammatory Foods to Avoid

Inflammatory foods are major players in the development of much of the suffering in our society. This is because the process of inflammation is at the root cause of most chronic health issues. No wonder you want to learn what foods you need to eliminate and what diet to follow to reduce inflammation, pain, and disease. With so many dietary advice out there, it may feel confusing to find the right one.

The truth is that eating healthy is actually rather simple. Once you understand what foods may damage and what foods may protect your health, you can finally eat a nutrient-dense diet with a worry healing your body with every bite.

In this article, you will learn about the role of diet an inflammation and the main [causes of inflammation](#). We'll discuss the top 10 inflammatory foods you need to eliminate, what to choose instead, and how to eat a healing diet that benefits your health.



8 Ways Chronic Inflammation Can Damage Your Body

- Memory loss and cognitive decline
- Increased cardiovascular risk
- Abnormal growth of healthy cells
- Compromised digestive function
- Loss of muscle tone
- Weight gain
- Accelerated skin aging
- Joint pain and loss of mobility

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What Is Inflammation

Inflammation is your body's defense mechanism to fight against potential harm, such as infections, injuries, and toxins. It's part of your body's inherent immune response that

promotes healing and recovery.

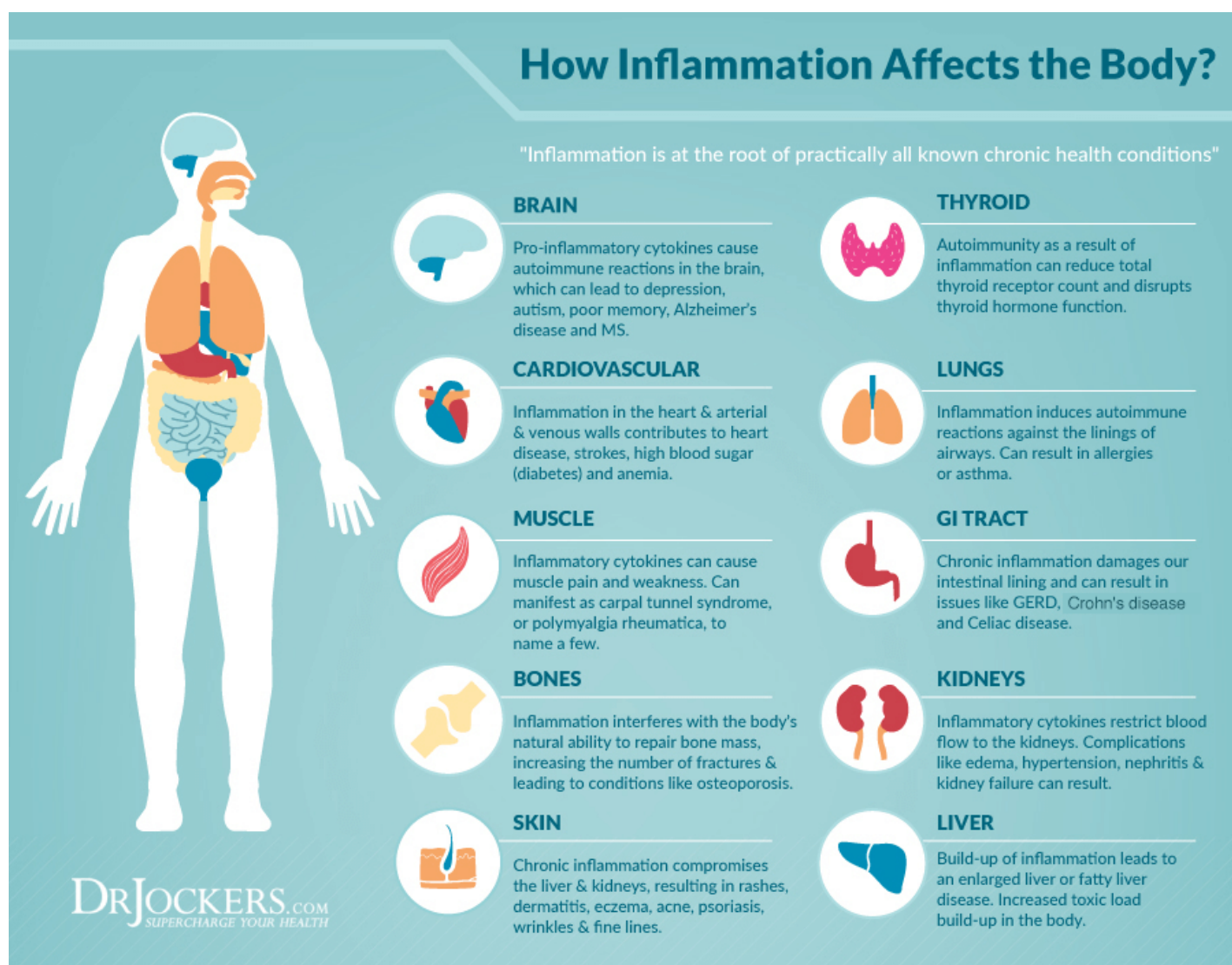
Inflammation itself is not bad. Acute inflammation helps you to repair tissue damage when you have an injury and help you recover from colds, illness, or exposure to allergens.

When it comes to inflammation, the problem is **chronic inflammation**, which is the result of an excessive stress load on your body, including physical, emotional, and chemical stress. Being exposed to constant stressors, your immune system becomes overwhelmed and increases the inflammation response.

This may lead to more white blood cells, cell changes, and eventually tissue and organ damage. Chronic inflammation plays a role in a variety of chronic pain symptoms and health issues, including metabolic syndrome, type 2 diabetes, Alzheimer's disease, non-alcoholic fatty liver disease, and autoimmune conditions (1, 2, 3).

How Inflammation Affects the Body?

"Inflammation is at the root of practically all known chronic health conditions"



BRAIN
Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease and MS.

CARDIOVASCULAR
Inflammation in the heart & arterial & venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.

MUSCLE
Inflammatory cytokines can cause muscle pain and weakness. Can manifest as carpal tunnel syndrome, or polymyalgia rheumatica, to name a few.

BONES
Inflammation interferes with the body's natural ability to repair bone mass, increasing the number of fractures & leading to conditions like osteoporosis.

SKIN
Chronic inflammation compromises the liver & kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles & fine lines.

THYROID
Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.

LUNGS
Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.

GI TRACT
Chronic inflammation damages our intestinal lining and can result in issues like GERD, Crohn's disease and Celiac disease.

KIDNEYS
Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis & kidney failure can result.

LIVER
Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.

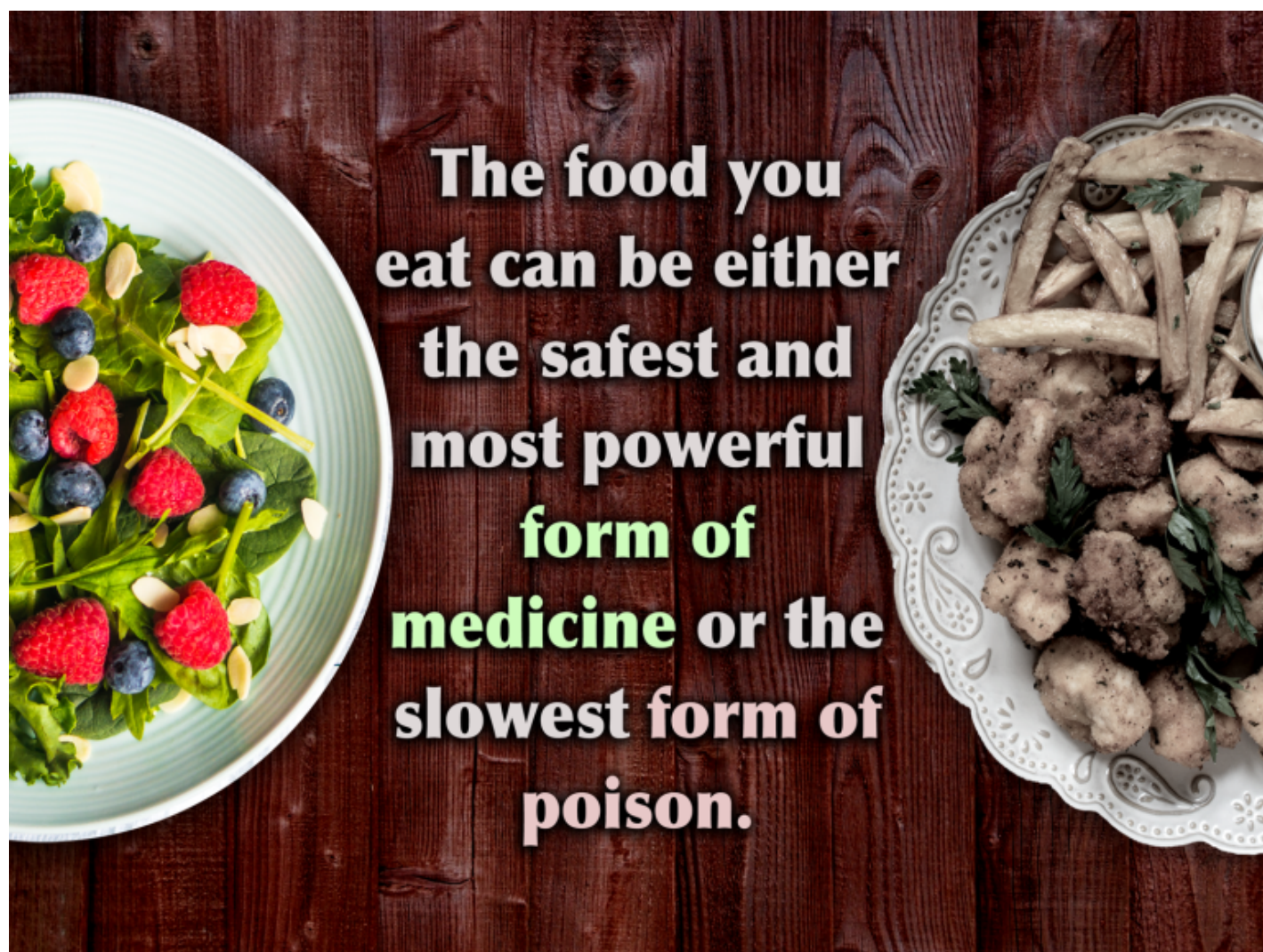
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The Role of Diet and Inflammation

Diet plays a major role when it comes to inflammation. An inflammatory diet that is low in nutrients is one of the main causes of modern-day inflammation. Cytokines are proteins secreted by your immune system to regulate your immune response. Certain foods can trigger your immune system and lead to the overproduction of pro-inflammatory cytokines and the underproduction of anti-inflammatory cytokines (4, 5).

The good news is that your diet also plays a role in preventing and reducing inflammation. While, inflammatory foods, such as sugar, refined oils, and gluten may increase the risk of inflammation, eating an anti-inflammatory diet may help you to overcome chronic inflammation and improve your health.

To learn more about chronic inflammation, read [this article](#).



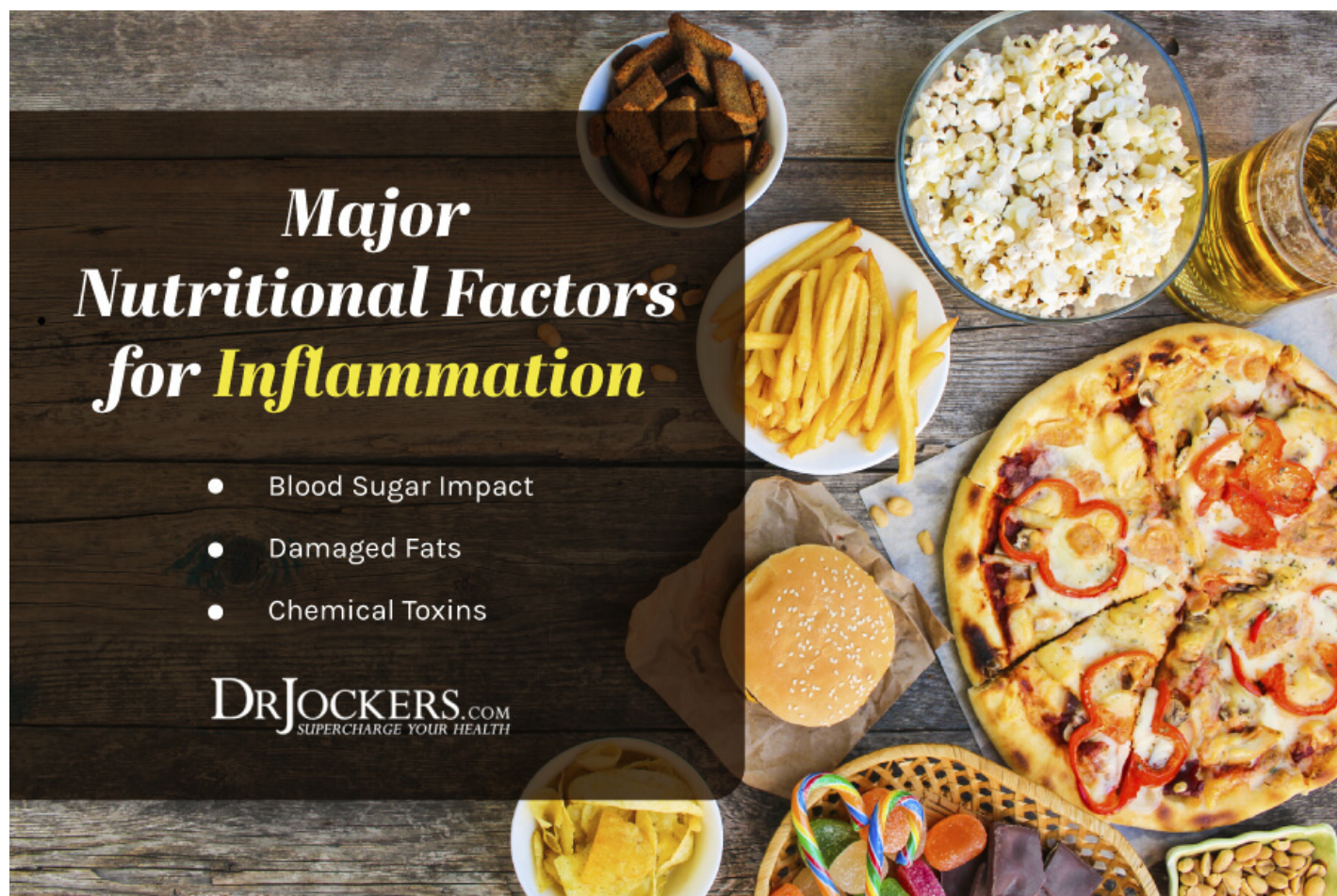
Major Nutritional Factors for Inflammatory Foods

When it comes to your diet there are several major factors that play a role in chronic inflammation. When we consume food it will have an impact on our physiology and these 3 factors are key considerations when it comes to the foods we choose. Let's take a look at each.

Blood Sugar Impact

An inflammatory diet with too much sugar may lead to blood sugar imbalances in your body. This may cause inflammation and the overproduction of inflammatory cytokines increasing your risk of insulin resistance and elevated blood sugar levels leading to further inflammation, pain, and disease (6, 7).

To learn about how to balance your blood sugar, read [this article](#).



Damaged Fats in Inflammatory Foods

Your body needs fats for fuel, however, not all fats are created equal. Polyunsaturated fats, such as corn, soybean, safflower, and other vegetable oils are highly unstable and prone to oxidation when exposed to heat, light, or air.

During the cooking process they also become damaged or oxidized making them even more inflammatory and destructive to your health (8). These oils are particularly bad for the endothelial lining of your blood vessels and for your skin and greatly contribute to the formation of acne, aged spots and wrinkles.

Chemical Toxins in Inflammatory Foods

Environmental toxins are everywhere, in our air, food, water, and products. Long-term exposure to environmental toxins may overwhelm your immune system and increase chronic inflammation. An inflammatory diet with lots of processed, refined, and non-organic foods are high in toxins. Choosing an anti-inflammatory, organic, and healing diet, however, may lower inflammation. Furthermore, it's also important that you use organic, natural, or homemade products, and spend time in nature breathing in fresh air.

To learn more about environmental toxicity, read [this article](#).

Top Foods and Food Ingredients That Promote Inflammation


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 <p>Gluten</p>	 <p>Sugar</p>	 <p>Refined Carbohydrates</p>	 <p>Conventionally Raised Meat and Dairy</p>	 <p>Farm Raised Fish and Seafood</p>
 <p>Processed Conventional Meats</p>	 <p>Trans Fats (Partially Hydrogenated Oils)</p>	 <p>Food Additives and Preservatives</p>	 <p>Highly Processed Vegetable and Seed Oils</p>	 <p>Artificial Sweeteners</p>

Top 10 Most Inflammatory Foods

To eliminate chronic **inflammation**, it is important that you eliminate inflammatory foods from your life. Let's look at the top 10 culprits.

1. Gluten

Gluten is a protein found in a variety of grains, including wheat, rye, and barley. It's found in bread, pizza, pasta, cereal, and other food.

Gluten is particularly dangerous for and must be completely eliminated by individuals with Celiac disease or gluten allergy. What is more common, however, is gluten sensitivity that may cause a low-level chronic inflammation, a variety of symptoms, and leaky gut. Eliminating **gluten** may lower inflammation levels and improve your health (9).

Alternatives: Gluten-free Alternatives

Choose gluten-free flours, including almond, coconut, quinoa, and amaranth flour. Use lettuce for burgers and sandwiches, collard green for wraps, cauliflower for pizza crust, toasted sweet potato for avocado toasts, portabella mushrooms instead of buns, zucchini or cucumber noodles instead of pasta, and veggie sticks instead of crackers.

WHAT IS GLUTEN AND IS IT BAD FOR YOU?

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WHAT IS GLUTEN & WHAT DOES IT DO?

A protein composite found in grains like wheat and barley, gluten promotes inflammation in the body, which could lead to:



Digestive issues



Disrupted brain functioning



Autoimmune disease



Depression

HOW TO CUT BACK ON GLUTEN

- ✓ Start with an elimination diet to see how it affects you
- ✓ Check ingredient labels
- ✓ Make Your Own Healthy, Gluten-Free Foods at Home
- ✓ Focus on quality animal proteins, fruits and veggies

WHICH FOODS HAVE GLUTEN IN THEM?



Baked goods



Barley



Rye



Bread



Many Condiments



Sauces



Pasta and Pizza



Beer



Spelt



Malt



Kamut



Most Processed Foods

2. Sugar and Inflammatory Foods

I bet that you are not surprised to see sugar on this list. Sugar is one of the most inflammatory foods, yet, refined sugar is lurking everywhere from candy, snack bars, baked goods, pastries, sodas, sugary drinks, sweetened coffee and tea, pasta sauces, condiments, and more.

When you eat too much sugar, your body simply cannot process it quick enough. As a result, it releases pro-inflammatory messengers called cytokines. It may damage your immune system and lead to [blood sugar](#) issues (10).

Alternatives: Low-GI Whole Fruits, Vegetables, and Natural Sweeteners

If you are looking for something sweet, low-glycemic index fruits, such as berries and green apples, and sweet vegetables, such as beets and carrots provide plenty of sweetness with lots of nutrient and fiber to help to slow the breakdown of sugar.

Natural sweeteners, such as [monk fruit](#) and stevia may also sweeten your teas and baked good without disrupting your blood sugar balance and resulting in inflammation.

THE IMPACT OF SUGAR ON THE BODY



Leads to
Weight Gain



Affects Brain
Health



Gives You
Sleepless Nights



Contributes to
Poor Oral Health



Harms the Heart



Causes Liver
Problems



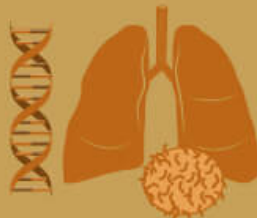
Causes Anxiety
and Depression



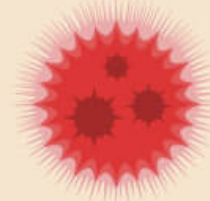
Raises your Risk for
Type 2 Diabetes



Aggravates Pain
in the Body



Weakens
Immune System



Increases Risk
of Cancer



Causes Chronic
Inflammation

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3. Refined Carbohydrates are Inflammatory Foods

Refined carbohydrates and refined flour are found in most baked goods and other foods in your grocery stores, including white bread, bagels, crackers, pasta, flour tortillas, and breakfast cereal. Besides possible being full of gluten, they are inflammatory and low in nutrients.

Refined wheat flours are high in sugar. They are stripped of nutrients and slow-digesting fiber. Hence, your body breaks them down way too quickly leading blood sugar spikes, pro-inflammatory response, inflammation, and health issues (11).

Alternatives: Unrefined Flours and Creative Options

Look for gluten-free and unrefined flours. Get creative by eating kale chips or sweet potato chips cooked in coconut oil instead of potato chips. Use veggies sticks instead of wheat crackers, collard greens and lettuce instead of bread and tortilla, coconut wraps instead of flour wraps, cauliflower rice instead of white rice, baked sweet potato fries instead of french fries, and zucchini noodles or palmini noodles instead of pasta.

You can also check out our recipes for various types of bread alternatives including coconut flour bread, almond butter bread and our garlic and rosemary cauliflower bread. Check out the graphic below for more ideas.

Healthy Nutritional Swaps to Eliminate Refined Carbs

Replacing refined carbs with nutrient dense alternatives is a huge step in your health journey and you will see improvements in your energy, mental clarity, weight, digestive health, skin and complexion.

Refined Carb Nutrient Dense Alternative				
<p>Potato Chips</p> <ul style="list-style-type: none"> • Sweet Potato or Cassave Chips in Coconut, Olive or Avocado Oil • Kale or Beet Chips 	<p>Pasta</p> <ul style="list-style-type: none"> • Zucchini Pasta • Shirataki Noodles • Palmini Pasta 	<p>Rice</p> <ul style="list-style-type: none"> • Cauliflower Rice 	<p>Mashed Potatoes</p> <ul style="list-style-type: none"> • Mashed Sweet Potatoes • Cauliflower Mashed Potatoes 	<p>Bread</p> <ul style="list-style-type: none"> • Coconut Flour Bread • Almond Flour Bread • Almond Butter Bread • Cauliflower Bread









4. Conventionally Raised Meat and Dairy

I believe that eating meat is extremely important for your health. However, the kind of meat you eat matters. Any meat that is not **organic** and animals are not treated by the highest standards is full of hormones and not the best option. Hormones, antibiotics, and GMOs coming from grain-fed animals are highly inflammatory.

Historically, dairy has been part of a healthy human diet. Unfortunately, in recent decades, man-made refineries manipulated the dairy-creation process turning these once-superfoods into inflammatory foods. Conventional dairy is not organic and not obtained from pasture-raised animals. It's full of growth hormones, antibiotics, **GMOs**, and toxic pesticides making them highly inflammatory and disruptive to your gut microbiome (12).

Alternatives: Grass-fed, Raw Dairy, and Non-Dairy Options

It is important that you make sure that the meat you eat comes from animals that were raised humanely and fed a diet that is meant for them to keep them healthy and are not treated with hormones. Make sure to eat pasture-raised poultry, grass-fed beef, pork, and lamb, and wild-caught fish.

Grass-fed raw dairy, including raw milk, grass-fed butter and ghee, and fermented yogurt or kefir are generally healthy for most. People with mild to serious inflammatory conditions and immune dysregulation may have a difficult time tolerating even raw dairy. I recommend that you take out dairy for 90 days, then add it back to see how you tolerate raw and fermented dairy in small amounts. Non-dairy alternatives include coconut milk, coconut yogurt, coconut kefir, almond milk, and cashew milk.

What's the Difference?

GRAIN-FED BEEF

vs.

GRASS-FED BEEF



Nutrition

Cattle confined in feed lots & eat mostly grain

- > Regular consumption not recommended as part of a healthy diet
- > "Fattened up" on a variety of grain or corn by-products
- > Greasy, not juicy
- > Higher in inflammatory omega 6 fatty acids

Cattle roam free on a pasture & eat only grass

- > Leaner and juicier, thanks to higher moisture content
- > Rich in omega-3 fatty acids, vitamin B6 & beta-carotene
- > Richer in Conjugated linoleic acid (CLA) which improves metabolism and immunity
- > Rich in anti-oxidant and anti-inflammatory compounds

Source: American Grassfed Association

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5. Farm-Raised Fish and Seafood

Fish and seafood healthy sources of anti-inflammatory Omega 3 fatty acids and protein. However, as always, it's important that you know your source and chooses seafood that supports your health.

Farm-raised fish are raised under crowded conditions, often given antibiotics, and fed a less than optimal diet. Farm-raised fish and seafood generally have more inflammatory Omega 6 fatty acids, higher chemical exposure, and less protein than wild-caught counterparts (13).

Alternatives: Wild-caught Fish

If you want to eat fish, I recommend wild-caught fish. Choose fish that is low in mercury, such as [salmon](#), cod, tilapia, chunk light tuna, mullet, herring, anchovies, and sardines (14).



	FARM RAISED	WILD CAUGHT
Nutrition	Lower levels of protein, omega 3's and found to contain more fats	Higher levels of Omega 3's and less fats
Feed	Fed fishmeal consisting of conventionally grown crops most likely containing pesticides, herbicides and GMOs	Wild caught fish find their own natural food in the wild
PCBs {Polychlorinated Biphenyls}	These highly toxic compounds are 8 times more present in farm raised fish	Very low levels of PCBs
Mercury	Usually lower levels of mercury found in farm fish, however the fish being farmed in the ocean have the same levels of mercury as the wild caught	Some fish, especially Salmon, may contain mercury. This is why it is recommended not to eat fish everyday but instead maybe 2 times a week
Disease	Diseases, lice and pests are usually present. Fish usually given dose after dose of antibiotics to control the diseases. Also, pesticides and herbicides are present due to the fishmeal	Extremely low levels of diseases, no antibiotics, pesticides, herbicides or GMOs
Environmental	Disease and excess waste pollute ecosystem and environment	Farm fish that escape can wipe out a whole population of wild fish due to disease

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6. Processed Conventional Meat

As you've learned earlier eating meat is extremely important for your health. However, it's crucial that you eat healthy meat.

Processed meat, such as deli meat and cured meat are not organic, highly processed, full of hormones, additives, and other unhealthy ingredients. No wonder, they are highly inflammatory.

Alternatives: Pasture-Raised and Wild-Caught Options

I recommend that you choose pasture-raised poultry, grass-fed beef, pork, and lamb, and wild-caught fish. If you have trouble finding these at your local grocery store or health food store than you can order virtually any type of meat and various cuts through US Wellness Meats and they will deliver right to your door.



7. Trans Fats (Partially Hydrogenated Oils)

You might've heard the news already: trans fats are bad. There are two types of trans fats you may encounter in foods: naturally-occurring and artificial trans fats. Naturally occurring trans fats are made in the gut of some animals and they may make in small quantities to milk and meat products. The real problem though is with artificial trans fats that are produced in an industrial process by adding hydrogen to liquid vegetable oils to solidify them.

Partially hydrogenated oils are the primary dietary source of trans fatty acids in processed foods. Even the US Food and Drug Administration (FDA) doesn't recognize them as safe. They are highly inflammatory and may raise your risk of high cholesterol, diabetes, heart disease, and strokes (15).

Alternatives: Grass-Fed Butter and Healthy Oils

I recommend that you choose grass-fed [butter](#) or ghee, coconut oil, or avocado oil.

GOOD FAT VS **BAD FAT**

- ✓ Butter
- ✓ Tallow
- ✓ Ghee
- ✓ Coconut Milk
- ✓ Coconut Oil
- ✓ Avocado Oil
- ✓ Olive Oil
- ✓ Fish Oil
- ✓ Eggs

- ✗ Canola Oil
- ✗ Soybean
- ✗ Sunflower Oil
- ✗ Corn Oil
- ✗ Safflower Oil
- ✗ Grapeseed Oil
- ✗ Margarine
- ✗ Cottonseed Oil
- ✗ Peanut Oil

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8. Food Additives and Preservatives in Inflammatory Foods

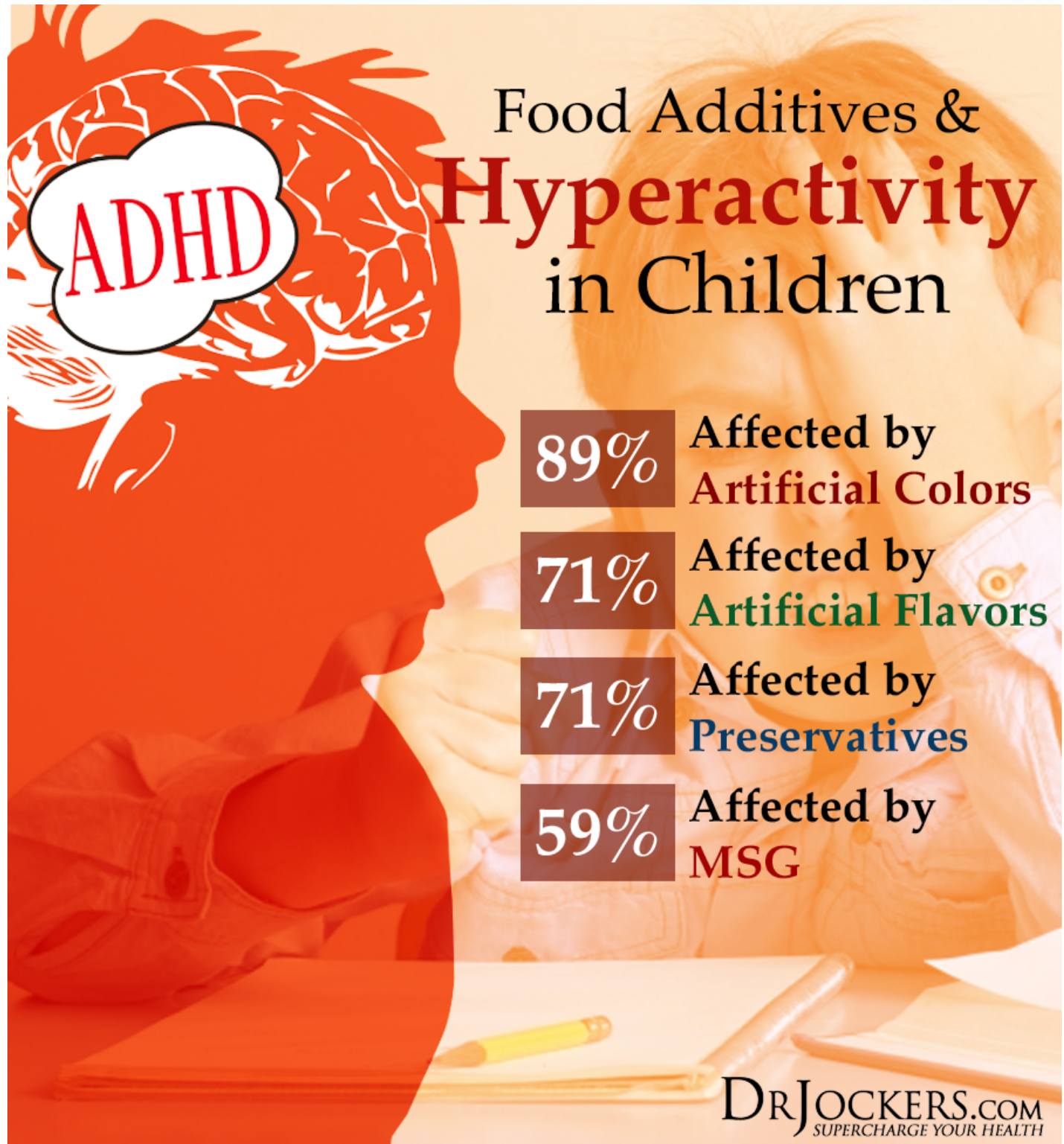
If you carefully look at the ingredients of some processed foods at the grocery store or even in your own pantry, you will spot several food additives and preservatives. These ingredients are used to enhance flavor, texture, or color, or to extend shelf life. They have no nutritional value and are often inflammatory and harmful to your health.

Monosodium glutamate is used to enhance the flavor of some savory dishes at fast food restaurants. It has been associated with metabolic syndrome, weight gain, and other health complaints. Artificial coloring, such as Blue 1, Red 40, Yellow 5 and 6 have been associated with allergic reactions, inflammation, and some cancers.

Sodium nitrate found in processed meats may lead to **inflammation** and cancer. Other food additives and preservatives you should avoid include high fructose corn syrup, guar gum, sodium benzoate, trans fats, and any artificial flavoring (16, 17, 18).

Alternative: Organic Whole Foods

Choose organic whole foods and organic natural products without additives and preservatives.



Food Additives & Hyperactivity in Children

89%	Affected by Artificial Colors
71%	Affected by Artificial Flavors
71%	Affected by Preservatives
59%	Affected by MSG

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9. Highly Processed Vegetable and Seed Oil

When it comes to fat consumption, it is important that you understand the importance of a healthy Omega 3 to Omega 6 ratio to control inflammation. A diet too high in Omega 6 fatty acids is highly inflammatory and may contribute to the development of pain and disease.

Omega 3, on the other hand, is anti-inflammatory (19).

While it is impossible to avoid omega 6 fatty acids, and some nutrient-dense foods, such as almonds, cashews, and other nuts have some in them, it's important to make sure that omega 3s dominate your ratio. Vegetable oils, such as corn oil, canola oil, soybean oil, safflower oil, cottonseed oil, and peanut oil are high in omega 6 fatty acids. They are also damaged during processing and are highly inflammatory.

Alternative: Organic Virgin Coconut Oil

As a healthy source of fat and oil, I recommend organic virgin coconut oil. It's rich in medium chain triglycerides (MCTs) that may be converted into ketones to further benefit your health.



FATS/OILS:

CLEANING UP YOUR DIET BY USING THE RIGHT FATS & OILS IS ESSENTIAL TO IMPROVING YOUR HEALTH FROM THE INSIDE OUT.

WHICH TO EAT:

SATURATED FOR HOT USES

Organic, virgin forms are best for coconut. Pasture-raised are best forms for animal fats

- COCONUT
- MCT OIL
 - Animal fats, from pasture-raised/ grass-fed & organic sources are ideal
- BUTTER
- GHEE
- TALLOW
- SCHMALTZ(CHICKEN FAT)
- LAMB FAT
- DUCK FAT
- GRASS-FED DAIRY
- EGGS, MEAT & SEAFOOD
- AVOCADO OIL
 - a monounsaturated fat that has a very high smoke point and is good to cook with.

UNSATURATED FOR COLD USES

Organic, extra virgin and cold-pressed forms are ideal

- OLIVE OIL
- OLIVES AND AVOCADO OIL
- NUT OILS (WALNUT, PECAN, MACADAMIA)
- FLAXSEED OIL
- AVOCADO (OK TO COOK WITH)
- NUTS & SEEDS (INCLUDING NUT & SEED BUTTERS)

NOTE: Unsaturated fats (typically liquid at 68 degrees room temperature) are easily damaged/oxidized when heat is applied to them. We do not want to consume damaged fats.

WHICH TO DITCH:

SATURATED

UNSATURATED

**Man-made fats are never healthy.
Trans-fats are particularly harmful.**

- Margarine
- Hydrogenated or partially hydrogenated oils man-made trans-fats often found in “buttery spreads” including oil blends like Earth Balance, Benecol and I Can’t Believe It’s Not Butter to name a few.

These oils are highly processed and oxidize easily via one or more of the following: light, air or heat. Consuming oxidized oils is never healthy.

- | | |
|-----------------|------------------|
| ■ CANOLA OIL | ■ SUNFLOWER OIL |
| (ALSO KNOWN AS | ■ SAFFLOWER OIL |
| RAPESEED OIL) | ■ RICE BRAN OIL |
| ■ CORN OIL | ■ COTTONSEED OIL |
| ■ VEGETABLE OIL | ■ SESAME OIL |
| ■ SOYBEAN OIL | ■ PEANUT OIL |
| ■ GRAPESEED OIL | |

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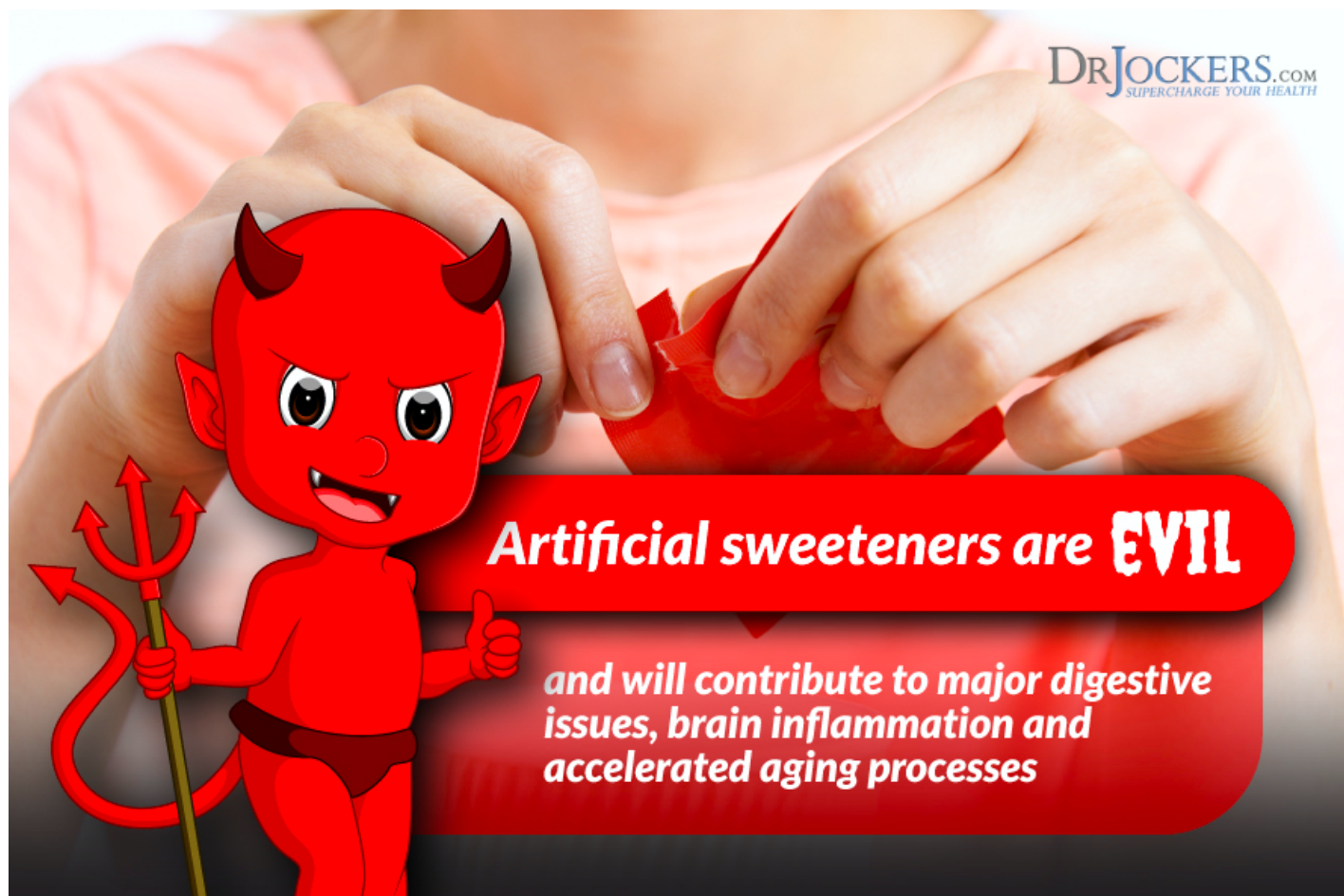
10. Artificial Sweeteners in Inflammatory Foods

You already know that refined sugar is not good for you. However, you need to watch out for artificial sweeteners and flavor enhancers as well. Although not technically foods these ingredients can be used to create inflammatory foods.

Aspartame, acesulfame potassium, monosodium glutamate, sucralose, and other artificial sweeteners may add a sweet flavor to your food, but they are not healthy. They are highly inflammatory. They have a neurotoxic effect on your brain and may lead to mood disorders and brain-related cancer (20). You can read more about artificial sweeteners in [this article](#)

Natural Sweeteners

You don’t have to ban sweetness from your life. Monk fruit and stevia are natural, low-calorie sweet alternatives that don’t raise your blood sugar. You may add them to your tea, coffee, and healthy baked goods without adverse health effects.



Follow a Healing Diet

Following a healing diet is the best thing you can do to reduce inflammation, lower your risk of developing a chronic disease, and improving your overall health. Fueling your body with an anti-inflammatory nutrition plan with nutrient-dense foods provides your cells and cellular DNA of your body with biological information necessary for your health.

Eating a healing diet may reduce inflammation in your body, stabilize your **blood sugar**, reduce toxic load, fuel your body with foundational nutrients, and support your healthy blood pH (21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31).

To follow a healing diet, first, you need to reduce or eliminate sugar and grains. As you've learned, white pasta, bread, rice, pizza, crackers, cereals, canned goods, ketchup, fruit drinks, deli meat, conventional yogurts, and candy are full of sugar and carbs and are highly inflammatory. Instead, for high functioning, you need vitamins, minerals, enzymes, and antioxidants from greens, vegetables, herbs, sprouts, and fruits.

Second, you need to get rid of bad fats, such as hydrogenated soybeans, corn, and palm oils, and unhealthy vegetable oils, such as canola, safflower, and peanut oil. Instead, you need to focus on healthy fats, such as coconut oil, avocados, pasture-raised butter and ghee, nuts, and seeds.

Lastly, you need to change the meat you eat. Eliminate processed and conventional meat. Choose organic, grass-fed beef, pasture-raised poultry, wild-caught fish, and pasture-raised eggs for clean protein and healthy nutrients. To learn more about the benefits of a healing diet, read [this article](#).

3 STEPS TO A HEALING DIET

- 01 REDUCE SUGAR AND GRAINS**
- 02 GET RID OF BAD FAT AND ADD IN MORE GOOD FAT**
- 03 CHANGE THE MEAT THAT YOU EAT**

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Final Thoughts on Inflammatory Foods

Inflammation is your body's natural defense mechanisms. However, when it turns chronic due to an excessive stress load on your body, it becomes a problem.

Chronic inflammation overwhelms your immune system and may lead to chronic pain and health issues. Eating an anti-inflammatory healing diet is crucial to reduce inflammation, [pain](#), and diseases. Following my guide, you will have a clear idea of what inflammatory foods to avoid, what anti-inflammatory and nutrient-dense food to eat, and how to protect your body to create the health you desire.

TOP ANTI-INFLAMMATORY FOODS



Grass/pasture Fed Meat, Poultry, And Wild Game



Lemon, Limes and Berries



Avocados and Avocado Oil



Green Tea



Non-Starchy Vegetables



Turmeric



Wild-caught Fish



Bone Broth and Vegetable Broth



Apple Cider Vinegar



Ginger



Organic Extra Virgin Olive oil and Olives



Fermented Vegetables



Coconut oil, Coconut Butter, Coconut Milk and Coconut Flakes



Basil, Oregano, Thyme, Rosemary, Sage, etc



Garlic, Onions and Chives

PRO-INFLAMMATORY FOODS



Refined Grains, Whole Grains, Grain/flour Products



Deep Fried Foods, Processed Foods, Most Packaged Foods



Grain-fed Meats/eggs, Fast Foods, Soda Pop



Most Commercial Salad Dressings, Trans Fats, Margarine, Some Oils (Corn, Safflower, Sunflower, Soybean)



LOW CARB
ONLINE
Summit

Revealing the science of the low carbohydrate and ketogenic approach to reverse chronic disease, increase fat burning, and improve metabolic health

FREE ONLINE EVENT
SEPTEMBER 21-28, 2020

REGISTER NOW

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The Low Carb Summit

The low carb summit brings together the top experts in the world when it comes to low carb and insulin friendly nutrition plans. There are lots of FAD diets out there... it seems like a new one every year. The Low Carb Approach is not one of them.

Low carb has been used for weight loss, diabetes, and metabolic health for over 200 years (at least!). It's consistently been shown to be highly effective at reducing blood sugar and blood pressure, improving **insulin resistance**, suppressing appetite, and increasing fat burning to enhance metabolic health.

That's why I'm excited about an upcoming event called the Low Carb Online Summit. My friends Dr. Brian Mowll and Ivor Cummins, The Fat Emperor, are co-hosting this life-changing event and the line-up of speakers and topics looks amazing.

The [Low Carb Online Summit](#) runs from September 21-28, 2020 and you can attend for no charge right from your home computer or smart phone. You can register now for this online event by [clicking here](#).

Here are a few of the speakers for the [Low Carb Online Summit](#):

- + Benjamin Bikman, Ph.D. – *How To Optimize Fat And Mitochondrial Health*
- + Ted Naiman, MD – *The P:E Ratio And How To Prioritize Protein For Health*
- + Jason Fung, MD – *Nutrition, Fasting, And The Best Ways To Protect Health*
- + Maria Emmerich – *Secrets To Long Term Success With A Low Carb Diet*
- + Mikhaila Peterson – *Using The Carnivore Diet To Heal Chronic Illness*
- + Dominic D'Agostino, Ph.D. – *The Latest Research On The Ketogenic Approach*
- + David Jockers DNM – *Using Fasting and Ketogenic Diet to Optimize Metabolism*

The [Low Carb Online Summit](#) will be broadcast at no charge September 21-28th.

With most of the Low Carb events cancelled this year, I know you'll enjoy Low Carb Online, and it will be well worth your time. You will love my presentation where I go over the most advanced strategies for using intermittent fasting and ketosis to optimize your metabolism, burn fat and have better energy! Enjoy the event and I'll see you soon!

**LOW CARB
ONLINE
Summit**

**Using Fasting And Ketogenic Diet
To Optimize Metabolism**

Dr. David Jockers DNM, DC, MS

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Sources in This Article on Inflammatory Foods Include:

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Dr. Jockers

Dr. David Jockers is a doctor of natural medicine, functional nutritionist and corrective care chiropractor. He currently owns and operates Exodus Health Center in Kennesaw, Georgia. He has developed 6 revolutionary online programs with thousands of participants.

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[Reply](#)**Victoria Brenneman**

September 14, 2019 at 12:52 pm

I appreciate your illustrations! It is something that I haven't seen much of and it helps me understand and remember the information.

[Reply](#)**Dr. Jockers**

September 16, 2019 at 10:36 am

Thanks Victoria! I am glad to hear it is helpful to you.

[Reply](#)**Patrick**

September 14, 2019 at 2:07 pm

Thank you Dr. Jockers for this easy to understand presentation. We must all take control of our choices in food and healthy living. This responsibility is ours to manage and must be deliberate in our follow-thru. Our health is at stake.

[Reply](#)**Dr. Jockers**

September 16, 2019 at 10:37 am

Hey Patrick, You are very welcome! Thank you for your feedback and support!

[Reply](#)

DC

September 14, 2019 at 2:18 pm

Thank you for an easy to follow article. I appreciate you giving your sources for the comprehensive information you have provided. Well done!

[Reply](#)

Dr. Jockers

September 16, 2019 at 10:37 am

Thanks so much DC!

[Reply](#)

Linda Hall

January 11, 2020 at 1:33 pm

How does the Keto Diet affect those of us who have no gallbladder? I have difficulty digesting fats! Any advice?

[Reply](#)

Dr. Jockers

January 12, 2020 at 8:09 am

Yes it makes it harder but it can be done successfully and I have a detailed article on that here: <https://drjockers.com/following-a-ketogenic-diet-without-a-gallbladder/>

[Reply](#)

Victor Steven Rasicci

April 26, 2020 at 10:37 am

Awesome! Now if you could lower the cost for products in the industry and make it affordable for all that would be great.

[Reply](#)

Dr. Jockers

April 29, 2020 at 10:18 am

Yes it would be great if the government stopped paying for the production of processed inflammatory foods to artificially make them cheap and reinvested that into making healthy foods more affordable.

[Reply](#)

Rosemary

April 26, 2020 at 1:34 pm

I understand that wheat is treated with a chemical to dry it immediately before harvesting, and I cannot help but think that non-organically grown wheat contributes to the “gluten sensitivity” issue, making it worse. We used not to have these issues, and I have heard people say that they did not have the problem when visiting European countries where these chemicals are not used.

[Reply](#)

Dr. Jockers

April 29, 2020 at 10:18 am

I am sure that is a factor Rosemary!

[Reply](#)

Misty

June 16, 2020 at 8:51 am

I am allergic to dairy. If I want “butter,” I eat those with the oils. Is there a better alternative?

[Reply](#)

Dr. Jockers

June 16, 2020 at 3:17 pm

Yes this is a good alternative <https://amzn.to/2MU56g6>

[Reply](#)

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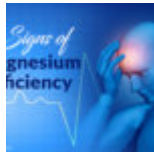
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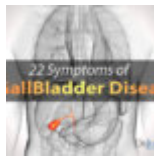
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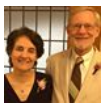
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Roberta Mcleod

Thanks for the good info. It would help your article to have an editor correct the many grammatical and sentence structure mistakes.

Like · Reply · 2 · 1y



Richard Sutton

Editor?

Like · Reply · 2 · 1y



Roberta Mcleod

Richard Sutton

Like · Reply · 1y



Roberta Mcleod

Whoops. Yeah. I noticed my spelling mistake after I posted, but was too lazy to change it! Who needs an editor??

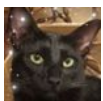
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4 Ways to Yummy by Heide Horeth

I love algae oil. Any opinions?

Like · Reply · 1y



Cynthia Kerfoot

I would like to add to the list of inflammatory foods to avoid, especially if you have arthritis... Avoid all nightshade plants... <https://drjockers.com/nightshade-vegetables-dangerous/> This would also include tobacco!

Like · Reply · 1y



Sue French Papp

I'm confused.. I thought grapeseed oil was good?

Like · Reply · 35w



Barbara Pasqualin Caruso

I so appreciate your generosity in creating this information for us. I especially appreciate the fact that I can read it, come back to it when I need to, and not have to listen for hours to a tape that just says useless things. This is a phenomenal contribution to People's Health and I really appreciate it. While I follow many of these guidelines, I have once again learned something that will support my health and well-being. Thank you kindly.

Like · Reply · 35w



Ed Gaines

I completely disagree with above statement "eating meat is extremely important for your health". The list of meat borne diseases is huge, and most human disease can be traced back to meat. For example, cancer is a retroviral disease caused by eating cancerous tissue. The retrovirus disables genetic apoptosis and changes the ability of cancer cells to make ATP from ketones. Infected cancer cells can only ferment glucose to make ATP. Other meat eater hazards are "varient" Creutzfeld-Jacob disease, which causes symptoms indistinguishable from Alzheimer's (except by autopsy). There are a large num... [See More](#)

Like · Reply · 35w



Suma G Nathan

dr. Jockers..you are fantastick!! I love your illustrations and your information on different subjects, you don't giv a bunch of nonsense ..you get right to the point!! Being a pioneer in the Holistic world since the 1960's always learning...Suma G Nathan, Holistic Health Practitioner, Certified Planetary Chinese Herbologist, Strenth Trainer, Rock & Roll Dancer (soul train) going on 83 yrs young

Like · Reply · 1 · 20w

Comments

GLADSTONE FISHER

September 14, 2019 at 9:54 am

I am a non-medical personI with ulcerated colitis and have been “brousing” numerous articles by numerous sources over the past year and this is the most comprehensive and easy to follow presentation that I have seen on the subject – hank you

[Reply](#)

Dr. Jockers

September 15, 2019 at 12:59 pm

Hey Gladstone, Thanks for your feedback. I am so glad you found us!

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