



# Anti-Inflammatory *Diet & Lifestyle Guide*

Learn the best foods,  
supplements, and lifestyle  
habits to tame  
inflammation.





# INFLAMMATION 101

## *What is it?*

Inflammation gets a bad rap. But it's a natural bodily process. It helps your body fight off injuries and infections. Short-term inflammation can be a *good* thing!

But long-term inflammation is another story. When inflammation becomes chronic, that's when symptoms show up.

Chronic inflammation increases the risk of chronic illnesses, including heart disease, cancer, diabetes, obesity, Alzheimer's, and depression.

### Signs of inflammation:

- Body pain
- Fatigue
- Trouble sleeping
- Depression
- Anxiety
- Digestive problems (diarrhea, constipation, acid reflux)
- Frequent infections
- Weight gain or weight loss

*Many* things can stir up inflammation, including:

- Poor diet
- Stress
- Infections
- Autoimmune disease
- Chronic illness
- Toxin exposure
- Lack of sleep
- Hormone imbalance
- Sedentary lifestyle
- Obesity
- Alcohol
- Smoking



**Luckily, there's A LOT you can do to lower inflammation.** And all it takes are some simple tweaks to your diet and lifestyle. So read on to learn the best foods, supplements, and lifestyle habits to tame inflammation.

# ANTI-INFLAMMATORY *Diet*



## Foods to avoid:

- Processed foods
- Refined carbs (white bread, white rice, sweets, etc.)
- Fried foods
- Foods with added sugars or high-fructose corn syrup
- Vegetable oils
- Foods with trans fats
- Processed meats
- Red meat
- Soda & other sugar-sweetened drinks
- Alcohol



## Foods to enjoy:

- Olive oil
- Fresh fruit
- Veggies, especially leafy greens
- Fatty fish like salmon, sardines, & mackerel
- Nuts & seeds
- Avocadoes
- Green tea
- Red wine
- Dark chocolate
- Antioxidant-rich spices like turmeric, cinnamon, & garlic

# ANTI-INFLAMMATORY

## Supplements



### **Fish oil**

Fish oil is rich in omega-3 fatty acids, which have anti-inflammatory effects. Consuming fish oil is shown to reduce inflammation from heart disease, diabetes, degenerative disc disease, and more.

**Brands:** Nordic Naturals & Carlson



### **Curcumin**

Curcumin is the star compound that gives turmeric its anti-inflammatory powers. It's shown to reduce inflammation from arthritis, diabetes, heart disease, IBS, and much more.

**Brands:** Thorne & Designs for Health



### **Resveratrol**

A potent antioxidant found in red wine, berries, grapes, dark chocolate, and peanuts. Research shows resveratrol reduces inflammation from liver disease, obesity, and ulcerative colitis.

**Brands:** Jarrow & Thorne



### **Ginger**

Ginger is best known for being a go-to remedy for nausea. But this spicy root has anti-inflammatory properties as well. It's shown to lower inflammation from type-2 diabetes and cancer.

**Brands:** New Chapter & Anthony's



# ANTI-INFLAMMATORY

## *Lifestyle habits*



### **Exercise regularly**

Exercise has a natural anti-inflammatory effect on the body. Even just 20 minutes of exercise is enough to reduce inflammation. Aim for 30 minutes of moderate exercise (walking, cycling, yoga, weight training, etc) a day.



### **Keep a lid on stress**

We all get stressed at times. But chronic stress creates inflammation. So find ways to keep your stress at bay. Meditation, deep breathing, journaling, yoga, gratitude, and spending time in nature are all good options.



### **Get plenty of sleep**

Lack of sleep triggers inflammation in the body. So stick to a regular sleep schedule and aim for 7-9 hours of shut-eye every night. If you struggle with sleep, try limiting screen time 1-2 hours before bed. Having a winding down routine may also help you hit the hay easier.



### **Maintain a healthy weight**

People who are overweight or obese have more inflammation. That's because excess weight creates a chronic inflammatory response. Luckily, research shows that losing excess weight reduces inflammation. If you need support losing weight, working with a health coach can help.