

Anti-Inflammation Low-Histamine High-ORAC Diet (AILHHOD)

Inflammation

[Certain foods cause inflammation](#) in the small intestine (the area of your digestive system that absorbs nutrients.) Inflammation can't be felt, there is no pain sensed. If the intestines are inflamed, then no healing or cellular repair can happen anywhere in the body. The human body always prioritizes managing inflammation before trying to heal the body. The lining of the small intestine walls regulate which particles can pass from the intestinal tube...through the small openings in the intestine wall... and into your blood stream for distribution throughout your body (everything goes to the liver first, including medicine/drugs). Optimally, only beneficial food particles are absorbed. The small intestine also houses your primary site of immunity, since 99% of all 'bad stuff' that can get into your body (bacteria, poison, chemicals, parasites, pathogens, allergy producing stuff) gets in your body through your mouth and then into the intestines.

[Immunity is a system](#) of many different beneficial bacteria (trillions), along with white blood cells and other helper cells and chemicals that signal danger, are all working to identify the bad stuff and (1) disarm it, or (2) prevent it from being absorbed through the intestine wall with the food. Remember that 'food' is just a bunch of chemical compounds. If you put (eat) certain types of chemicals in your body, such as [the gluten protein molecule in wheat](#), your body will respond with the inflammatory response to try to remove it because it is toxic to the body, but that job is impossible. The inflammatory response is complex, involving different cellular trans-membrane protein gates that stimulate DNA related protein production to make certain molecules to fight infection and close the gates of absorption. But more importantly, certain foods irritate the small intestine lining/walls that then allows large pieces of food AND bacteria, poison, chemicals, parasites, and pathogens to enter your blood stream. Large, [undigested food particles end up in your liver and pancreas which is dangerous](#), but does not cause pain. It is a misconception that if you feel fine there is no inflammation happening in the body. Inflammation does not cause belly swelling or bloating. High-protein, low carb and KETO diets cause a permanent state of inflammation.

Histamines

Inflammatory foods also [disrupt the quality of the beneficial gut culture/bacteria](#), so they cannot do their job properly. Inflammatory foods can make your body fight its own cells leading to disease. Inflammation can cause: light-headedness, nausea, tired-ness, brain-fog, laziness, interfere with motivation and memory, cause depression, accelerate ageing, and exacerbate menopause. [Histamine-rich foods](#) (or that cause a histamine-inflammation reaction in the gut) [cause hyper permeability in the small intestine](#) to be less selective about what can enter the bloodstream, and can be very dangerous, causing anaphylaxis (and possible death.) Long-time ingestion of inflammatory foods can cause the immune system to "get tired" and do a poor job of fighting other illness, infection, injury, surgery recovery and can cause improper, delayed or incomplete healing. Junk food always causes the most inflammation, and is a major contributor to kids getting sick often, and being tired.

The [greatest contributor to histamines and sickness](#) in the gut is eating food that has already 'expired' (condiments in the frig more than 30 days... throw it out, regardless of expiration date), and cooked food left out of the frig more than 2 hours, bread butter and fruit (avocados) sitting out on the counter for days. Don't leave ANYTHING out of the frig overnight. Don't buy meat that is about to expire. Check your dry spices, if they have been open for more than 30 days throw them out. Dry spices start to go bad the minute you open them up. Don't buy bulk spices or family size condiments. No foods have the magic ability to avoid decay.

[Use labels to date the foods you are storing](#): 2-3 days for open bags (chips) and jars (peanut butter) in the cupboard, 30 days for open jars or packages in the frig especially condiments. Check ALL cupboard containers for expiration dates!!! Back-up plan = FREEZE everything in an airtight bag. Peanut butter rots just like everything else if not refrigerated.

ORAC

[ORAC: Oxygen Radical Absorbance Capacity](#) (unregulated, 2012) is a valuable method of measuring the ability of anti-oxidants to protect against free-radical action that delays healing and causes metabolic damage, interferes with digestion, and among other effects includes: brain fog, apathy, nausea, dementia and more. Clove and cinnamon have the highest known ORAC scores (314,000/276,00) compared to blueberries (6,550.) There are many 'red-purple-orange-green' micronutrients that probably contribute to free-radical elimination that have not been studied, however their value should not be overlooked in a good multi-ORAC supplement. [Bioactive Compounds](#) in high ORAC food: polyphenols, biogenic amines, carotenoids, glycoalkaloids, stilbenes, anthocyanins, flavonoids, lignans, certain pigments (zeaxanthin) for example, are anti-cancerous, protect against diabetes, ageing and hundreds of other problems.

Clove, ground	314,000	Parsley, dried	74,000	Chili powder	23,000
Sumac, bran	312,000	Basil, dried	67,000	Cranberries	9,500
Cinnamon, ground	267,000	Curry powder	48,500	Blueberries	6,500
Oregano, dried	200,000	Sage, fresh	32,000	Garlic	5,700
Acai, freeze dried	161,000	Mustard seed	29,000	Pomegranates	4,400
Turmeric, ground	159,000	Ginger, ground	28,800	Red Wine	2,600
Cocoa, raw, powdered	81,000	Black Pepper	27,000	Oranges	2,100
Cumin, ground	76,800	Thyme, fresh	27,000	Green Tea	1,250

Let's get healthy!

Step 1. Remove all expired food from the cupboards and frig. Remove any condiment that has been open for more than 30 days. Check the freezer for anything over 6 months old regardless of the expiration date. Check cupboards for open bags, open jars, open coffee cans, unsealed tea bags. Toss it out anything open for more than 3 days regardless of how well it is re-sealed closed. Re-evaluate your food shopping habits. Buy for 1 week, at the end of the week the frig should be empty. Don't buy bulk.

Step 2. Remove all inflammatory foods from the list below. If there are unexpired, donate them to a food bank. (FYI much of the food that gets donated to food banks is VERY highly inflammatory.) Foods with long expiration dates are highly inflammatory. There is no guarantee how old the food was when you it purchased, it could have been in a warehouse for 5 years already. Re-evaluate your shopping habits and buy less 'packaged' foods (sprout dry beans instead of buying canned, for example.)

Step 3. Look at what is left, and what you removed. What do you think?

Step 4. Eat non-inflammatory foods from the list (low histamines/high ORAC.) Buy from a local farmer's market.

Step 5. Do not eat inflammatory foods from the list.

Step 6. Eat pro-anti-inflammatory foods from the list. These include the herbs, spices, cacao etc (high ORAC).

Step 7. Take pro-anti-inflammatory supplements, make the blended shake.

<i>Anti-Inflammation, Calm gut Clear thought, energized, focused, rested</i>	<i>Inflammation, fatigue, brain-fog, bloated belly, puffy eyelids gut-dysbiosis, easily irritated, jitters, short-term memory loss</i>
Bone Broth (no salt), collagen hydrosylate powder (Zint*)	All red meat, lard, animal skin, soy, pea protein, cured meat
Grass-grazed, pasture-living poultry/eggs (farm-market)	'Cage-free' poultry/processed sliced packaged canned poultry
Oysters, sardines, salmon, tongal tuna	Sushi tuna, farmed fish, shellfish, canned yellowfin
Wild caught white/flat fish: haddock, cod, halibut	Large/older fish: sword, mahi, tuna, shark
Olive oil (cold), flaxseed oil, avocado, Omega blends (cold)	Corn oil, soybean oil, grapeseed oil, any heated oil
Almond, pecans, raw rolled oats, black beans (sprouted) Mushrooms: reishi, chaga, lion mane, cordyceps, turkey tail	Wheat, lentils, soybeans, peanuts, garbanzos, quick oats, walnuts
Soft/early cheeses: brie, mozzarella, ricotta, cottage	Hard/aged cheese, cow's milk, butter, yogurt (dairy-based)
Flax/Chia (sprouted and blended)	Flax/Chia (used dry, whole)
Quinoa (uncooked), brown-wild rice, millet, amaranth (whole or sprouted, not floured)	Wheat, Rye, Barley (gluten), Corn, Beer, alcohol (YEAST) Any grain that is pulverized into flour (bread), potato flour
Blueberries, mulberries, blackberries, goji berries, cherries	Strawberry, grape, banana, kale, apple, peach, nectarine