



## PHASE 1

### Step 1

## IMMUNE



### Goals:

1. Choosing non-inflammatory meal ingredients and reducing inflammatory exposure as much as possible.
2. Choosing nutrient-dense meal ingredients and supplying the body with what it needs to heal.

The idea is to reduce the workload of the Immune System by preventing exposure to common inflammatory foods. It may be challenging at first to find substitutions for some of these foods but ultimately with persistence, and maybe even a little creativity, solutions can be found.

In February 2004, TIME Magazine's cover featured an article compiled by a collective group of doctors, and they agreed that the root cause of the breakdown of tissue, which causes disease, was due to chronic inflammation.

So, when considering a lifestyle of disease prevention, it only makes sense to avoid foods that are generally inflammatory. Swapping out ingredients for even healthier, nutrient-dense counterparts will add a cellularly supportive boost to your progress.

It isn't easy eating a consistent non-inflammatory diet, it takes quite a bit of dedication and commitment to the betterment of oneself, and to be honest not many can hack it. It's those who choose to get creative under that pressure of disappointment, and are resolute to find solutions for their problem, instead of quitting, that will succeed the most.

Not only will they look and feel so much better, but they will have boosted their immune system and helped to prevent future disease too. It may not seem worth it to others, but avoiding inflammatory foods is ultimately the best form of health insurance we can have.

Feel free to print the following page and keep it somewhere in sight, like attached to your refrigerator, and get started with reducing that inflammatory immune response right away!...



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Avoid these common inflammatory foods and replace them with safer counterparts.

<u>FOODS TO AVOID</u>	<u>SUBSTITUTE OPTIONS</u>
Grains (especially Corn and Wheat)	Seeds (Quinoa, Chia, Hemp, Pumpkin, etc.)
Dairy	Nut yogurt, home-made nut milk, ghee
Processed, Fried, and Refined Foods	Home-made, Baked, and Whole Foods
Alcohol	Organic Electrolyte Drink, such as Coconut Water
Shrimp, Lobster, Crab, any kind of Shellfish	Sardines, Salmon, Herring, Tuna
Soda, Carbonated Beverage	Seltzer, Coconut Water, Zevia's Soda
Hydrogenated or Partially Hydrogenated Oil	Avocado Oil
Vegetable Oil	Coconut Oil (Extra Virgin)
Canola Oil	Grapeseed Oil
Soy products / Soybean oil	Chickpea products / Olive Oil (Extra Virgin)
Sugar	Birch Xylitol
High Fructose Corn Syrup	Stevia Sweet Drops
Corn Syrup	Yukon Syrup
Aspartame and Splenda	Pure Powdered Monk Fruit Sweetener
Nutrasweet or Equal	Stevia Packets
Truvia	Birch Xylitol
Monosodium Glutamate (MSG)	Coconut Amino Acids
Spices that contain MSG	Herbs dried at home
Table Salt	Celtic Sea Salt or Himalayan Salt
Artificial Flavors	No Added Flavors
Artificial Colors	Food-based All-Natural Food Coloring



## Next Steps

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Believe it or not, it doesn't end there! There are also foods that are contributing to inflammation that are unique to you. Foods that are not necessarily inflammatory by nature but that your specific immune system is reacting to. Once you get started removing the common inflammatory foods, the next step is to find the foods that are inflammatory to you! This is covered in Step 1.



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#### Order your Immune testing

We will get your testing shipped to you right away! Be sure to schedule your Nutrition Education Consultation for at least 2 weeks from the order date. To order your testing and get started with seriously reducing chronic inflammation, visit...

<https://my.powerdiary.com/clientportal/evolveforhealth>