



## Anti Inflammatory Foods

Inflammation - when I think of this word, trauma comes to mind. And I think of my broken heart. Yearning for the healing that only the balm of love and spirit can bring. And yet, the body needs balm for its broken places too. Think of it as the cool washing of our body's cells with the pure alkalinity of nutrient rich raw organic fruits and vegetables, our Creator's gift to us for our healing and enjoyment. The decadence of an organic pomegranate or mango, how can we be sad when we have such amazing things to enjoy and discover?!

The cells of our body need healing for the trauma of past unhealthy foods, overages, exhaustion, toxins. This is where the wash of cleansing fruits and vegetables can help with that cellular replenishment. For optimal healing, the body needs to reduce inflammation; basically any kind of raw fruits and vegetables, nuts and seeds are anti-inflammatory. I know some good anti-inflammatory foods are organic avocados, pears, celery, raw walnuts, cashews and other nuts and seeds, flaxseed, chia seeds (much cheaper in bulk spice section of Ellwood Thompson's Local Market).

Organic turmeric root is good for pain and inflammation; you can find it in the produce section near the potatoes and ginger root. It is the orangeish root; it's somewhat bitter but very good for you, it's the spice used to make Indian curry. Eat 1/2 inch daily raw plain or mix into cooked potatoes or rice with sesame / olive /coconut oil, cumin seed (also from bulk spice section), and sea salt. Benefits of turmeric root - [www.ishafoundation.org/blog/yoga-meditation/demystifying-yoga/health-benefits-of-turmeric/](http://www.ishafoundation.org/blog/yoga-meditation/demystifying-yoga/health-benefits-of-turmeric/)

And finally, organic ginger root is good for digestion and inflammation. It's the yellowish/golden root near the potatoes or turmeric root in the produce section. Chop 1/2 inch daily and steep 5 mins in boiling water to make into tea or add chopped into stir fry. It's spicy though beware! A little goes a long way! You can eat the pieces of ginger too - will warm you right up!

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