THE TOP 10 ANTI-INFLAMMATORY FOODS TO ADD TO YOUR DIET

Mediterranean-inspired, performance-driven nutrition to help you recover faster, reduce chronic inflammation, and build a longer, healthier life.

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You might've heard how the Mediterranean diet is the most recommended diet to promote longevity. Its cardiovascular benefits go above and beyond in terms of how it can help aid with lowering cholesterol, blood pressure and improve circulation. True to today's topic, it also contains loads of foods that can help lower systemic inflammation.

Inflammation has gotten a bad rap. We're plagued with ads and messaging about lowering inflammation with this supplement or that pill. Let's set the record straight— inflammation isn't bad, **chronic** inflammation is where you'll start to experience negative health effects. When we work out, an inflammatory response occurs. We're quite literally tearing muscle fibers apart in order for them to grow back stronger and bigger. It's a necessary process to help us reach our goals.

Why is chronic inflammation a bad thing? The longer that inflammation stays rooted in our body, the harder our organs have to work for daily run-of-the-mill processes. The harder our organs work, the more we expose ourselves to risk of chronic diseases. Chronic inflammation shows up in more than one way in terms of symptoms, and can vary by person. Oftentimes it comes in forms of symptoms we've become conditioned to sweep under the rug; gastrointestinal issues, poor bowel activity, consistent fatigue and low energy, frequent illnesses, body pain and aches, or depression, anxiety and other mood disorders.

Rather than throwing over-the-counter quick fixes at the issue, we need to learn to address inflammation head on through nourishing foods in our daily diets. That, and finding effective stress management tools to keep our body in a generally relaxed state. Chronic inflammation can wreak havoc if left untreated, and it's up to each of us individually to find the root cause and fight back with remedies that have been around for thousands of years.

10 FOODS THAT FIGHT INFLAMMATION

01

FATTY FISH

Salmon, mackerel, sardines, and other fatty fish are high in omega-3 fatty acids, which have potent anti-inflammatory benefits. Generally, wild caught and sustainable sourced fish are both good for your body and the environment.

02

BERRIES

Blueberries, strawberries, raspberries, and blackberries are rich in antioxidants and flavonoids that can help reduce inflammation. Every morning I'm having a handful of raspberries and later will mix strawberries and blueberries into a protein shake. They're an excellent source of fiber.

03

LEAFY GREENS

Spinach, kale, collard greens, and Swiss chard are packed with antioxidants and vitamins. They're also some of the most fibrous foods you can eat. Fiber contributes to healthy gut health and bowel movements, helps control blood sugar, and aids in decreasing overall inflammation.

04

NUTS

Almonds, walnuts, and other nuts contain healthy fats, fiber, and antioxidants that can help fight inflammation. A gentle warning, nuts are high in calories. If you're simultaneously trying to lose weight and combat inflammation, a small handful a day is enough.

05

EXTRA VIRGIN OLIVE OIL

Rich in oleocanthal, extra virgin olive oil has been shown to have some of the strongest anti-inflammatory properties. Key tip: high heat can often denature the compounds that make up olive oil. Avocado oil is a better alternative for high heat. Keep your olive oil in a cool, dark place and leverage as toppers.

06

TURMERIC

Curcumin, the active ingredient in turmeric, is one of the most potent anti-inflammatory ingredients on earth. We make our own ginger, turmeric and lemon shots for each morning. Grab turmeric and ginger roots, one lemon and coconut water. Blend, strain into a jar, and add cayenne if you're feeling spicy.

07

GINGER

Ginger contains gingerol, which has potent anti-inflammatory effects and may help reduce muscle pain and soreness. My favorite way is through a nightly herbal tea. Grind ginger root into a cup, pour boiling water over, soak 10 minutes and strain.

08 **TOMATOES**

Tomatoes are rich in lycopene, which has been shown to reduce inflammation and may lower the risk of certain chronic diseases. Some folks have an adverse effect with nightshades, which is why we promote individualization, always.

09 **BROCCOLI**

Broccoli is high in sulforaphane, a compound that has been shown to have anti-inflammatory effects. Boil, steam or bake some broccoli for $2.99 instead of $69.99 sulforaphane shots. Eating foods as close to their natural state is always going to give you the most benefit.

10 **GREEN TEA**

Green tea contains polyphenols and antioxidants that can help reduce inflammation and improve overall health. Opt for this in the morning due the caffeine content.

START SMALL, STAY CONSISTENT

If you're not eating most of these foods now, no sweat. Stress is one of the largest contributors to chronic inflammation. Do the best you can with what you have and slowly introduce new items to your diet to set yourself up for a long and healthy life.

At Invictus, we don't chase quick fixes. We build resilient bodies with foods that have worked for thousands of years. Never Stop Evolving.