

Combat Inflammation in Your Body with the Best
**ANTI-INFLAMMATORY
FOODS!**



Phase II: Nutritional Optimization



There is now plenty of research showing that by including a variety of potent, anti-inflammatory, and nutrient-dense foods into our diets on a daily basis, they can be extremely beneficial when it comes to preventing and combatting many of today's common diseases, which are usually caused by a low-nutrient, western diet.

By including some of the foods and beverages shown below into our diets daily, we can help to fend off disease, and promote our bodies ability to protect and support;



VEGETABLES

Asparagus

Swiss chard

Beets

Bok choy

Cauliflower

Broccoli

Kale

Brussels sprouts

Mushrooms

Cabbage

Bell peppers

Collard greens

Spinach

Celery

Cucumber

Watercress

Radishes

Onion

Garlic



FRUITS

Blackberries

Blueberries

Cherries

Avocado

Tomatoes

Kiwi

Lemons

Limes

Nectarines

Peaches Pears

Pineapple

Plums

Raspberries

Strawberries



NUTS & SEEDS

Almonds
Walnuts
Cashews
Brazil nuts
Hazelnuts
Pecans
Chia seeds
Flax seeds
Hemp seeds
Pistachios
Pumpkin seeds
Sesame seeds



HERBS & SPICES

Turmeric
Oregano
Parsley
Ginger
Clove
Cinnamon
Coriander
Rosemary
Black pepper
Cayenne pepper
Frankincense
Dill



WILD-CAUGHT FISH (S.M.A.S.H)

Salmon
Mackerel
Anchovies
Sardines
Herring



FREE-RANGE MEAT/POULTRY (IN MODERATION)

Grass-fed, Organic Beef
Free-range, Organic Chicken
Free-range Turkey





WHOLE GRAINS

Quinoa
Teff
Gluten-free Oats
Brown Rice
Buckwheat



BEVERAGES*

Cold-pressed Juices

(4 to 8 ounces of fresh, unsweetened juice daily)

Coffee

(max 2-3 cups/day, avoid sugar/creamer)

Chlorophyll

(15-30ml/day, can be mixed in water/straight)

Bone Broth

(chicken/beef)

Green Tea

(1-2 cups/day)

Herbal Tea

(caffeine-free: peppermint, chamomile, ginger, or turmeric)

Apple Cider Vinegar

(1-2 tbsp/day taken straight/mixed with water)

Kefir

(Coconut/Water/Goats Milk)

Kombucha

(choose a low sugar option)

*Some beverages should be avoided if you're taking certain medications. Some juices/smoothies that include grapefruit juice or very high amounts of vitamin C from certain powdered fruits, can potentially interact with Warfarin, certain allergy medications, gastrointestinal medications, antidepressants, anti-cancer drugs, and those used to manage kidney stones.

Coffee and caffeinated teas should ideally be avoided by who suffer from anxiety/heart palpitations, and should only be consumed in limited amounts during pregnancy.



MISCELLANEOUS

Coconut Oil

Raw Cacao >70%

(not 'coco', as it has been roasted)

Extra-virgin Olive Oil

Avocado Oil

Collagen