

Combating Inflammation with 6 Top Anti-Inflammatory Foods & Why!

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Fight Inflammation with Anti-Inflammatory Foods.

Inflammation is a natural response by the body to fight infections and injuries. This is when damaged tissue releases chemicals that tell the white blood cells to start repairing the infection or injury. However, sometimes, inflammation is low-grade, spreading throughout the body, and is chronic. Chronic inflammation can damage the body and lead to various health issues, causing the buildup of plaque in arteries, upping the risk of heart disease and stroke. It's also associated with a higher risk of cancer, diabetes, Alzheimer's, arthritis, and other chronic conditions.*

One effective way to combat inflammation is by adopting an anti-inflammatory diet rich in foods that help reduce inflammation. In this article, we'll delve into the benefits of such a diet. I will highlight six ways eating anti-inflammatory foods can help combat inflammation in the body and six top anti-inflammatory foods that can do so. I'll provide a delectable salmon recipe and a yummy anti-inflammatory granola snack. I'll emphasize the importance of a healthy nutrition program for overall wellness.*

Six ways eating anti-inflammatory foods can help combat inflammation in the body:

1. **Reducing Inflammation:** Certain foods have properties that can help tamp down inflammation. For example, antioxidants found in colorful fruits and vegetables neutralize harmful molecules in your body, while omega-3 fatty acids in fish and nuts can suppress inflammation.
2. **Balancing Immune Response:** Anti-inflammatory foods can help keep your immune system in check. They provide the nutrients your body needs to regulate its responses properly so your immune system doesn't overreact and cause chronic inflammation.
3. **Supporting Heart Health:** Many anti-inflammatory foods promote heart health by improving blood vessel function, lowering harmful cholesterol levels, and reducing the risk of atherosclerosis.
4. **Better Blood Sugar Control:** Eating anti-inflammatory foods can help your body manage insulin better, which is crucial for preventing and managing type 2 diabetes.
5. **Cancer Prevention:** Some compounds in anti-inflammatory foods, like those in cruciferous vegetables (broccoli, cauliflower, etc.), have been linked to lower cancer risk due to their ability to fight inflammation and protect DNA.
6. **Gut Health:** Many immune systems reside in your gut. Eating anti-inflammatory foods can help maintain a healthy balance of gut bacteria, which can influence overall inflammation levels in the body.

Six top Anti-Inflammatory Foods and Their Benefits for the body:

1. **Turmeric:** Turmeric contains curcumin, a powerful anti-inflammatory compound. It helps reduce inflammation at the molecular level, offering relief to conditions like arthritis and inflammatory bowel diseases, and supports brain health. Incorporate turmeric into your diet by adding it to curries, soups, or smoothies. Consider drinking turmeric tea for an added anti-inflammatory boost.
2. **Berries:** Berries, such as blueberries, strawberries, and raspberries, are rich in antioxidants called flavonoids. These compounds help decrease inflammation and oxidative stress in the body. They provide heart health and aid in maintaining healthy skin. Enjoy a handful of mixed berries as a snack, or add them to your breakfast cereal, yogurt, or smoothie anytime. Their natural sweetness also satisfies sugar cravings and sugar spikes.

3. **Olive Oil:** Extra virgin olive oil is abundant in polyphenols, which are anti-inflammatory and antioxidant. It's a healthy alternative to refined oils and can aid in reducing inflammation. Use olive oil as a salad dressing, a whole-grain bread dip with added spices and herbs, or cooking oil for light sautéing. Make it a staple in your kitchen for its versatile benefits.
4. **Leafy Greens:** Leafy greens like spinach, kale, and Swiss chard are rich in vitamins A, C, and K, minerals, and antioxidants that combat inflammation. They support bone health, regulate blood pressure, and provide fiber for a healthy gut. Add a variety of leafy greens to your salads, sandwiches, or smoothies. Sauté them with garlic and olive oil for a nutritious side dish mixed with your favorite grain, like quinoa.
5. **Fatty Fish:** Fatty fish such as salmon, mackerel, tuna, and sardines are rich in omega-3 fatty acids. These healthy fats play a crucial role in reducing inflammation. Supports heart health, cognitive brain function, and overall well-being. Try my delicious, mouthwatering **Honey-glazed Salmon** recipe to include fatty fish in your diet. [Honey-glazed Salmon Recipe](#)
6. **6. Nuts:** Nuts like almonds and walnuts are high in monounsaturated fats and antioxidants. They help lower inflammation and contribute to overall cardiovascular health. Snack on a handful of mixed nuts, or sprinkle chopped nuts onto your oatmeal, salads, or yogurt. Nuts are excellent for creating your own healthy snacks, like mixed granola. Try my delicious **Anti-Inflammatory Nutty Granola** recipe below for a yummy afternoon tummy smile. [Nutty Granola Recipe](#)

In Conclusion: Eating anti-inflammatory foods isn't a quick fix. It's about adopting a healthy, nutritious lifestyle that supports your body's natural defense mechanisms. Making these foods a regular part of your diet gives your body the tools to stay healthier and reduce the risk of chronic diseases associated with inflammation. It's a proactive way to invest in your long-term, vibrant, and energetic well-being. At any age! Especially if you have grandchildren like me.

So why wait? Start your journey towards a healthier you by making these simple yet impactful dietary changes today. Adopt the importance of a Healthy Nutrition Way of Living while crowding out the unhealthy way!

Get ready to embark on a journey towards a healthier and happier you.

Contact me for a free 30-minute discovery call and start adopting a healthier, more nutritious lifestyle that supports your body, mind, and spirit.

[***Discover Today](#) ~ Lisa G *Body Sense Living*

**Some recourses taken from IIN and Mayo Clinic*

This information is not intended to diagnose, treat, cure, or prevent any disease for educational purposes only. Always consult with your physician.