

Inflammation is a natural response by the body to fight infections and injuries. However, age-related diseases have a common root: Chronic low-level inflammation. Chronic inflammation encourages vulnerability to allergies, auto-immune disease, pain, arthritis, and long-term risk of age-related disease.

Adopting healthy eating habits incorporating certain foods, like lower glycemic foods or foods high in omega-3 fatty acids and antioxidants, can decrease inflammation and/or protect tissues from inflammatory damage.

Limiting the consumption of animal foods can help reduce inflammation. Always opt for the highest quality products – fresh in season, freshly frozen, locally raised, local, and organic when possible.

SUPPLEMENTS

Omega 3

Co-enzyme Q10

Vitamin D3

Fish oil Molecularly distilled

Curcumin

Zinc (not to exceed 30mg per day)

Supplements help you get your daily requirement of micronutrients that may be missing from your diet.

TEA

Green Ginger

White Chamomile

Oolong Turmeric

Peppermint & Spearmint

2–4 cups per day Tea contains powerful catechin antioxidants that fight inflammation.

ALCOHOL

Red wine

(optional-organic if possible)

Red wine contains resveratrol, a natural antioxidant. No more than 1–2 glasses

HERBS AND SPICES

Garlic

Ginger

Turmeric

Curry powder

Chili peppers

Basil

Rosemary

Thyme

Cinnamon

Unlimited amounts. Certain herbs and spices are natural anti-inflammatory agents.



SOURCES OF PROTEIN

Wild Alaskan salmon

Tuna

Alaskan black cod

Herring

Sardines

2–6 servings per week. These fish are rich in anti-inflammatory omega-3 fatty acids.

SOURCES OF PROTEIN

Beans (anasazi, adzuki)

Lentils

Peas

Chickpeas

Black-eyed peas

1 – 2 servings Legumes are a low glycemic load food, rich in folic acid, magnesium, potassium, and soluble fiber.

SOURCES OF PROTEIN

Edamame

Tempeh

Tofu

Soy milk

Soy nuts

1 – 2 servings Whole soy foods provide isoflavones, free radical scavenging antioxidants.

SOURCES OF PROTEIN

Nuts and seeds

Almonds

Walnuts

Hemp

Flax

1 – 2 serving daily Chia Nuts and seeds are sources of healthy fats rich in monounsaturated and omega-3 fatty acids.

SOURCE OF PROTEIN

Animal meats

1-2 servings weekly. Always select lean, locally raised.

GRAINS

Barley

Basmati rice

Brown rice

Buckwheat

Groats

Quinoa

Steel-cut oats

Wild rice

3 – 5 daily servings Compared to highly-processed grains. Whole and cracked grains digest slowly, preventing blood sugar spikes, which contribute to inflammation.



VEGETABLES

Dark leafy greens (spinach, collard greens, kale, Swiss chard)

Vegetables (broccoli, cabbage, Brussels sprouts, cauliflower, bok choy)

Carrots

Beets

Onions

Peas

Squashes

Sea vegetables

Unlimited amounts daily Raw and cooked vegetables are rich sources of flavonoids and carotenoids with antioxidant and anti-inflammatory properties. Choose a colorful range to ensure a wide variety of vitamins and minerals.

Eat the Rainbow!

MUSHROOMS

Asian mushrooms
(enokidake, maitake, oyster, shiitake)

Unlimited. These mushrooms contain immune-enhancing compounds. Consume cooked varieties and avoid common commercial button mushrooms, which may include natural carcinogens.

FRUIT

Lower glycemic fruits

Raspberries

Strawberries

Blueberries

Peaches

Nectarines

Oranges

Pink grapefruit

Red grapes

Plums

Pomegranates

Blackberries

Cherries

Apples

Pears



3 – 4 daily Fruits are rich sources of flavonoids and carotenoids with antioxidant and anti-inflammatory properties. Choose as many colors as possible to ensure a wide range of vitamins and minerals.

HEALTHY FATS

Extra virgin olive oil

Expeller-pressed organic canola oil

Walnut oil

Hazelnut oil

Organic expeller-pressed high oleic

Sunflower or Safflower oil

5 – 7 daily Healthy fats are rich in monounsaturated or omega-3 fatty acids. Extra-virgin olive oil is high in polyphenols with antioxidant activity.

HEALTHY SWEETS

Honey

Plain dark chocolate (at least 70% pure cocoa)

Raw cacao In moderation, Raw cacao provides polyphenols and potent antioxidants.

WATER

Plain

add

Lemon

Lime

Spearmint

Blueberries

Water helps the body flush out toxins; you should drink all day long. End at 7pm or at least 2 hours before bed.

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