

ANTI-INFLAMMATORY FOODS

Chronic low-grade inflammation in the body is a cause of disease and chronic pain. Eating an anti-inflammatory diet slows the process of aging, prevents disease, and propagates healing, relieving pain.

General Tips:

1. Aim for variety of colors; eat the rainbow
2. Include as much fresh, organic food as possible
3. Minimize processed food and fast food
4. Eat an abundance of fruits and vegetables
5. Treats: choose red wine and dark chocolate



Top Anti-Inflammatory Foods

1. Green leafy vegetables
2. Bok choy
3. Celery
4. Beets
5. Broccoli
6. Blueberries and all berries
7. Pineapple
8. Salmon or other fatty fish like krill oil, anchovies, oysters, etc.
9. Bone broth
10. Walnuts
11. Chia seeds
12. Flax seeds
13. Turmeric/Curcumin
14. Ginger
15. Matcha green tea/other green tea
16. Fermented vegetables/cultured foods
17. Shitake mushrooms
18. Garlic
19. Vitamin D
20. Chili pepper

Top Inflammatory foods:

1. Processed food
2. Processed meat
3. Processed oils (vegetable, peanut, corn, canola, soy)
4. Processed salt (sodium)
5. Refined sugar
6. Refined carbs
7. Grains/gluten
8. Soy
9. Dairy
10. MSG
11. Artificial sweeteners
12. Artificial ingredients
13. Trans fats
14. Hydrogenated fats
15. Packaged cookies, crackers, chips, cereal
16. Alcohol
17. Grilled meats and high-heat cooking
18. Stress
19. Smoking