

The Anti-Inflammatory Diet

The following are suggestions for helping you reduce pain and inflammation through an anti inflammatory diet:

1. **Avoid:** White flour products including white bread, white rice, white pasta cookies cakes etc. These foods spike sugar levels in the bloodstream and therefore increase inflammation. Instead, consume complex carbs.

Try:



Brown rice, vegetable or whole wheat pasta, rye bread or Ezekial bread. Some people may need to avoid Gluten if there inflammation is severe and avoid rye, barley and spelt. For this group of patients Ezekial bread is a good option.

2. **Take 3000mg of Omega 3 fish oils daily.** This should be filtered and free of mercury. I recommend Nutriwest brand which we order for our patients or carlsonlabs brand. You can also take 1 tablespoon of cod liver oil per day. Again be sure it is filtered and free of mercury .Check the label. Chance it with a little orange juice so it won't taste so bad! But DO IT. This is a must for good health and disease prevention.

3. Eat your veggies!!



Consume the following foods to reduce inflammation: wild caught salmon, walnuts, onions, sweet potatoes, spinach, garlic, pineapple, ginger, turmeric, broccoli, brussel sprouts, kale, cauliflower, turnip greens, carrots, parsley, cranberries, blueberries, blackberries, apples. These foods have excellent antioxidant properties, helping to protect our cells from free radical damage. Don't boil your vegetables. Steam them or blend raw in a high speed blender and dilute with some water. You will get accustomed to the taste. It's actually pretty good!

4.Only consume olive oil or coconut oil.



If cooking with olive oil, place a little turmeric in with it to help prevent the olive oils' healthy benefits from being destroyed by the heat. Avoid corn oil, safflower oil , peanut oil ,soybean oil etc. especially avoid cottonseed oil.

5. Dont smoke!



6. Limit red meat consumption to 1 serving per week, as animal products particularly red meat is high in arachidonic acid a compound that contributes to inflammation.

7. Bromelain and Turmeric (curcumin) are very strong all natural anti-inflammatories that can be purchased in any health food store. Turmeric is a spice you can find in your grocery store. It's great to season vegetables, chicken, beans and more.

8. Avoid fast foods



as they are loaded with inflammatory omega 6 oils, white flour and "empty calories.

9. Drink Ginger root tea.



Cut some ginger into thin slivers and boil in a quart of water. Then serve as hot tea with 1-2 teaspoons of local honey. Works great for fighting inflammation, sore throats and the local honey helps with pollen allergies.

10. Drink more water!



You should drink 1/2 your body weight in ounces per day. If you weigh 200 lbs., drink 100 ounces of water each day. Gradually build up until you do this. Water keeps your joints hydrated and helps eliminate waste from the body.

11. Take glucosamine/chondroitin 500mg 3x per day. This helps keep cartilage healthy and maintain joint flexibility.