

Anti-Inflammatory Guide

Increase	Decrease
<p>Antioxidant-rich foods</p> <ul style="list-style-type: none"> • Dark leafy greens: kale, collard, romaine lettuce • Red, orange, and yellow foods: carrots, peppers, sweet potatoes • Berries: blackberry, blueberry, strawberry • Citrus fruits: lemons, limes, oranges • Allium vegetables: onions, garlic, leeks 	<p>Foods high in harmful fats</p> <ul style="list-style-type: none"> • Meat, particularly chicken • Dairy products (including yogurt) • Hydrogenated oils: vegetable oil, shortening • Long-shelf life foods: chips, crackers
<p>High fiber foods</p> <ul style="list-style-type: none"> • Fruits • Vegetables • Whole grains: quinoa, brown rice, oats 	<p>Simple carbohydrate (low fiber) foods</p> <ul style="list-style-type: none"> • Refined grains: white bread, bagels, some cereal, crackers • Sugary foods: ice cream, cake, cookies
<p>Foods high in beneficial fats</p> <ul style="list-style-type: none"> • Nuts & seeds: walnuts, pecans, flaxseed • Oils: olive, avocado, coconut 	<p>Foods more likely to cause allergic reactions</p> <ul style="list-style-type: none"> • Eggs • Soybeans • Peanuts • Dairy • Artificial flavors and dyes
<p>Spices & herbs with anti-inflammatory properties</p> <ul style="list-style-type: none"> • Turmeric • Clove • Cinnamon • Cayenne pepper 	
<ul style="list-style-type: none"> • Mint • Oregano • Basil • Cilantro 	

The Golden Rules

- **Drink plenty of water**
- **Exercise regularly**
- **Reduce stress**
- **Avoid unnecessary medications**

Foods To Eat Regularly

Kale

The miracle vegetable! A powerhouse of nutrients such as calcium, iron, magnesium, manganese and vitamins, namely folate, vitamin K, B6, and vitamin A – a powerful antioxidant. Kale will give you a generous amount of omega 3, and like all cruciferous vegetables, it is mostly made of fiber, both soluble and insoluble. Combined with carbohydrates, it will keep your glucose stable because the fiber slows down the digestion of sugars. Cooked kale is easier to digest, so make sure you add it to soups before blending, steam it, or massage it with lemon juice when adding it to salads.

Almonds

Almonds are your best lean protein: 20 grams in one cup (about ½ DVA). These nuts are the best source of vitamin E (another powerful antioxidant) and one of the richest sources of calcium, magnesium, zinc, copper, and manganese. Their skin is the insoluble fiber you need for a healthy gut flora. This is an ideal snack for people who suffer from hypoglycemia or diabetes. Since magnesium is used in over 300 biochemical processes in the body, having a good supply will help with mood stabilization, insomnia, and regulate the body's electrolyte levels. Just make sure you eat almonds (or any nuts) raw, not roasted.

Parsley

Parsley has 3 times more iron than spinach and is rich in vitamins A, C, K, and folate as well as minerals such as zinc, copper, and manganese. It helps with liver detoxification, keeps your blood clean (hence used as a breath cleanser), and even helps kill bacteria in the body. If I had to invent a label for parsley, it would be "Queen of Herbs". The best way to add parsley to your food is to eat it in tabbouleh, add it to green soups, sprinkle it on any salad, or even casseroles after they're cooked.

Legumes

Beans, lentils, chickpeas, mung beans, and pigeon peas are another source of lean protein. Beans contain as much protein as meat without the cholesterol or saturated fat. Made of carbohydrates, protein, and fiber, they're what is called complex carbs – the ones your doctor recommends for weight loss, glucose control, and to lower cholesterol. It is well documented that the minerals in legumes are not bioavailable due to their high content in phytates, but rest assured, that will only happen if you eat them raw — but who would do that? Soaking, sprouting, or cooking legumes breaks the phytic acid bonds and releases the minerals.

Avocados

If you have been avoiding avocados due to their fat content, you have been depriving yourself of one of nature's gifts. Avocados are the healthiest source of polyunsaturated fats, (the heart healthy ones) needed for cell membranes, brain cells, and inflammation control. A lesser known fact about avocados is their content in glutathione, a molecule usually made in the liver for detoxification. When it comes to vitamins and minerals, avocados will give you a good supply of vitamin B complex (thiamine, riboflavin, niacin, pantothenic acid, and folate) as well as vitamin C. Minerals are also abundant in avocados. You will find a good amount of zinc, magnesium, manganese, and copper in these creamy green fruits (or are they vegetables?). Enjoy avocados as a snack, side dish, added to salads, or blended to make creamy dressings.