

## Anti-inflammatory Diet - Foods to Eat & Avoid

Choosing the right foods can fight inflammation. Acute inflammation is the body's natural response to fight invasive pathogens and that is a good thing! But prolonged inflammation, manifesting as joint pain, digestive issues, depression, neurological issues, auto-immune disorders, allergies, and acne, mean your immune system might be stuck in overdrive.

Relief starts in the gut, which is designed as your first line of defense against viruses and other pathogens that can infect the body. The best way to quell this inflammation on a cellular level is to eat a diet rich in anti-inflammatory foods. Eating an anti-inflammatory won't reap much benefits if you are also eating pro-inflammatory refined and processed foods. High trans fat food boost levels of LDL, bad cholesterol, inflame arteries and welcome harmful free radicals into the body.

*Think refined sugars, pasta, bread polyunsaturated vegetable oils (safflower, sunflower, corn, sunflower oils) conventional meat and dairy*

**Here are my powerful picks to help you feel you and your immune system feel happy and healthy!**

- Omega 3 rich foods fish and nuts.
- Omega 3 rich plant foods which also have tons of anti-oxidant polyphenols that are great for inflammation.

*Think salmon, sardines, mackerel, walnuts, extra virgin olive oil*

- Fiber from vegetables and fruit (also high in anti-oxidants A,C,E), beans, seeds, and moderate whole grains

*Think sea vegetables, blueberries, sweet potato, pumpkin, carrots, beets, papaya, melon, apricot, flax, hemp, chia*

- Herbs and spices are also known for their anti-oxidant and anti-inflammatory benefits for centuries, worldwide., and modern science in starting to back this up. Turmeric is believed to be as effective as hydrocortisone in fighting inflammation.

*Think basil, cilantro, mint, turmeric, curry, ginger, garlic, chilies*

### **Other potent anti-inflammatory foods....**

*Green tea* that has flavonoids that are natural inflammation busters and may reduce the risk of heart disease and cancer.

*Cacao* - Beneficial bacteria in the gut actually convert chocolate compounds into anti-inflammatory nutrients that help protect against stroke and heart disease.

*Shiitake mushrooms* have compounds that may lower cholesterol, boost immune function and fight cancer.