



Inflammation might be responsible for more health problems in our country than we realize. Research is showing cardiovascular disease, metabolic syndrome, hypertension, diabetes, hyperlipidemia, Alzheimer's, asthma, eczema and many more, all have one underlying cause - Inflammation.

Inflammation itself isn't a bad thing. It's the body's natural way to respond to stress or foreign particles. It becomes a problem when this response is chronic, that's when the body suffers damaged.

Quick Tips:

Be active daily, eat a colorful and well balanced diet, get adequate restful sleep each night, manage stress and spend time doing things that you love with the people that you love.

Increase	Decrease
Veggies Dark leafy greens, broccoli, cauliflower, cabbage, green beans, Brussel sprouts, eggplant, peppers, carrots, sweet potato, squash	Sugars and Simple Carbs White breads, English muffins, bagels, white pasta, instant and white rice, corn, sweetened cereals, candy, baked goods, fruit juice
Fruits Cherries, pineapple, peaches, berries, grapes, plums, apples, melon	Dairy Any dairy products that are from an animal – butter, cow's milk, cheese. Fermented dairy (unsweetened yogurt, kefir) is okay.
Omega 3's Fatty fish (salmon, tuna, mackerel), whole grains, walnuts, green veggies. Try to eat more Omega 3's than Omega 6's.	Trans-fats Partially hydrogenated oils, baked goods (cakes, pie crusts, frozen pizza, cookies), fried foods (doughnuts, French fries)
Monounsaturated Fats Oils (olive, avocado, coconut, sesame), avocados	Refined Vegetable Oils from Seeds Soybean, corn, sunflower, safflower, grapeseed, cottonseed, wheat germ
Fiber Legumes (beans, peas, lentils, etc), whole grains, nuts, popcorn, veggies, whole fruits	Processed meats Lunch/deli meats, hot dogs, bacon, sausage
Protein Plant-based (beans, grains, nuts, seeds), grass fed or wild meat and fish	Saturated Fats Choose lean cuts of meat and trim visible fat. Consider grass-fed/grass-finished, organic sources. Limit butter and full fat dairy like cream. Emphasize fermented dairy intake like unsweetened yogurt and kefir.
Herbs & Spices Turmeric, ginger, garlic, paprika, rosemary, cinnamon	Foods that May Trigger Intolerance Dairy, wheat, eggs, artificial flavor, coloring (FC&C dyes) and aspartame.
Desserts Limit sweets. Dark chocolate (70% cocoa or more).	

Consider:

- Magnesium supplement 100-300mg per day depending on age/weight
- Minimize consumption of processed and fast food.
- Shop the perimeter of the grocery store for fresh unprocessed foods.
- Read food ingredient labels! Sugar and poor quality oils that cause inflammation are in EVERYTHING!