

## Anti-Inflammatory Lifestyle

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 of course anything ending with the term -itis*) and much more all have one, underlying cause: Inflammation! Inflammation itself isn't a bad thing. It's our bodies natural way to respond to stress or foreign particles. The problem is when this response is chronic, our body gets 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.

 <b>INCREASE</b> in your life	 <b>DECREASE</b> in your life
<p style="text-align: center;"><b>Veggies</b></p> <p>Dark leafy greens, broccoli, cauliflower, cabbage, green beans, Brussel sprouts, eggplant, peppers, carrots, sweet potato, squash</p> <p style="text-align: center;"><b>Fruits</b></p> <p>Cherries, pineapple, peaches, berries, grapes, plums, apples, melon</p> <p style="text-align: center;"><b>Omega 3's</b></p> <p>Fatty fish (salmon, tuna, mackerel), whole grains, walnuts, green veggies. <i>Try to eat more Omega 3's than Omega 6's.</i></p> <p style="text-align: center;"><b>Monounsaturated Fats</b></p> <p>Oils (olive, avocado, coconut, sesame), avocados</p> <p style="text-align: center;"><b>Fiber</b></p> <p>Legumes (beans, peas, lentils, etc), whole grains, nuts, popcorn, veggies, whole fruits</p> <p style="text-align: center;"><b>Protein</b></p> <p>Plant-based (beans, grains, nuts, seeds), grass fed or wild meat and fish</p> <p style="text-align: center;"><b>Herbs &amp; Spices</b></p> <p>Turmeric, ginger, garlic, paprika, rosemary, cinnamon</p> <p style="text-align: center;"><b>Desserts</b></p> <p>Limit sweets. Dark chocolate (70% cocoa or more)</p>	<p style="text-align: center;"><b>Sugars and Simple Carbs</b></p> <p>White breads, English muffins, bagels, white pasta, instant and white rice, corn, sweetened cereals, candy, baked goods, fruit juice</p> <p style="text-align: center;"><b>Dairy</b></p> <p>Any dairy products that are from an animal – butter, cow's milk, cheese. Fermented dairy (unsweetened yogurt, Kefir) is okay.</p> <p style="text-align: center;"><b>Trans-fats</b></p> <p>Partially hydrogenated oils, baked goods (cakes, pie crusts, frozen pizza, cookies), fried foods (doughnuts, French fries)</p> <p style="text-align: center;"><b>Refined Vegetable Oils from seeds</b></p> <p>Soybean, corn, sunflower, safflower, grapeseed, cottonseed, wheat germ</p> <p style="text-align: center;"><b>Processed meats</b></p> <p>Lunch/deli meats, hot dogs, bacon, sausage</p> <p style="text-align: center;"><b>Saturated Fats</b></p> <p>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 Kiefer.</p> <p style="text-align: center;"><b>Foods that may trigger intolerance</b></p> <p>Dairy, wheat, eggs, artificial flavor, coloring (FC&amp;C dyes) and aspartame</p>
<p>Consider: Magnesium supplement 100-300mg per day depending on age/weight</p>	
<p>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!</p>	