

At this point, I think we have all heard of the word "inflammation", however, do you stop and think about how it is truly at the root of every disease? Inflammation can serve as a good mediator (like in a fever), but it can also become a hazard in diseases such as arthritis, heart disease, and autoimmune diseases. So where did we take a wrong turn? It all begins with diet and lifestyle. The western culture has shifted closer to an inflammatory diet for ease of availability and this has overloaded our systems. Hormones and chemicals from foods mimic our own hormones, and the body no longer knows which to fight off, and eventually fights itself. To prevent a constant state of inflammation throughout the body, eating an anti-inflammatory diet is key. Eating more consciously and learning how to read labels will help avoid unnecessary inflammation.



INFLAMMATION

THE UNDERLYING ISSUE TO ALL IMBALANCE

1

Beets

Contain high levels of magnesium and potassium essential in fighting inflammation

2

Blueberries

Contain powerful antioxidants with anti-inflammatory properties

3

Turmeric

A supplement that contains very strong inflammatory properties often used for arthritis

4

Walnuts

High in antioxidants and Omega 3's for anti-inflammatory properties

5

Salmon

Rich in Omega 3, Vit. D, B6 and B12 which all fight inflammation

6

Celery

Contain antioxidants and are helpful in managing cholesterol and blood pressure levels

7

Leafy Greens

Rich in anti-oxidants, fiber and nutrients that are key in less inflammation

8

Pineapples

Contain Bromelain & Quercetin which both fight inflammation



ANTI-INFLAMMATORY FOODS

1

Sugars

2

Soybean Oil

3

Corn

4

Refined Carbs

5

Conventional Meat

6

Pasteurized Dairy

7

Trans Fats

8

Processed Foods



PRO-INFLAMMATORY FOODS