




HOW TO FOLLOW AN ANTI-INFLAMMATORY DIET


WHAT IS INFLAMMATION?

Acute inflammation is a normal and healthy response from the immune system as a response to injury. Think of inflammation like a fire; when the immune system is constantly turned on due to toxins, stress, food intolerances, etc. this can destroy cells and tissue and contribute to many chronic health problems

DISEASES LINKED TO CHRONIC INFLAMMATION

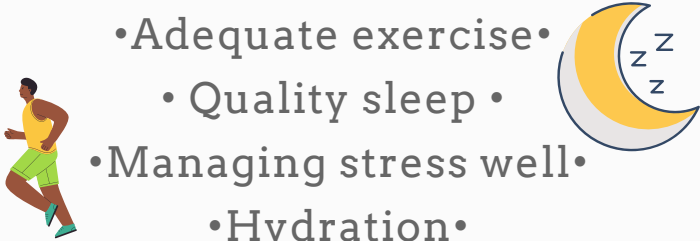


Alzheimer’s disease
Asthma
Cancer
Chronic pain
Type 2 diabetes
Heart disease
Inflammatory bowel disease
Autoimmune conditions



ANTI-INFLAMMATORY LIFESTYLE

- Follow an anti-inflammatory diet•
- Not smoking•
- Decreasing alcohol intake•
- Adequate exercise•
- Quality sleep •
- Managing stress well•
- Hydration•



SUGAR

When blood sugar is high, the body produces more free radicals that trigger the immune system



- Coconut sugar
Raw honey
Monk fruit
Pure maple syrup
Stevia



DAIRY

Studies in patients with arthritis show a reduction in inflammation and pain when dairy products are removed from their diet



- Almond milk
Coconut yogurt
Miyoko's brand
Kitehill brand
Nutritional yeast



GLUTEN

Gluten-free diets resulted in a decrease in inflammation and insulin resistance. 1



- Oatmeal
Quinoa
Rice
Almond flour
Buckwheat flour

1. Soares et al. (2013). Gluten-free diet reduces adiposity, inflammation and insulin resistance associated with the induction of PPAR-alpha and PPAR-gamma expression. The Journal of nutritional biochemistry, 24(6), 1105-1111.