



# ANTI-INFLAMMATORY DIET

Acute inflammation is a natural and necessary process for healing and preventing illness. The trouble is, in today's world, you may be exposed to an array of stressors through air, pesticides, food additives, stress, infection, smoking and more, that result in your body mounting an inflammatory response. Over time, chronic inflammation can have serious negative effects on your health, including impairing your ability to think, depleting your body of nutrients, slowing down your metabolism, and contributing to emotional imbalances. Many lifestyle diseases we are faced with in today's society are strongly linked with chronic inflammation. Chronic inflammation often begins with the same cellular pathway as acute inflammation, but continues into a lingering state for months or years when the immune system response fails to eliminate the problem.

Additionally, the inflammation may stay active even after the initial threat has been eliminated. Low-level inflammation may even become activated when there is no injury or disease. When left unchecked, the immune system prompts white blood cells to attack nearby healthy tissues and organs, setting up a chronic inflammatory process that plays a central role in some of the most challenging diseases of our time, including rheumatoid arthritis, cancer, heart disease, diabetes, asthma, and even Alzheimer's disease.

But there is good news! You can change the amount of inflammation in your body by changing the way you eat, this provides your body with nutrients to fight inflammation.

## TO GET STARTED

Cut back on or eliminate unhealthy foods including processed foods, refined sugars and sugary beverages, simple carbohydrates (such as white bread and pasta,) and red and processed meats.

Keeping your consumption of omega-6 fatty acids to a minimum is helpful as these types of fats are directly linked to higher levels of inflammation.

Choose organic as much as possible, and properly washing your produce will also help by reducing your exposure to toxic pesticides.

As a general rule, an anti-inflammatory diet is rich in fruits and vegetables (especially leafy greens), legumes, nuts and seeds, and whole grains, as well as omega-3 fatty acids.



# THE REMEDY ROOMS

## Foods to include and increase

dark leafy greens, including kale and spinach, dandelion greens, rocket  
blueberries, blackberries, and cherries  
dark red grapes  
nutrition-dense vegetables, such as broccoli and cauliflower, capsicum, mushroom  
peas, beans and lentils  
green tea  
spring water

avocado and coconut  
eggs  
olives  
extra virgin olive oil  
coconut oil  
walnuts, pistachios, pine nuts, and almonds  
cold water fish, including salmon and sardines  
ginger, turmeric and cinnamon  
dark chocolate  
spices and herbs

Anti-inflammatory food groups come with an array of macro-, micro- and phytonutrients needed to control and reduce inflammation and oxidative stress in the body. This means the protection of cellular and membrane integrity, allowing the functions and mechanisms involved normal processes and detoxification to be supported. 'Good' fats in this group directly block inflammatory fats and the fibre content in fresh produce supports healthy gut bacteria which can further benefit us.

## Foods to avoid

processed meats  
sugary drinks-soda, iced tea, juice  
concentrate  
trans fats- fried foods, margarine  
white bread  
white pasta  
desserts- cookies, candy, ice cream

gluten  
dairy milk  
flavoured yogurts  
soybean oil and vegetable oil  
processed snacks- chips and crackers, biscuits  
alcohol  
highly refined carbohydrates

Consumption of these foods result in elevated glucose and insulin levels which affect the health of our proteins and lipids as well as cause dysfunctional energy metabolism and immune responses. A combination of responses to these foods promote inflammatory cascades and oxidation of our cells impairing their function. Additionally, many of these foods aren't accompanied by beneficial anti-inflammatory substances so their effects go unchallenged.

## Additional tips

Meal planning – Having meal plans and snacking choices prepared limit the chances of turning towards fast food, processed and packaged alternatives for that quick satisfaction.

Water – Keeping hydrated assists in the removal of cellular waste and toxins from the system as well and serves as a fantastic replacement for sugary drinks.

Exercise – aside from controlling weight gain, as fat cells can contribute to inflammation, exercise reduces the production of inflammatory substances from just 20 minutes of brisk walking a day.

Sleep – lack of sleep encourages your fight or flight nervous system and contributes to the production of inflammatory markers. Major antioxidant processes occur during sleep helping to clear our body of toxins and inflammation.

Mediation – Additional to calming the nervous system, some evidence suggests that mind-body practices alter inflammatory levels by modulating pro-inflammatory gene activity

