

## **Anti-inflammatory Diet** – for someone with high amounts of pain or inflammation in their body.

NO red meat, dairy or poultry

Increase consumption of salmon, trout and cod

Increase omega 3's by eating eggs, seaweed, walnuts, almonds, supplements

Avoid omega-6 oils (veg. oil)

NO trans fats

Increase organic fruits and veggies

NO refined carbohydrates- no highly processed foods

NO fruit juice or simple sugars

Insulin exaggerates inflammation so when you eat sugar, or foods easily broken down into sugar (like white bread, pasta or rice) you are raising your insulin levels and promoting inflammation.

A Japanese-style diet is anti-inflammatory: miso soup, steamed veggies, fresh seafood, brown rice and seaweeds. Add veggies, nuts, eggs and fruits with the peel intact for snacks.

A gradual increase of omega 3 (not 6 or 9) fish oil supplements until you reach the 2-4 gram range is recommended. You should increase slowly to avoid diarrhea.

Other supplements such as pycnogenol and turmeric have been shown to have powerful anti-inflammatory effects.