

The Anti-Inflammation Diet for Chronic Diseases

There is an abundance of scientific evidence to support the healing power of healthy foods. A common element in most chronic diseases, including heart disease, diabetes, arthritis, high blood pressure, Alzheimer's disease and cancer is "chronic inflammation". This would include inflamed organs, blood vessels, brain tissue and joints. Chronic inflammation can be caused by stress, injured tissue, and by eating foods that promote inflammation or not including an abundance of anti-inflammatory foods in the diet.

Most of us have heard that abdominal fat is worse for you than hip and thigh fat. Specifically, when someone carries a lot of extra weight around their waist, a lot of it is on the inside, around our abdominal organs. These abdominal fat cells, or adipocytes, are not just sitting there being fat! They are metabolically active, especially when they are over-nourished. This can cause them to act like injured tissue, and release a lot of damaging hormones, like tumor necrosis factor, IL-6 and free radicals. These hormones can cause tissue damage elsewhere in the body, like the inside of your blood vessels, as one example. So, the anti-inflammation diet should also include increased efforts to reduce belly fat—e.g. weight loss!

Some foods in particular stimulate this inflammatory reaction throughout the body. Others tend to turn the inflammation off and help repair the damage. Here are general guidelines on pro and anti-inflammatory foods:

Foods that Promote Inflammation: Keep these Limited

Damaged fats -- Trans fats (hydrogenated fats) found in prepared foods & margarines (check labels), meats grilled or broiled on high heat, fried foods and refined oils.

Fructose -- found in table sugar, high-fructose corn syrup, agave syrup, fruit juices (limit to ½ cup per day). Fruit is FINE!

High glycemic index foods -- Foods made from flour or other ground up grains, white rice and white potatoes

Anti-Inflammatory Diet: Eating Tips

Vegetables & Fruits

- Say "vegetables and fruits" instead of "fruits and vegetables" to put emphasis on plant foods *the more colorful the better!
- Eat plenty of cruciferous vegetables (broccoli, cauliflower, etc.)
- Consider organic when possible
- Eat in-season whole fruits
- Limit juice intake (1/2 cup per day)
- All berries are SUPER foods!
- Don't forget to include all squashes & sweet potatoes

Other Carbohydrates

- Whole and cracked grains (you should be able to see the grains—limit foods made from any grain flours)
- Pastas (Occasional; cook al dente, just until tender)
- Add vinegar to dishes, it lowers glycemic load.
- Include soy in the forms of edamame, tofu, and tempeh
- Beans, lentils, quinoa and barley will help you feel full!

Fats

- Omega-3 (from fish, flax or chia seeds)

- Raw unroasted nuts & seeds & nut butters
- Extra virgin olive oil or other unrefined oils
- Avocados

Proteins (limit servings of animal products)

- Choose fish rich in omega-3 fats, including wild Alaskan salmon, herring, sardines and black cod
- Grass fed animals & dairy
- Legumes (Anasazi beans, adzuki beans, black beans, chickpeas, black-eyed peas & lentils)
- Almonds and Walnuts (raw is better than roasted)
- Asian mushrooms (maitake, shitake, wild)
- High quality dairy & eggs & cheese

Spices, Beverages, & Sweets

- Season food with turmeric, curry powder, ginger, garlic, chili peppers, cinnamon, and other herbs & spices.
- Tea is a great alternative for coffee (green, oolong or black tea)
- Limited alcohol intake (1-2 servings a day) *Red wine is best choice.
- Dark chocolate (minimum cocoa content of 70%)

Anti-Inflammatory Diet

Sample Meal Plan

Breakfast

Steel cut or old fashioned oats or cracked grain cereal w/ toppings of your choice: chia seeds, ground flax seeds, nuts or other seeds, fresh or frozen fruit, cinnamon, coconut

Milk (Your choice of almond, coconut, soy, etc.)

Lunch

Salad with greens (spinach, kale, romaine, etc.) leaves

Chopped veggies: carrots, broccoli, tomato, peppers, purple onion, avocado or other veggies

Balsamic vinaigrette dressing with 2-4 tsp. extra virgin olive oil

Kidney beans (or other type of beans)

Cottage cheese or chicken or seafood of choice

Soy nuts, or other type of nut or seeds (limit to 2 Tbsp)

Fresh Fruit

Snack

6 whole almonds or other nuts

Apple or other fruit

Dinner

Salmon or other seafood or lean meat

Sweet potato or squash

Broccoli or other veggie

Salad greens with chopped vegetables (carrots, tomatoes, red peppers, etc.)

Balsamic Vinaigrette dressing (with 2 tsp. extra virgin olive oil)

Fruit if desired

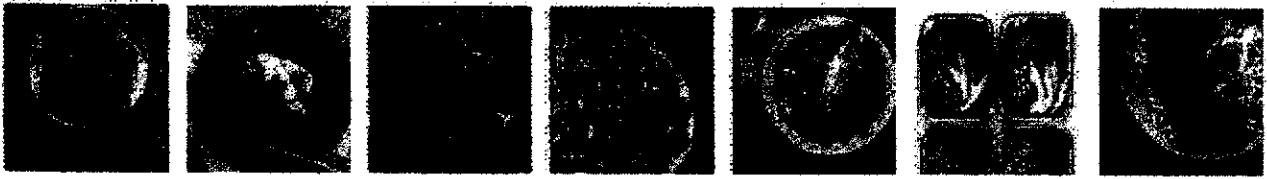
For more information...

WHFoods.com (Excellent recipes) • Drweil.com (more information available on anti-inflammatory diet)

10-day Detox Diet by Dr. Mark Hyman (book with recipes and healthy menu's with helpful explanations)

ANTI-INFLAMMATORY DIET MEAL PLAN SHOPPING LIST: 1,200 CALORIES

SHOPPING LIST



PANTRY STAPLES

CHECK YOUR CUPBOARD FOR THESE ITEMS BEFORE SHOPPING.

- Extra-virgin olive oil
- Olive oil cooking spray
- Salt & Kosher Salt
- Ground black pepper
- 3 bags green tea
- 7 tsp. maple syrup
- 3 Tbsp. red-wine vinegar
- 4 Tbsp. toasted sesame oil
- 1/2 cup rice vinegar
- 3 1/2 tsp. honey
- 2 Tbsp. natural peanut butter
- 3 Tbsp. panko breadcrumbs
- 1 tsp. unsweetened cocoa powder
- 1/2 tsp. vanilla extract
- 1/5 cup quinoa
- 2 tsp. reduced-sodium soy sauce

CANNED, BOTTLED & DRY GOODS

- 1 (18-oz.) container old-fashioned oats
- 1 (16-oz.) jar tahini
- 1 (15-oz.) can no-salt-added black beans
- 2 (15-oz.) cans garbanzo beans (chickpeas)
- 1 (5-oz.) can unsalted albacore tuna, in water
- 1 (8-oz.) pouch microwaveable quinoa
- 1 (750-ml.) bottle red wine
- 1 (7.5-oz.) jar Dijon mustard
- 1 (3.5-oz.) dark chocolate bar
- 1 (8-oz.) jar mayonnaise
- 1 (12-oz.) package flaxmeal
- 1 (10-oz.) bag walnut halves and pieces
- 1 (8-oz.) package sliced almonds
- 1 (8-oz.) package unsalted whole almonds
- 1 (5-oz.) bag dried cherries
- 1 (7-oz.) bag roasted pepitas (pumpkin seeds)
- 1 (7.25-oz.) container unsalted toasted sunflower seeds
- 1 (12-oz.) package chia seeds
- 1 (11.5-oz.) jar gochujang (Korean chili paste)

DRIED HERBS & SPICES

- 1 (2.5-oz.) jar toasted sesame seeds
- 1 Tbsp. curry powder
- 2 tsp. ground turmeric
- 1/4 tsp. crushed red pepper
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground allspice
- 1/2 tsp. ground coriander
- 1 tsp. ground cumin
- 1/2 tsp. paprika

TIP: PURCHASE SPICES YOU DON'T THINK YOU WILL USE OFTEN IN THE BULK SECTION OF MOST GROCERY STORES. IT SAVES MONEY AND CABINET SPACE. YOU CAN ALSO PURCHASE NUTS AND SEEDS IN MOST BULK SECTIONS.

DAIRY ITEMS

- 1 (4-oz.) container crumbled, reduced-fat feta cheese
- 1 (5-oz.) container grated Parmesan cheese
- 1 (32-oz.) bottle low-fat plain kefir
- 1 (32-oz.) tub low-fat plain Greek yogurt
- 1 (8-oz.) container nonfat plain yogurt

REFRIGERATOR & FREEZER ITEMS

- 2 (10-oz.) cartons zucchini
- 2 large eggs
- 1 (1-qt.) container unsweetened coconut milk beverage (use in overnight oats, turmeric latte and chia seed pudding)
- 1 (15-oz.) jar kimchi
- 1 (10-oz.) bag frozen shelled edamame
- 1 (12-oz.) bag frozen raspberries
- 2 (12-oz.) packages ficed cauliflower

MEAT, POULTRY & FISH

- 2 lbs. salmon, preferably wild
- 1 lb. sirloin steak
- 4 (6-oz.) boneless, skinless chicken breasts
- 1 lb. shrimp (21-30 count), peeled and deveined
- 2 cups cooked chicken breast, or about 10 oz. raw

PRODUCE

- 2 bananas
- 1 pint blueberries
- 1 pint blackberries
- 1 pint raspberries
- 2 medium apples
- 5 lemons
- 2 plum tomatoes
- 2 avocados
- 2 heads garlic
- 1 ginger root
- 1 (4.5-oz.) package mixed salad greens
- 1 (16-oz.) package spinach
- 1 (5-oz.) package baby kale
- 1 (5-oz.) package red-leaf lettuce
- 1 (16-oz.) package kale
- 1 (12-oz.) package romaine lettuce
- 1 red onion
- 1 medium beet
- 1 (8-oz.) package cooked whole baby beets
- 1 (2-lb.) bag carrots
- 1 medium acorn squash
- 2 medium cucumbers
- 1 large sweet potato
- 1 small head cauliflower
- 2 heads broccoli, or 1 (12-oz.) bag florets
- 1 head red cabbage, or 1 (10-oz.) bag shredded red cabbage
- 1 bunch scallions
- 1 bunch Italian (flat-leaf) parsley
- 1 fresh turmeric root
- 1 (9.75-oz.) package cilantro
- 1 (6.75-oz.) package chives
- 1 (0.75-oz.) package mint
- 1 (0.75-oz.) package basil
- 1 (0.75-oz.) package fresh rosemary

Fresh Start Diet: Anti-inflammatory

Duration: _____

This temporary eating program is designed to help take stress off of your system to provide an environment for proper healing and repairing and reduction of inflammation. The foundation of this diet is the Bone-Vegetable Broth—see recipe on page 2. The purpose of this broth is to provide an easy venue for concentrated nutrition and easily assimilated minerals. Drink lots of it during the seven days. It is full of minerals leached from the vegetables and bones. Bone broth also contains glucosamine, chondroitin, and gelatin which help to support the connective tissues.

Inflammatory foods:

These should strictly be avoided as they can trigger the inflammatory response:

- Nightshades: potatoes, eggplant, tomato, sweet and hot peppers.
- Glutens: wheat, rye, barley
- Sugar, dairy, junk foods, refined/processed foods, caffeine, and alcohol.

If you start this program—STICK TO IT! Don't try it one day then quit. To get the full benefits, you must follow as directed.

BREAKFAST FOR EACH OF THE SEVEN DAYS

CARROT JUICE

8 ounces

BOILED EGGS

2 hard-boiled eggs.

COCONUT OIL

1 tablespoon

FRESH FRUIT

6oz. Papaya and/or Pineapple would be very good anti-inflammatory choices.

Between breakfast and lunch, drink at least 2 cups of the bone-vegetable broth.

LUNCH FOR EACH OF THE SEVEN DAYS

PROTEIN DRINK

1 scoop of Jay Robb Egg White Protein (chocolate or vanilla) mixed with enough coconut milk to your liking.

SALAD

Make a chopped salad of fresh raw vegetables and 1 type of nut (any kind except peanuts). Use four of the following vegetables:

Artichokes, Asparagus, Avocado, Beans, Bean Sprouts, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Cucumbers, Celery, Endive, Fennel, Fresh Green Peas, Kale, Kohlrabi, Lettuce, Onions, Parsley, Radishes, Spinach, Sprouts (any kind), Turnips.

Salad Dressing: Use a dressing of ½ cup oil (avocado oil, olive oil, or grape seed oil), ¼ cup lemon juice, ¼ cup apple cider vinegar and salt to taste. Eat at least EIGHT LEVEL TABLESPOONS or more if you desire.

COCONUT OIL

1 tablespoon

DESSERT

Fresh fruit (3-4oz)

Between lunch and dinner, drink at least 2 cups of the bone-vegetable broth.

DINNER FOR EACH OF THE SEVEN DAYS

PROTEIN

Chicken or Fish (at least 6 oz)

Cook very basic. Baked, boiled or pan fried. Salt, pepper and lemon juice.

COOKED VEGETABLES

Select 2 or 3 of the different kinds listed previously and sauté' them with olive, avocado, grape seed or coconut oil. Eat a generous helping of each.

COCONUT OIL

1 tablespoon

DESSERT

Fresh fruit (3-4oz)

If you feel hungry after dinner, eat fresh fruits and vegetables and drink bone-vegetable broth.

RECIPE FOR BONE-VEGETABLE BROTH

Bones, preferably from organic, free range and/or grass fed animals.*

7 carrots, cut fine

1 small bunch of celery, cut fine

1/3 bunch of parsley, cut fine

Large handful of spinach, cut fine

1 large Vidalia onion, chopped

2 T Apple cider vinegar

salt/pepper, to taste

Cumin and/or Turmeric, to taste

Fill a big crock pot or stock pot ½ full of bones (chicken, turkey, beef and/or fish bones). If using beef bones, roast beforehand for 25 or 30 minutes at about 375 F and then use them to make a stock.

Add vegetables. Cover bones/vegetables with reverse osmosis water. Add a couple tablespoons of apple cider vinegar with the cold water to help draw out the nutrients from the bones. Put it on high heat to bring to a boil, then reduce to low heat so it doesn't do much more than simmer. Add spices.

Skim off the "froth" as it arises. Continue to add water as it evaporates.

Allow around 4 hours for chicken stock and a minimum of 6 hours for other, tougher bones. If you have time, let it boil for as much as 24 hours. The more it cooks the more minerals you'll leach from the bones and vegetables. Store in refrigerator to use as needed. Drink it warm.

*Ask your local butcher for a carcass of chicken or beef bones (many call them "dog bones" or "soup bones"). Many local grocery stores sell "soup bones". You can also keep all the bones from the meat you eat during the week in the freezer until you're ready to use them.