Inflammation and food…..

"…..Evidence shows inflammation manifest as pain and is the underlying cause of most chronic diseases. Dr. Barry Sears, founder and president of the Inflammation Research Foundation and author of the Zone Diet series, says a diet rich in refined carbohydrates and processed foods can increase inflammation in the gut and the blood which can worsen chronic pain."

An Anti-inflammatory diet is a healthy balance of nutrient-sense foods that include proteins, carbohydrates and fat. According to Sears, an Anti-Inflammatory diet helps almost every chronic disorder, as inflammation is the driving force behind all of them. Most people see results on the type of diet (AI) within 10 days.

Foods to avoid:

The main foods that people following an anti-inflammatory diet should avoid include-

- processed meats
- sugary drinks
- trans fats, found in fried foods
- white bread
- white pasta
- gluten
- soybean oil and vegetable oil
- processed snack foods, such as chips and crackers
- desserts, such as cookies, candy, and ice cream
- excess alcohol
- too many carbohydrates

Foods considered Anti inflammatory….

Foods to eat: Good choices for a person following an anti-inflammatory diet include the following:

- dark leafy greens, including kale and spinach
- blueberries, blackberries, and cherries
- dark red grapes
- nutrition-dense vegetables, such as broccoli and cauliflower
- beans and lentils
- green tea
- red wine, in moderation
- avocado and coconut
- olives
- extra virgin olive oil
- walnuts, pistachios, pine nuts, and almonds
- cold water fish, including salmon and sardines
- turmeric and cinnamon
- dark chocolate
- spices and herbs

Top 12 Foods that cause inflammation…..

Everyday foods like bacon, eggs, coffee and dairy products are linked to inflammation. That might not sound like a big deal but when you consider that **most chronic conditions like cancer, arthritis, diabetes, and obesity have been linked to inflammation.** Low grade inflammation is a factor in most health issues. And if you suffer a pain disorder, you better believe that inflammatory foods will aggravate the condition.

Try reducing your consumption of these foods with the goal of eliminating them completely. The same holds true for alcohol and fried foods – both of these have been known to irritate and worsen arthritis

Many common foods in the Standard North American Diet can cause or exacerbate inflammation in the body.

1. What I call **the "3 Ps"**–Processed, packaged, or prepared foods. And, yes, fast food is atop the list of inflammatory foods thanks to the harmful oils, sugar and artificial sweeteners, food additives, and a whole host of nasty ingredients.

2. **Hydrogenated and trans fats** found in margarine, shortening, lard or products made with them. That includes baked goods, cookies, pies, buns. Of course there are healthier alternatives to these baked goods but most grocery stores and bakeries are using these harmful ingredients.

3. **Meat** (not wild-caught fish). I'm not suggesting that you have to go vegan or vegetarian here although a plant-based diet tends to be much lower in inflammatory substances but meat and poultry tend to cause inflammation so make them the background of your meals not the main dish.

4. **Fried foods** (French fries, onion rings, potato chips, nachos, hamburgers, etc.). I think these items speak for themselves.

5. **White sugar and sweets**, including soft drinks and sweetened juices. Newer research is showing that sugar is one of the most addictive substances you can use. It's also highly inflammatory. No, you don't need to eliminate sugar and sweets altogether simply reduce your consumption and choose fruit as your "go to" food when you're craving something sweet.

6. **Synthetic sweeteners** (Nutrasweet, Splenda, saccharin, aspartame, AminoSweet, etc.)— research links these nasty substances to many serious health conditions. I avoid them like the plague.

7. **Iodized Salt** (use Celtic sea salt instead). Not harmful on its own but sodium is naturally found alongside other valuable minerals like potassium, calcium, and magnesium. Choose unrefined salt which naturally contains many different minerals, not just sodium.

8. **Food additives**: colors, flavor enhancers, stabilizers, preservatives, etc. Some of the main ones include sulfites, benzoates, and colors named FD&C #"X." Unfortunately, many foods consumed by children are loaded with these harmful, toxic ingredients.

9. **Dairy products** (yogurt, ice cream, cottage cheese, butter, cheese, etc.). The reasons dairy products are inflammatory are too lengthy to list here, but today's dairy products are packed with hormones, antibiotics, and other harmful ingredients so avoid them as much as possible.

10. **Wheat products.** Wheat is highly acid-forming and inflammatory in the body. Worse, most wheat available now is genetically-modified (GM). Many serious health conditions are starting to be linked to GM wheat consumption.

11. Other **gluten-containing grains.** Gluten is found in most grains and is highly inflammatory. Choose grains or seeds like buckwheat, quinoa, or millet for your baking.

12. **Alcohol.** High in sugar and a burden to the liver, alcohol makes the top 12 inflammatory foods list. It is best eliminated or used in moderation.