

Anti-Inflammatory Lifestyle

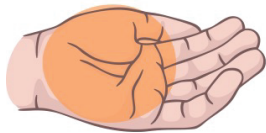
- Proper Nutrition
- Not smoking
- Limiting alcohol
- Exercise/Activity
- Sleep
- Stress
- Managing Weight

Anti-Inflammatory Diet Basics:

- More plant-based foods
(aim for half of your plate at a meal!)
- High fiber and low glycemic index foods
- Heart Healthy fats
- Foods high in phytochemicals
- Probiotics
- Hydration

FOOD	SERVINGS (per day)	Guidelines
Vegetables	3-4 cups	Eat the rainbow...aim for brightly colored vegetables (purple cabbage, carrots, etc.) including dark leafy greens like Kale or Chard.
Fruit	2-3 servings	Serving = 1 tennis ball sized fruit...could be ½ banana or 1 cup sliced fruit or colorful berries.
Beans	1-2 servings	Serving = ½ cup Adzuki, kidney, and garbanzo are especially good choices.
Whole Grains	3-5 servings	Serving is ½ cup cooked. Includes Brown rice, basmati rice, wild rice, buckwheat, barley, quinoa, steel-cut oats.
Fish	2-6 servings	Serving is 4 ounces cooked. Canned herring or sardines or Sockeye salmon are good choices.
Fat	5-7 servings	Serving = 1 tsp oil, 10 nuts, 1 Tbsp seeds, 1/8th of an avocado.
Meat, Poultry, Dairy & Eggs	1-2 servings <i>*per Week</i>	Serving = 3 ounces cooked. This includes eggs, cheese red meat and poultry.
Herbs & Spices	Unlimited - <i>*Use everyday!</i>	Good Choices include turmeric, curry powder (which contains turmeric), ginger, garlic, chili peppers, basil, cinnamon, rosemary, and thyme.
Probiotics	No set amount - <i>*Daily</i>	Good food sources of probiotics are kimchi, sauerkraut, miso and Tempeh.

Portions:



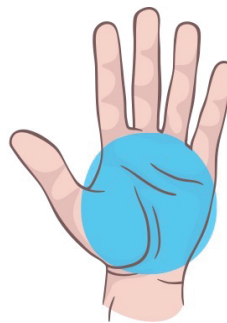
Fruits



(Good)
Fats



Vegetables
/ Carbohydrates



Protein

Foods to Avoid:

- Refined carbohydrates
(e.g., white rice, white bread, pasta)
- Processed fats and oils
(e.g., margarine, soybean oil, sunflower oil, corn oil)
- Processed foods
(e.g., chips, crackers, cookies, pastries)
- High Fructose Corn Syrup
- Try to reduce Sugar





Tumeric

Turmeric is the spice that gives curry its yellow color and has been used in India for thousands of years as a spice and medicinal herb. Traditionally in Indian food it is served often in combination with black pepper, ginger and butter/ghee or meat, cheese or yogurt. It has been well studied and found to contain many beneficial compounds called curcuminoids, the main active ingredient is Curcumin. It has powerful anti-inflammatory effects and is a very strong antioxidant. However, only about 3% of turmeric spice is curcumin. Cooking with the raw root or using the spice in a tea or curry will give a little but to get the full health benefits of curcumin you will need to eat a lot since most studies were using 1 gram of extracted curcumin or more.

Thus, to get the full benefits you need to take a supplement that contains at least 1000 mg of 95% curcumin 2 to 3 times daily. Curcumin is poorly absorbed into the bloodstream so look for a supplement that contains piperine (a component of black pepper) as that enhances the absorption of curcumin by 2,000%. Curcumin is also fat soluble, so it's a good idea to take it with a fatty meal.

Supplements like this are best taken consistently over a period of time. As the level of curcumin builds in your system, you can expect to start seeing beneficial effects within 4-8 weeks, depending on condition and body mass.

Scientific background

As an antioxidant curcumin boosts our own anti-inflammatory processes that prevent damage to our cells and tissues. Scientists now believe that chronic, low-level inflammation plays a major role in almost every chronic, Western disease. This includes heart disease, cancer, metabolic syndrome, arthritis, Alzheimer's and various degenerative conditions.

Neuro and cardio protective [Curcumin helps combat chronic inflammation and may aid depression, dementia, heart disease and the circulatory system]. Curcumin can cross the blood-brain barrier and has been shown to lead to various improvements in the pathological process of Alzheimer's disease including clearing the protein tangles called amyloid plaques that are a hallmark of dementia.

Curcumin boosts levels of the brain hormone BDNF, which increases the growth of new neurons and fights various degenerative processes in your brain. There are also studies showing curcumin can boost the neurotransmitters serotonin and dopamine.

Nutrition for Pain Reduction: an Anti-Inflammatory Diet



Help for Disordered Eating

<https://www.nationaleatingdisorders.org/>

Articles and Food Based Websites -

<https://www.health.harvard.edu/staying-healthy/fill-up-on-phytochemicals>

<https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>

<https://www.health.harvard.edu/staying-healthy/how-to-get-more-probiotics>

https://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/handout_ai_diet_patient.pdf

<https://www.drweil.com/diet-nutrition/nutrition/confused-by-the-glycemic-index/>

<https://www.drweil.com/health-wellness/balanced-living/healthy-home/water-the-essential-nutrient/>

<https://www.drweil.com/diet-nutrition/anti-inflammatory-diet-pyramid/dr-weils-anti-inflammatory-diet/>

<https://health.clevelandclinic.org/5-foods-that-can-cause-inflammation>

<https://www.forksoverknives.com/recipes/>

Clean Fifteen and Dirty Dozen *Organic or not is a personal is a choice, these guides can help by showing which fruits and vegetables have the highest and lowest pesticide content*

<https://www.ewg.org/foodnews/dirty-dozen.php>

<https://www.ewg.org/foodnews/clean-fifteen.php>

Books:

· Food Rules by Michael Pollan

· Conquer your Pain by Dr Peter Abaci – Chapter 8 on food

· Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Longevity by Yuan Wang & Warren Sheir

· Clean Eating Meal Prep: 6 Weekly Plans and 75 Recipes for Ready-to-Go Meals by Emily Kyle MS RDN HCP and Chef Phil Kyle

· Vegan Soul Kitchen and other cookbooks by Bryant Terry

· La Viva Verde by Jocelyn Ramirez

Videos:

Roasting Vegetables <https://www.youtube.com/watch?v=dHafUBv5DN8>

Food is Medicine <https://www.youtube.com/watch?v=18vGSGcHoIY>

Top foods to eat for health https://www.youtube.com/watch?v=FYmj1XeSq5g&ab_channel=TheDr.GundryPodcast

Steaming Vegetables <https://www.youtube.com/watch?v=xFaqpdlVzTg>

Break Your Sugar Habit

https://www.youtube.com/watch?v=UyoysEgln78&ab_channel=Dr.TraceyMarks

https://www.youtube.com/watch?v=BWGl3TI000A&ab_channel=ClevelandClinic

***Healthy Cooking and Food Social Media**

· @drwilliamli <https://www.instagram.com/drwilliamli/>

· @drmarkhyman <https://www.instagram.com/drmarkhyman/>

· @nikkisgreateaste <https://www.instagram.com/nikkisgreateaste/>

· @my_anti_inflammatory_kitchen https://www.instagram.com/my_anti_inflammatory_kitchen/

· @officialmackab <https://www.instagram.com/officialmackab/>

· @meowmeix <https://www.instagram.com/meowmeix/>

· @nutritionbykylie <https://www.instagram.com/nutritionbykylie/>

· @minimalistbaker <https://www.instagram.com/minimalistbaker/>

Please note that IG accounts may post statements that are not in alignment with your doctors or IPM. Please consult with your physician with any questions you may have and before embarking on major dietary changes.