



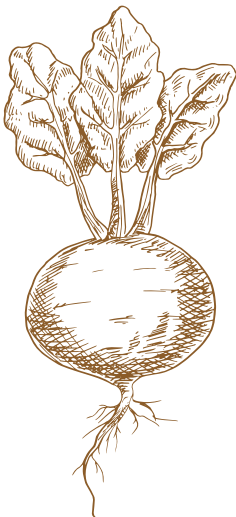
NUTRITION

FOR REDUCING
PAIN AND INFLAMMATION

IN THIS GUIDE

FOODS TO LIMIT

FOODS TO EAT



AN ANTI-INFLAMMATORY DIET CAN BE A POWERFUL TOOL FOR HEALING YOUR BODY

by Dr. Jennifer Curtiss

The foods we eat on a regular basis effect how the body creates and resolves inflammation. Specific dietary changes can lower inflammation, decreasing pain while nourishing the whole body.



FOODS THAT PROMOTE INFLAMMATION

Foods to Limit:

- Alcohol
- Artificial Sweeteners
- Black Tea
- Caffeinated beverages
- Citrus
- Cheese
- Coffee (including decaf.)
- Corn products
- Dairy products, all
- Eggs, non-free-range
- Eggplant
- Fast food
- Fried food
- Fruit juices
- Hydrogenated oil
- Meat, processed, and red meat
- Margarine
- Palm oil
- Peanuts, peanut butter
- Peppers
- Potatoes
- Processed foods, enriched flour, folic acid
- Poultry, non-free-range
- Refined oils
- Soda pop
- Tomatoes
- Wheat
- White Trash: sugar, white bread, white rice, bleached flour, cakes, cookies, chips, crackers, pasta, candy, etc



*Many foods that promote inflammation have the following in common:
bad fat, no fiber, additives, artificial agents, and are heavily
processed.*



FOODS AND HABITS THAT REDUCE PAIN AND INFLAMMATION

GENERAL TIPS:

- Eat organic to increase nutrients and decrease exposure to pesticides and chemicals.
- Balance meals with approximately 40% Complex Carbohydrates, 30% Protein, and 30% healthy fats.
- Eat a variety of colorful fruits and vegetables to increase antioxidant intake.
- Drink a minimum of 6 – 8 glasses of spring or filtered water daily.



VEGETABLES:

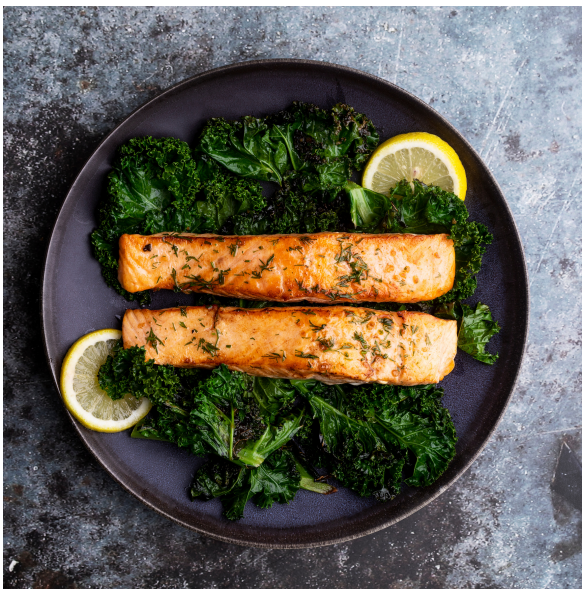
- Eat a variety of steamed veggies to improve the utilization and availability of nutrients.
- Eat a minimum of one cup of fresh leafy greens per day.

GRAINS:

- Eat a variety of cooked whole grains to include: amaranth, buckwheat, millet, quinoa, basmati rice, brown rice, and teff.

LEGUMES:

- Eat a variety of any legumes that you are able to tolerate. Soak for 48-72 hours and cook slowly: split peas, lentils, kidney beans, pinto beans, mung beans, garbanzo beans, aduki and azuki beans.



FISH:

- Poach, bake, steam, or broil wild-caught (vs. farmed) fish (cod, haddock, halibut, mackerel, sardines, summer flounder, wild Pacific salmon).
- Limit shellfish: shrimp, lobster, crab, clams, etc due to the increased levels of heavy metals, bacteria and toxins.

CHICKEN/TURKEY:

- Eat only the meat and not the skin of free-range or organically raised chicken or turkey. Bake, broil or steam.



FOODS AND HABITS THAT REDUCE PAIN AND INFLAMMATION

(CONTINUED)



FRUIT:

- Eat only 1 or 2 pieces of any fruit except citrus. Try to eat mostly the low carbohydrate fruits: rhubarb, berries, apricots, papaya, peaches, apples, pears, kiwi.

SWEETENERS:

- Occasionally maple syrup, molasses, rice syrup, barley syrup, raw honey or stevia – use **ONLY** with meals.
- Absolutely no sugar, corn syrup, Nutra Sweet, or any other sweetener.

SEEDS AND NUTS:

- Grind or eat raw almonds, cashews, walnuts, flax, pumpkin, sesame or sunflower seeds and add to steamed vegetables, salads, cooked grains, etc. You may also eat nut and seed butters (best if raw), such as almond, cashew, sesame, etc.

BUTTERS/OILS:

- Use extra virgin olive oil, sesame oil, coconut oil, or flax oil for all other cooking requiring oil.

