





Inflammation as a bodily function is not necessarily a bad thing. When the body is injured or ill, the lymphatic (immune) system springs into action, bringing the immune system's army of white blood cells to the area of concern via increased blood flow.

With the increased attention to the area, there might also be swelling, redness, heat, and pain or discomfort. You've probably seen this inflammatory response in action, as a cut or scrape becomes hot and puffy around the wound while the extra blood runs. Inflammation, in a healthy body, is the normal and effective response that facilitates healing.

Sadly, we know this isn't the whole story.

When the immune system overreaches and begins attacking healthy body tissues, we're met with an autoimmune disorder like **leaky gut** and inflammation in otherwise healthy areas of the body. Inflammatory effects also are linked to arthritis and **fibromyalgia symptoms**, as well as celiac and irritable bowel disease (IBD). For diseases that aren't autoimmune, inflammation can still play a part as the body continuously tries to heal the tissues in a given area. Asthma creates inflamed airways; inflammation related to diabetes affects insulin resistance; and so on.

Despite the connection between inflammation and prevalent diseases, as well as the connection between diet and inflammation that we'll explore, diet isn't always analyzed in response to inflammation. In a 2014 study on diet and IBD, 33 percent of the patients in the study opted against the proposed **anti-inflammatory diet**. All of the patients who participated and consumed anti-inflammatory foods found enough relief that they were able to discontinue at least one of their medications. Still, the study notes that physicians typically offer "if it hurts, don't do it" advice instead of clear dietary guidelines. (1)

Certainly, there is more we can do to promote anti-inflammatory lifestyle changes.



# T H E Anti-Inflammatory diet

Standard American diets (appropriately called SAD) are never touted as exemplary, but when talking about inflammation, it becomes vitally important to rethink our typical diets. As a report from the National Institute of Allergies and Infectious Diseases reported:

While today's modern diet may provide beneficial protection from micro- and macronutrient deficiencies, our over abundance of calories and the macronutrients that compose our diet may all lead to increased inflammation, reduced control of infection, increased rates of cancer, and increased risk for allergic and auto-inflammatory disease. (2)

To move toward an anti-inflammatory diet and anti-inflammatory foods, we primarily move away from the abundance of overly processed, unbalanced diets of the West and toward the ancient eating patterns of the Mediterranean. (3) A Mediterranean diet comprises plenty of fresh fruits and vegetables, little to no red meat, certainly no chemicals or meat additives, and an abundance of **omega-3 foods**.

As we look into the anti-inflammatory components of certain foods and herbs, we can see how this kind of diet is linked with lowered inflammation. Among the many compounds found in fresh produce, a few general categories stand out as beneficial when attacking inflammation and inflammatory diseases at their source.

- **Antioxidant foods**
- Minerals
- Essential fatty acids

There's little doubt that the pursuit of a **healing diet** or a **Paleo diet** begins with a menu high in vegetables, fruits, wild meats and sprouted seeds rich with **omega-3 benefits**. The evidence is clear that such anti-inflammatory foods can regulate the immune system and impact the way inflammation affects our bodies and our lives. (4)

# T O P 1 5 Anti-Inflammatory foods

Small, gradual changes are typically more sustainable, easier for the body to adapt to and can make you less likely to go back to your old ways. So rather than emptying your pantry and sailing off to the Mediterranean, you can pursue an anti-inflammatory diet one step at a time.

By adding in the anti-inflammatory foods that fight inflammation and restore health at a cellular level, you can begin to repair the body without any drastic changes. Once you find **foods that heal** your body and satisfy your palate, you can remove the inflammation-causing offenders without feeling deprived. Let's take a look at 15 of the best anti-inflammatory foods you can add to your diet.

## 01 GREEN LEAFY VEGETABLES

The produce drawer is the first spot in your refrigerator or pantry to fill when fighting inflammation. Fruits and vegetables are rich in antioxidants that restore cellular health, as well as anti-inflammatory flavonoids. If you struggle to consume added portions of green leafy vegetables, try this delicious anti-inflammatory juice that incorporates greens alongside some of the strongest anti-inflammatory foods in the list.

Swiss chard nutrition, for example, is extremely high in the antioxidants vitamin A and C, as well as vitamin K, which can protect your brain against oxidative stress caused by free radical damage. Eating chard can also protect you against the common vitamin K deficiency.



## 02 BOK CHOY

Also known as Chinese cabbage, bok choy is an excellent source of antioxidant vitamins and minerals. In fact, recent studies show that there are over 70 antioxidant phenolic substances in bok choy. These include something called hydroxycinnamic acids, which are robust antioxidants that scavenge free radicals. (5) A versatile vegetable, bok choy can be made in many dishes outside of Chinese cuisine, so make it a go-to anti-inflammatory food.



## 03 CELERY

In recent pharmacological studies, **benefits of celery** include both antioxidant and anti-inflammatory abilities that help improve blood pressure and cholesterol levels, as well as prevent heart disease. Celery seeds — which can be found either in whole seed form, extract form or ground-up — have impressive health benefits on their own, as they help to lower inflammation and to fight bacterial infections. It's an excellent source of potassium, as well as antioxidants and vitamins.



Also, balance is the key to a healthy body free of inflammation. A good example of mineral balance tied to inflammation is the proper mix of **sodium foods** and potassium-rich foods. Sodium brings in fluid and nutrients, while potassium flushes toxins. We know that processed foods are high in sodium, but our SAD diets aren't as **rich in potassium**. Without this pairing, toxins can build up in the body, once again inviting inflammation. One of the **benefits of celery** is that it's an excellent source of potassium, as well as antioxidants and vitamins.

## 04 BEETS

A marker of a food chock-full of antioxidants is its deep color, and beets are a prime example! The umbrella category of antioxidants includes a great deal of substances. In general, they fight to repair the cell damage caused by inflammation. In the case of beets,

the antioxidant betalain gives them their signature color and is an excellent anti-inflammatory. **(6)** When added to the diet, **beet benefits** include repairing cells and adding high levels of inflammation-fighting potassium and magnesium.

Beets also contain quite a bit of magnesium, and a magnesium deficiency is strongly linked with inflammatory conditions. **(7)** Calcium, while a vital nutrient, is not processed well within the body without magnesium. When calcium builds up in the body, it becomes unwanted — this unpleasant buildup, such as calcified kidney stones, then invites inflammation. But when a balanced diet is consumed, with anti-inflammatory foods rich in calcium as well as magnesium, the body better processes what's consumed.



## 05 BROCCOLI

The poster vegetable for healthy eating, it's no secret that broccoli is a valuable addition to any diet. For an anti-inflammatory diet, it's invaluable. Broccoli is high in both potassium and magnesium, and its antioxidants are particularly potent anti-inflammatory substances in their own right. **(8)**

Broccoli is an antioxidant powerhouse, with key vitamins, flavonoids and carotenoids, and thus a perfect anti-inflammatory food. These work together to lower oxidative stress in the body and help battle both chronic inflammation and the risk of developing cancer. **(9)**

## 06 BLUEBERRIES

One antioxidant in particular stands out as an especially strong anti-inflammatory, and that's quercetin. Found in citrus, olive oil and dark-colored berries, quercetin is a flavonoid (a beneficial substance or phytonutrient that's prevalent in fresh foods) that fights inflammation and even cancer. **(10)** The presence



of quercetin as well as the fellow phytonutrient anthocyanins (so-called water-soluble vacuolar pigments that usually appear red, purple or blue) explains why there are so many **health benefits of blueberries**. (Both quercetin and anthocyanins are also naturally occurring in cherries.)

In a study seeking treatment for IBD, an extract from the noni fruit was used to affect the gut flora and colon damage done by inflammatory diseases. Of the effects the extract had, quercetin created the prominent anti-inflammatory actions.

Another study found that consuming more blueberries slowed cognitive decline and improved memory and motor function. The scientists in this study believed these results were due to the antioxidants in blueberries protective the body from oxidative stress and reducing inflammation.

## 07 PINEAPPLE

Usually, when it's packaged in supplement form, quercetin is often paired with bromelain, a digestive enzyme that's one of the **benefits of pineapple**. After being used for years as part of an anti-inflammatory foods protocol, bromelain is observed to have immune-modulating abilities — that is, it helps regulate the immune response that so often creates unwanted and unnecessary inflammation. **(11)**

Pineapple also helps improve heart health because of the effects of powerful bromelain, which can fight blood clotting and is nature's answer to those taking an aspirin a day to lower the risk of heart attack. Bromelain has been shown to stop blood platelets from sticking together or building up along the walls of blood vessels – both known causes of heart attacks or strokes.



The benefits of pineapple are due to its high supply of vitamin C, vitamin B1, potassium and manganese, in addition to other special antioxidants that help prevent disease formation. Pineapple is filled with phytonutrients that work as well as many medicines do to reduce symptoms of some of the most common illnesses and conditions we see today.

## 08 SALMON

It's the ultimate fatty fish. **Salmon** is an excellent source of essential fatty acids, and considered one of the best **omega-3 foods**. Omega-3s are some of the most potent anti-inflammatory substances, showing consistent relief of inflammation and reduction of the need for anti-inflammatory medications. **(12)**

Research shows that omega-3 fatty acids reduce inflammation and may help lower risk of chronic diseases, such as heart disease, cancer and arthritis. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (brain memory and performance) and behavioral function. **(13)**

The source of fish and meat among anti-inflammatory foods is a vital component. One of the **dangers of farmed fish** is it doesn't have the same nutrients as wild-caught salmon.



## 09 BONE BROTH

Bone broths contain minerals in forms that your body can easily absorb: calcium, magnesium, phosphorus, silicon, sulphur and others. They contain chondroitin sulphates and glucosamine, the compounds sold





as pricey supplements to reduce inflammation, arthritis and joint pain. (14)

When my patients suffer from leaky gut syndrome, I ask them to consume a lot of bone broth it contains collagen and the amino acids proline and glycine that can **help heal leaky gut and the damaged cell walls** of the inflamed gut.

## 10 WALNUTS

When following a diet without a lot of meats, nuts and seeds can make up the difference for protein and omega-3s. Add omega-3-rich walnuts to green leafy salads drizzled with olive oil for a satisfying anti-inflammatory meal, or grab a handful for an on-the-go snack.

Phytonutrients can help protect against metabolic syndrome, cardiovascular problems and type 2 diabetes. And some phytonutrients in walnuts are hard to find in any other foods. (15)



## 11 COCONUT OIL

So much can be written about the way herbs and oils work together to form anti-inflammatory partnerships. Lipids (fats) and spices create strong anti-inflammatory compounds, especially coconut oil and the components of turmeric (see #15). (16) In a study in India, the high levels of antioxidants present in virgin coconut oil reduced inflammation and healed arthritis more effectively than leading medications. (17)

Also, oxidative stress and free radicals are the two biggest culprits of osteoporosis. Since **coconut oil benefits** include fighting

such free radicals with its high levels of antioxidants, it's a leading natural treatment for osteoporosis.

**Coconut oil uses** include topical preparations as well as culinary — and as a heat-stable oil, it's excellent for sautéing anti-inflammatory vegetables.

## 12 CHIA SEEDS

Fatty acids found in nature are more balanced than the fats we typically consume in our typical diets. **Chia seeds benefits**, for example, offer both omega-3 and omega-6, which should be consumed in balance with one another. **(18)**

Chia are an antioxidant, anti-inflammatory powerhouse, containing essential fatty acids alpha-linolenic and linoleic acid, mucin, strontium, vitamins A, B, E, and D, and minerals including sulphur, iron, iodine, magnesium, manganese, niacin, thiamine.

Chia seeds' ability to reverse inflammation, regulate cholesterol and lower blood pressure make it extremely beneficial to consume for heart health. **(19)** Also, by reversing oxidative stress, someone is less likely to develop atherosclerosis when they're regularly consuming chia seeds.



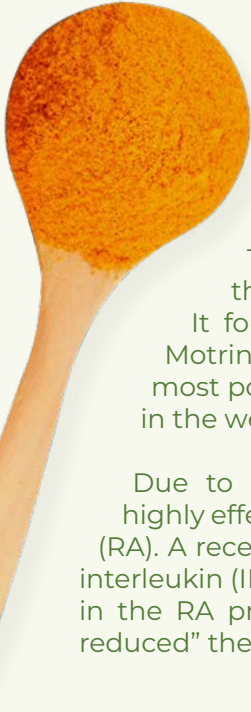
## 13 FLAXSEEDS

An excellent source of omega-3s and phytonutrients, **flaxseeds benefits** include being packed with antioxidants. Lignans are unique fiber-related polyphenols that provide us with antioxidant benefits for anti-aging, hormone balance and cellular health. Polyphenols support the growth of probiotics in the gut and may also help eliminate yeast and candida in the body.



Before you use them alongside your other new anti-inflammatory foods, consider grinding them in a coffee grinder to ensure the digestive tract has easy access to their many benefits. (20)

## 14 TURMERIC



Turmeric's primary compound, curcumin, is its active anti-inflammatory component. Documented for its effects against inflammation in numerous circumstances, **turmeric health benefits** prove invaluable in an anti-inflammatory diet. (21)

The journal *Oncogene* published the results of a study that evaluated several anti-inflammatory compounds. It found that aspirin (Bayer, etc.) and ibuprofen (Advil, Motrin, etc.) are least potent, while curcumin is among the most potent anti-inflammatory and anti-proliferative agents in the world. (22)

Due to its high anti-inflammatory properties, turmeric is highly effective at helping people manage rheumatoid arthritis (RA). A recent study out of Japan evaluated its relationship with interleukin (IL)-6, the inflammatory cytokine known to be involved in the RA process, and discovered that curcumin "significantly reduced" these inflammatory markers. (23)

## 15 GINGER

Used fresh, dried, or in supplement form and extracts, ginger is another immune modulator that helps reduce inflammation caused by overactive immune responses.

Ayurvedic medicine has praised ginger's ability to boost the immune system before recorded history. It believes that because



ginger is so effective at warming the body, it can help break down the accumulation of toxins in your organs. It's also known to cleanse the lymphatic system, our body's sewage system.

In fact, **ginger health benefits** may even include treating inflammation in allergic and asthmatic disorders. (24)

## Inflammatory Foods to *avoid*

With anti-inflammatory foods filling the diet, you naturally begin to eliminate pro-inflammatory foods and substances — they're not as satisfying as a diet rich in whole foods.

A prime suspect is the duo of saturated and trans fatty acids (trans fat). Found in processed foods, these fats cause inflammation and increase risk factors for obesity (such as increased belly fat), diabetes and heart conditions. (25) The same foods are also likely to be higher in omega-6 fatty acids, which are necessary but only to an extent.

In excess and without the balance of omega-3s, omega-6 fats actually create inflammation in the body. Sadly, the University of Maryland Medical Center reports, "The typical American diet tends to contain 14–25 times more omega-6 fatty acids than omega-3 fatty acids." (26)

Simple, **refined sugars and carbohydrates** are more inflammation-causing culprits. Limiting refined grains is an important factor in an anti-inflammatory diet. (27) Whole grains should replace the refined carbohydrates, as truly whole grains are important sources of nutrition. (28) Sourcing these grains as fermented sourdough allows the nutrients to be broken down and better available to the body. (29)

Finally, establishing a regular routine of physical activity can help prevent systemic inflammation from building up or returning. (30) An active life fueled by fresh, whole anti-inflammatory foods and unrestricted by processed, toxic compounds can set you on the path toward freedom from inflammation.

# Inflammation is the root *cause of most illnesses.*

## Do you suffer from any of these?

Anxiety/Depression – Chronic Fatigue-Fibromyalgia -Muscle aches- Joint aches & Pains – headaches/migraines-thyroid issues– TMJ – Allergies – Skin rashes- Sinus issues- Stomach aches – Acid reflux- IBS – Crohn’s disease- Female reproductive issues, Memory issues, Loss of energy, and overall feeling of being sick and tired!

It may be time to do a consult with me! As a health coach, I try to find out the real reason why you are not feeling optimally and then explore and identify key things that I can help you work on to get to feeling better! I dive deep into the ‘why’ under the ‘why’ as to what’s going on in your body. Health starts with lifestyle and habits. Sounds simple right? But if it were that simple, then why are so many people sick? Sometimes we all just need a roadmap and a coach to help us along the way.

Simply go to my website and click on **“BOOK NOW”** at [healthcoachtavia.com](http://healthcoachtavia.com)

Let’s get you living the SWEET LIFE again!

**- Coach Tavia**

Functional Nutritional Practitioner, CHC, CLC, FNLPA, BS

# About me

Life wasn't always so sweet for me. I was led to this amazing job after battling Lyme Disease for over 10 years. Lyme is a chronic illness that can leave most people debilitated for years and can rob years of your life. I am a survivor and fighter! I feel that getting a chronic illness you have the choice to either fight or give up. I have never given up and if anything my faith and strength has led me to this incredible mission to serve others! In fact, I feel blessed that I got this disease.

**Why?** Because It has led me to serve and help others. I feel that my own journey of my fight has given me the tools to share with others how to get well. I believe that timing is everything in what happens in our lives. I feel that I was chosen to give back to those that are also afflicted by a chronic illness -where all hope may be lost. I believe the body is a miraculous powerful machine. It has the ability to heal itself, when given the proper tools. Nutrition, Mindset, Movement, Faith are my foundations for my life and my fight to health. I believe that anyone can achieve optimal health when we step into our greatest versions of ourselves and fuel our bodies with love, nutrition and faith.

Are you ready to step into the **"sweet life"** you so deserve?

