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ANTI- INFLAMMATORY *Diet & Lifestyle Guide*

LEARN THE BEST FOODS,
SUPPLEMENTS, AND
LIFESTYLE HABITS TO
TAME INFLAMMATION.*

*The information provided is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. It should not be used as a substitute for professional medical advice, diagnosis, or treatment. Always consult your physician or qualified healthcare provider before starting any new health regimen, including dietary changes or supplements. If you have or suspect a medical condition, seek advice from your healthcare professional promptly.

INFLAMMATION 101

What is it?

Inflammation gets a bad rap, but it's a natural bodily process. It helps your body fight off injuries and infections. Short-term inflammation can be a *good* thing!

But long-term inflammation is another story. When inflammation becomes chronic, that's when symptoms show up.

Chronic inflammation increases the risk of chronic illnesses, including heart disease, cancer, diabetes, obesity, Alzheimer's, Arthritis and depression.

Signs of inflammation:

- Body pain
- Fatigue
- Trouble sleeping
- Depression
- Anxiety
- Digestive problems (diarrhea, constipation, acid reflux)
- Frequent infections
- Weight gain or weight loss
- Skin conditions

Many things can stir up inflammation, including:

- Poor diet (Sugar, Ultra-processed foods, bad oils)
- Stress
- Infections
- Autoimmune disease
- Chronic illness
- Toxin exposure
- Lack of sleep
- Hormone imbalance
- Sedentary lifestyle
- Obesity
- Alcohol
- Smoking



Luckily, there's A LOT you can do to lower inflammation! And all it takes are some simple tweaks to your diet and lifestyle. So read on to learn the best foods, supplements, and lifestyle habits to tame inflammation.

ANTI-INFLAMMATORY *Diet*



Foods to avoid:

- Processed foods
- Refined carbs (white bread, sweets, etc.)
- Gluten
- Cow Dairy
- Fried foods
- Foods with added sugars, especially high-fructose corn syrup
- Canola, Soy & Corn oils
- Foods with trans fats
- Processed meats
- Conventional Red meat
- Soda & sugar drinks
- Alcohol



Foods to enjoy:

- Olive oil
- Fresh fruit
- Veggies, especially leafy greens & broccoli sprouts
- Fatty fish like salmon, sardines, & mackerel
- Nuts & seeds
- Avocados
- Green tea
- Berries
- Dark chocolate
- Antioxidant-rich spices like turmeric, ginger & cinnamon

ANTI-INFLAMMATORY *Supplements*



Fish Oil or Cod Liver Oil

Fish oil is rich in omega-3 fatty acids, which have anti-inflammatory effects. Consuming fish oil is shown to reduce inflammation from heart disease, diabetes, degenerative disc disease, and more.

Brands: Nordic Naturals & Carlson



Curcumin

Curcumin is the star compound that gives turmeric its anti-inflammatory powers. It's shown to reduce inflammation from arthritis, diabetes, heart disease, IBS, and much more. It's most bioavailable when combined with Black Pepper (BioPerine®).

Brands: Thorne & NatureWise



Spirulina

Spirulina is an algae rich in minerals & protein. It's known to help with fatigue, allergies, and skin conditions, while promoting balanced blood sugar, detoxification & Immunity. *May not be suitable for autoimmune conditions.*

Brands: Kate Naturals & Whole Foods



Ginger

Ginger is best known for being a go-to remedy for nausea. But this spicy root has anti-inflammatory properties as well. It's shown to lower inflammation from type-2 diabetes and cancer.

Brands: New Chapter & Anthony's

ANTI-INFLAMMATORY

Lifestyle habits



Exercise regularly

Exercise has a natural anti-inflammatory effect on the body. Even just 20 minutes of exercise is enough to reduce inflammation. Aim for 30 minutes of moderate exercise (walking, cycling, yoga, weight training, etc) a day.



Unbottle that stress

We all get stressed at times, but chronic stress creates inflammation. Find ways to keep your stress at bay. Meditation, deep breathing, journaling, yoga, gratitude, and spending time in nature are all good options.



Get plenty of sleep

Lack of sleep triggers inflammation in the body & prevents proper detoxification & repair, so stick to a regular sleep schedule and aim for 7-9 hours of shut-eye every night. If you struggle with sleep, try limiting screen time 1-2 hours before bed. Having a winding down routine may also help you hit the hay easier.



Seek out Connection

The “Blue Zones” have shown us that spending quality time with people we care about has a positive impact on our health and longevity (Healthspan). It not only decreases stress-induced inflammation but also nourishes us with healthy and feel-good neurotransmitters like oxytocin.



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ANTIOXIDANT *Guide*

KICK FREE RADICALS TO
THE CURB WITH THESE
ANTIOXIDANT-RICH FOODS,
SPICES, AND SUPPLEMENTS.

ANTIOXIDANTS 101

How they help

Antioxidants act as bodyguards, protecting your cells from free radicals, also known as Reactive Oxygen Species (ROS).

Free radicals are unstable molecules that can harm the body. They happen when an atom gains or loses an electron.

Electrons don't like flying solo. So, when unpaired, they roam the body searching for a spare electron to buddy up with. This damages the cells they steal the electron from. Over time, this can lead to oxidative stress.

Free radicals can be caused by:

- Smoking
- Pollution
- Chemicals
- X-rays
- Poor diet / Poor gut health
- UV light
- Chronic psychological stress
- Certain medications
- And even natural processes like digestion & breathing!

Oxidative stress is linked with:

- Skin conditions/Premature aging
- Heart disease
- Cancer
- Stroke
- Arthritis
- Asthma
- Diabetes
- Alzheimer's disease
- Parkinson's disease
- Chronic inflammation

Luckily, that's where antioxidants come in...

Antioxidants are substances that donate an electron to free radicals.

This stabilizes them, so they don't go around stealing electrons and damaging healthy cells.

You can turn down the volume on free radicals by not smoking, avoiding chemicals, and eating a healthy diet.

That said, even if you live a super clean lifestyle -- you can't avoid free radicals altogether.

But you CAN boost your antioxidant intake to keep free radicals in check.

By adding more antioxidant-rich foods, spices, and supplements to your diet, you can fight off harmful free radicals *before* they do any damage.

So read on to learn the best foods, spices, and supplements to boost your antioxidant levels...

ANTIOXIDANT RICH FOODS

Eat your antioxidants



Blueberries



Kidney beans



Goji berries



Cranberries



Raspberries



Dark chocolate



Artichokes



Pecans



Strawberries



Blackberries



Red cabbage



Kale



Beets



Spinach



Apples



Prunes

ANTIOXIDANT RICH SPICES & HERBS

For an extra antioxidant kick



Cloves



Cinnamon



Broccoli Sprouts



Peppermint



Oregano



Rosemary



Turmeric



Sage



Basil



Saffron



Thyme



Cumin



Cocoa



Dragon's Blood Sap



Ginger



Cayenne pepper

AUTOIMMUNITY

Exceptions



Echinacea

Commonly used to boost immunity, echinacea may activate immune responses and could exacerbate symptoms by further stimulating an already overactive immune system.



Garlic

While garlic has significant antioxidant properties due to its rich content of organosulfur compounds which help combat oxidative stress and may reduce the risk of chronic diseases, it also possesses immune-enhancing effects that might not be suitable for those with autoimmune disorders.



Spirulina

Rich in vitamins & minerals essential for maintaining immune health & enhancing the production of white blood cells & antibodies, crucial in defending against viruses and bacteria. It's immune-stimulating properties could potentially aggravate autoimmune conditions.



Alfalfa Sprouts & Mung Bean Sprouts

Rich in antioxidants, both these sprouts contain L-canavanine, an amino acid that can stimulate the immune system and may trigger flare-ups in autoimmune diseases.

**Broccoli sprouts, however, can be very beneficial for autoimmune conditions.*

ANTIOXIDANT SUPPLEMENTS

For an antioxidant boost



Glutathione

Glutathione is nicknamed 'the master antioxidant,' because it's found in nearly every cell in your body. It helps your body detox, but it also helps your body recycle other antioxidants, such as vitamin C and vitamin E, so they can be reused.

Note: NAC (N-acetylcysteine) is a precursor!

Brands: Thorne & Designs for Health



Vitamin C

Known best for its immune-boosting powers, vitamin C is also a potent antioxidant. It helps your body fight off harmful viruses, supports collagen production, and may even reduce the risk of cancer.

Brands: Garden of Life & Thorne

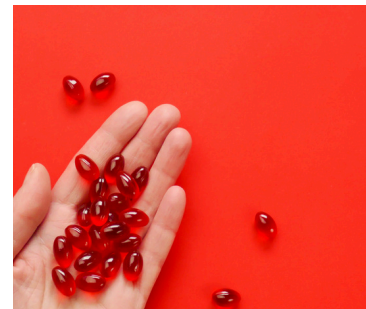


Quercetin

Found naturally in foods like berries and leafy greens, it is a plant pigment with powerful antioxidant properties. It's shown to reduce inflammation, ease allergy symptoms, and even shows promising anti-cancer effects.

**Possibly helpful for autoimmunity.*

Brands: Jarrow & Thorne



Resveratrol

All the hype about red wine's benefits comes courtesy of resveratrol. This plant compound is also found in grapes, and some berries. It lowers inflammation, has anti-cancer effects, and helps the body fight off bacteria and viruses.

Brands: Garden of Life



Vitamin E

This nutrient acts as a powerful antioxidant and is a goldmine for skin health. It's also important for vision, reproduction, and brain health.

Brands: Nordic Naturals & Garden of Life



Selenium

This trace mineral not only fends off free radicals, it's a must for healthy thyroid and adrenal function. It also supports brain health and may help prevent cancer.

Brands: Thorne & Pure Encapsulations



CoQ10

Also known as ubiquinol, CoQ10 is an antioxidant that helps your body produce energy. Your body makes CoQ10 naturally, but it declines with age.

Brands: Garden of Life



Vitamin A

This fat-soluble vitamin is crucial for healthy eyes. It also boosts the immune system, promotes healthy skin, and supports the reproductive system. It's found naturally in cod liver oil along with crucial Vitamin D!

Brands: Carlson



WANT TO LEARN MORE OR GET
PERSONALIZED SUPPORT?

I'M HERE TO HELP!

CLICK HERE TO BOOK A FREE
15-MINUTE CONNECTION CALL AND
TELL ME YOUR UNIQUE STORY.

*Wishing you all the best in
Health & Vitality,
Sharmil*

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