



# EATING AWAY THE PAIN

## *The Anti-Inflammatory Diet*

Inflammation in the body is known to contribute to chronic disease such as diabetes, heart disease, asthma, inflammatory gut disorders, arthritis, obesity, and dementia. Eating an anti-inflammatory diet may help to lessen inflammation and decrease chronic disease.

### 1. **Insure adequate omega-3 fat intake**

- Eat two servings (4 ounces each) of fatty fish per week, or supplement with 1 gram (1000 mg) combined EPA DHA daily. *These will be listed on the supplement facts label.*
- Reduce use of omega-6 fats to keep ratio of omega-6:omega-3 in range of 2:1—4:1.
- Flaxseed Meal: 1 Tb daily.

### 2. **Choose healthy fats**

- Substitute extra-virgin olive oil for other vegetable oils, trans-fats, or butter in your cooking for health benefits.

### 3. **Increase vegetable and fruit intake (especially vegetables)**

- Eat 5-9 servings of vegetables and fruit per day, with more than half as vegetables.
- Color your diet! - deeply colored fruits and vegetables contain higher amounts of protective phytochemicals.
- Use the plate method - the biggest portion (half the plate) is where the vegetables go (excluding potatoes.)

### 4. **Choose whole grain carbohydrates and limit the portion sizes**

- Choose carbs that are whole grain (requires chewing!), and aim for total of 25 grams of fiber per day.
- Rx: Double your vegetable intake, and half your intake of refined carbohydrates; *anything with flour and/or sugar!*

### 5. **Get your protein from plant sources**

- Legumes, nuts and seeds, and/or choose lean, natural animal sources of protein in small amounts. Almost all animal products cause inflammation.

### 6. **Spice it up**

- Include anti-inflammatory herbs and spices such as garlic, turmeric, rosemary, ginger, oregano, cumin, and cayenne in your diet.

### 7. **Eat mindfully**

- Be mindful of your food portions. Quality AND quantity matters. Regardless of how healthy your food choices are, excess calories from any source can increase inflammation and obesity.
- Savor your food.

### 8. **Adopt the Okinawan philosophy of “hara hachi bu”**

- Stopping when nearly 80% full and paying attention to your hunger and satiety signals. Remember to focus on the whole diet pattern, not just components. Choose food that is closest to its natural form (ie, less processed). Best dietary advice in 7 words: *“Eat food. Not too much. Mostly plants.”*

### 9. **Adopt an anti-inflammatory LIFESTYLE**

- Incorporate regular exercise that you enjoy into your life.
- Keep weight under control. It is important to prevent and reduce obesity, especially abdominal obesity, as obesity itself sets up chronic inflammation in the body. Maintain body mass index (BMI) between 18.5-24.9.
- Be aware of, and find healthy ways to reduce stress.

### 10. **Enjoy 1-2 ounces of dark chocolate (at least 70%) as an occasional treat**



## EAT MORE

### Foods High in Omega-3 Fats

- Cold water fish (Salmon, Spanish Mackerel, Anchovies, Sardines, Herring)
- Ground flaxseeds or lignin rich flax oil
- Walnuts

### Vegetables

- Yellow, orange, and red veggies (peppers, carrots, beets)
- Dark leafy greens (spinach, kale, arugula, broccoli)

### Deeply-Colored Fruit

- Berries, melons & citrus fruits

### Whole Grains

- Steel-cut or whole rolled oats
- Sprouted-grain breads
- Brown rice
- Amaranth
- Quinoa
- Buckwheat
- Rye

### Anti-Inflammatory Spices

- Turmeric
- Ginger
- Rosemary
- Oregano
- Cayenne

## EAT LESS

### Foods High in Trans & Omega-6 Fats

- Processed and red meats
- Dairy products
- Partially hydrogenated oils
- Corn, cottonseed, grapeseed, peanut, soy oils

### Refined Carbs (High Glycemic Load)

- White breads or bagels
- English muffins
- Instant or white rice
- Rice and corn cereals
- Crackers, cookies, cakes

### Soda & Juices

- Including "diet" drinks
- Energy drinks

## THS SUPPLEMENTS

### Healing Omega

- Research indicates the importance of getting Omega fatty acids.
- Crucial Omegas are EPA, DHA and GLA. *When balanced, these healthy fats can help many diseased states.*

### Healing Turmeric

- Contains the bioactive compound curcumin, used in conjunction with black pepper, has a *synergistic effect on the health of the heart, liver, brain, GI tract, bones, and joints.*
- Curcumin has a total body effect because it works to *reduce the damage caused by our body's stress response.* It has been shown to act on the inflammatory processes by *blocking the activation of certain compounds that are responsible for signaling and creating inflammatory responders.*