



## **ANTI-INFLAMMATORY DIET**

### **ANTI-INFLAMMATORY FOODS**

FRUITS  
VEGETABLES  
WHOLE GRAINS (best to soak for 24 hours before cooking)  
PULSES  
LEGUMES  
NUTS (best to soak for 24 hours before eating)  
SEEDS  
HERBS  
SPICES  
WHITE MEAT  
FISH  
RED MEAT (ideally x1 per week, allowable up to x3)  
PROBIOTICS (sauerkraut, kimchi, plain yoghurt or plain Greek yoghurt)

### **ANTI INFLAMMATORY DRINKS**

WATER (1. (best) spring water, 2. filtered, 3. bottled, 4. (worst) tap)  
HERBAL TEAS (1. from simmering the herbs for 20 minutes, 2. from a teabag)  
GREEN & WHITE TEA (only if you don't suffer from adrenal fatigue)  
COCONUT WATER (RAW is better, if it doesn't say 'raw' it has been pasteurised)  
FERMENTED PROBIOTIC DRINKS (kombucha, kefir)

### **POTENT ANTI-INFLAMMATORIES**

TURMERIC (preferably fresh with black pepper and coconut oil to increase uptake by the body)  
CBD OIL  
ALL SPICES  
OMEGA 3s  
VITAMIN D  
CHILLI  
GREEN TEA

### **PRO-INFLAMMATORY FOODS & DRINKS**

WHEAT AND REFINED GRAINS (such as white rice)  
DAIRY  
ALCOHOL  
COFFEE (if with adrenal fatigue, anxiety or palpitations avoid all caffeine)  
REFINED SUGARS  
PROCESSED FOODS (meats, sweets, sugary drinks)

### **SPECIAL INSTRUCTIONS**

1. DO NOT CELEBRATE WITH THE WRONG FOODS
2. YOU CAN AID WEIGHT LOSS WITH INTERMITTENT FASTING:
  - eating for 8 hours, fasting for 16, or
  - missing every 6<sup>th</sup> meal, or
  - eating for 6 days, fasting for 24 hours (water only or a dry fast – no food or liquid)
3. EAT MORE COOKED THAN RAW FOOD
4. EAT FISH OR NUTS AND SEEDS AT LEAST X3 PER WEEK
5. BARLEY AND OATS, THEN FRUIT AND VEG, ARE THE BEST SOURCES OF FIBRE, WHICH YOU SHOULD EAT DAILY
6. RED MEAT MARINATED IN HERBS, SPICES &/OR CITRUS TO REDUCE TOXICITY IN THE MEAT
7. HEALTHY FATS: NUTS AND SEEDS, OILS (best oils: olive, coconut, avocado)
8. IF YOU MUST SNACK, EAT RAW FRUIT OR VEG
9. DO NOT EAT DEEP FRIED FOODS

Preferable cooking methods are STEAMING and boiling more than roasting or stir frying.