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)

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 6th 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.