

## **anti-inflammatory diet**

### **the following foods cause inflammation in the body:**

nightshade foods> tomato, white potato, sweet pepper, eggplant, tomatillo, tobacco

some oils> safflower, sunflower, canola, corn, grapeseed, cottonseed

bovine> milk, cheese, yogurt, beef, veal

soy, corn

gluten> any foods containing wheat. other glutens may also be problems

sugar

alcohol

pesticides, herbicides

carrageenan

artificial additives - color, flavor

white rice

caffeine> coffee, black tea, chocolate

processed meats

beef, lamb, pork, farmed fish, swordfish, shellfish

anything you are allergic to

### **the following foods are anti-inflammatory (organic whenever possible):**

onion family> onion, leek, shallot

garlic, ginger

dried beans> all except soy. avoid edamame

brown rice> long grain, short grain, basmati. also wild rice

cruciferous vegetables> broccoli, cauliflower, cabbage, brussels sprouts, kale

mushrooms

spinach

chard, beets

oils> European olive oil (not American); nut oils

sweet potatoes (not candied)

asparagus

honey> local only. raw if possible.

eat organic meats, not large quantities

eat only grass fed organic beef, if you must eat beef

oatmeal

keep your diet balanced toward alkaline

for milk, substitute rice, almond or coconut milk. organic.

<http://www.terrywahls.com/>

Terry Wahls, MD diet for defeating MS is an alkaline diet. you don't have to follow her diet exactly, but she explains why/how an alkaline diet heals and acidic diet harms.

<http://www.ewg.org/>

this non-profit evaluates state-of-the-art research and makes recommendations for the least exposure to toxins possible. they list which foods are important to eat organic only, and which foods are okay to eat non-organic. also, things like environmental toxins are evaluated - sunscreens, etc. environmental toxins (pollution etc) are also processed by the liver, so decreasing exposure to environmental toxins is a good idea.