

Anti-Inflammatory Diet

The anti-inflammatory diet provides excellent food recommendations for patients who are beginning a detoxification program. It also helps decrease inflammation associated with a number of health conditions, including arthritis, allergies, chronic infections, skin conditions, heart disease and bowel disorders. Patients who are committed to the recommended changes can have dramatic results in just a few weeks. It is important to try to eat organically grown foods. There is no restriction on the amount of food you may eat. The foods listed below are *only examples* of the foods to eat.

Steamed Vegetables

Lightly cooked vegetables are generally easier for the body to digest. Steaming increases the availability of the nutrients found in vegetables, improving the absorption of vitamins and minerals in the intestines and allowing the gastrointestinal mucosa to repair itself. Use minimal raw vegetables except as a salad. Eat a variety of any and all vegetables that you can tolerate (except tomatoes, potatoes and corn). It is best to eat mostly the lower carbohydrate (3% and 6%) vegetables listed below.

3% - Asparagus, bean sprouts, beet greens, broccoli, cabbage, cauliflower, celery, cucumber, endive, lettuce, mustard greens, radish, spinach, Swiss chard, watercress;

6% - Beets, Brussel sprouts, chives, collard greens, eggplant, kale, kohlrabi, leeks, onions, parsley, pumpkin, red pepper, string beans, rutabagas, turnip;

15% - Artichoke, carrot, green peas, parsnip, squash;

20+% - yam.

Fruit

It is recommended that only 1-2 pieces of fruit be eaten each day. Avoid strawberries and all citrus fruits (grapefruit, oranges, tangerines). If possible, it is preferred to eat the fruit baked (such as a baked apple or pear). Like the vegetables, try to eat mostly the 3%-6% carbohydrate fruits. For example:

3% - Cantaloupe, rhubarb, melons;

6% - Apricot, blackberries, papaya, peach, plum, raspberries, kiwi;

15% - Apple, avocado, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate;

20+% - Banana, figs, prunes, any dried fruit.

Grains

It is recommended to eat 1-2 cups of cooked grains per day of those that you tolerate. Allowed grains include: amaranth, barley, basmati rice, brown rice, buckwheat, millet, oats, quinoa and rye. Gluten-free oatmeal (Bob's Red Mill) is allowed. Rice crackers and wasa crackers may also be eaten.

Legumes

It is recommended to eat a variety of legumes that you are able to tolerate, including black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto beans and split peas.

Fish

It is recommended to eat 1-2 servings per week of deep-sea ocean or *organic* farm raised fish such as salmon, halibut, cod, sardines, and mackerel. The fish should be poached, baked, steamed or broiled. Avoid all shellfish (shrimp, lobster, crab, crawfish, clams, mussels, oysters, etc.)

Chicken/Turkey

It is recommended to eat only the meat and not the skin of free-range or organically raised chicken or turkey. Bake, broil or steam the poultry.

Sweeteners

Very small amounts of maple syrup, rice syrup, barley syrup, honey or stevia may be used. No sugar, *NutraSweet*, *Sweet'n Low*, *Splenda* or any other artificial sweeteners are allowed.

Nuts and Seeds

Raw nuts and seeds are high in essential fatty acids important for decreasing inflammation. Recommended nuts include almonds, walnuts and pecans. Grind flax, pumpkin, sesame or sunflower seeds and add to steamed vegetables or cooked grains. You may also eat "nut-butters" such as almond butter, cashew butter and sesame butter (spread on apples, celery or rice crackers for a healthy snack!)

Butter/Oils

For butter, mix together 1 pound of butter and 1 cup of extra virgin olive oil (from a new, dark jar). Whip at room temperature and store in the refrigerator. This provides the taste of butter with the added benefit of essential fatty acids. Use extra virgin olive oil for cooking and as a base for salad dressings.

Spices

To add a delightful flavor to your food choices, add whatever herbs and spices you enjoy. Substitute sea salt for your table salt and use minimally.

To drink

Drink a minimum of 6 to 8 glasses of spring, bottled, filtered or reverse-osmosis water every day. Small amounts of rice, oat or almond milk are allowed on cooked grains or in cooking. Avoid fruit and vegetable juices high in sugar and artificial flavors and colors.

For the time being, avoid the following foods:

- ☒ All animal milks
- ☒ All animal cheeses
- ☒ Eggs
- ☒ All wheat products,
including breads and white flour
- ☒ Citrus fruits
- ☒ Tomatoes
- ☒ Potatoes
- ☒ Corn products
- ☒ Peanuts/peanut butter
- ☒ Any processed or packaged foods
- ☒ All caffeinated teas
- ☒ Coffee
- ☒ Alcohol
- ☒ Red meat (beef & pork)-
wild game is okay
- ☒ Fried foods
- ☒ Sugar, artificial sweeteners
- ☒ Trans fats

