



## Anti-Inflammation Diet

Remove anything from your kitchen that may have toxins or irritants in it. That would include processed starches and anything rich in sugars or sugar substitutes as these are high glycemic load products. Remove products with dangerous fats and caffeine and alcohol. If there are any foods that you have an allergy to or a reaction to, these also need to be removed.

Now fill your kitchen with low glycemic load fruits and vegetables. Try to buy fresh, organic foods but if these are not available then purchase frozen, organic fruits and vegetables. You will also need low-fat sources of protein – once again buy organic. This might include turkey, chicken, fish, eggs, cottage cheese, cheese, or tofu. Extra-virgin olive oil is a good choice of monounsaturated fat; also nuts and avocados are good monounsaturated fat choices.

When you fix your meals or snacks, make 1/3 a low-fat protein portion (palm size) and 2/3 portion of a low glycemic-load carbohydrate. Finally add a very small amount of monounsaturated fat. This will give you the correct balance to maintain stable insulin levels so that you can use incoming calories rather than storing them as fat. You will need to eat meals and snacks often enough so that you have no hunger and maintain good mental alertness. If you digestion is slow then supplement with digestive enzymes. If you think you have symptoms of yeast syndrome, please get this treated.

A high-dose fish oil supplement will greatly assist in your defense against inflammation. Also an exercise program and stress release will assist in keeping the inflammation down.