

Anti-Inflammatory Healing Diet Guidelines

It is widely accepted that inflammation is a common thread unifying virtually all disease states. Therefore, making dietary choices that minimize your body's overall inflammatory burden has the potential to profoundly influence both your present and future states of health. Foods listed here are presented in the way that nature presented them and the emphasis is on avoiding foods that put an added stress on the body because of difficulty digesting and processing them. We know that changing dietary habits can be challenging, but we wouldn't make these suggestions if their incredible value had not been proven to us time and again. Please don't hesitate to ask us if you have questions or find that you need support. Adopting these recommendations WILL be worth it—We promise! Please consider the following recommendations:

An elimination diet is The Gold Standard for detecting food sensitivities. Best results with elimination diets are experienced under the supervision of a Naturopathic Physician. Do this diet for 30 days before “testing” foods for reactivity to them. To test a food group, eat a large amount of the food group you are intending to test. Keep it simple and take your time, only introduce one new food type at a time; then, wait 3 days to monitor any delayed reactions and not get confused between groups.

Cooked Vegetables (Steaming is excellent):

- The primary reason for favoring cooked vegetables is that cooking enhances the availability of many nutrients. Raw vegetables are best minimized temporarily (during wintertime), except for salads and fermented foods (such as sauerkraut), which can be enjoyed fairly liberally.
- Eat a variety of vegetables (except tomatoes and potatoes). Include at least 1 cup dark, leafy greens, and see if you can include a rainbow of colors in your diet every day.
- *You cannot eat too many vegetables—they're vital to healing. Locally grown, organic produce is often the most nutritious.* We encourage you to visit farmers' markets. Ask us for locations near where you live.

Grains:

- *If desired*, eat one to two cups of cooked **whole** grains per day.
- The healthiest grain choices are: brown rice, millet, amaranth, buckwheat, and teff. Quinoa is especially recommendable, and easily prepared. Ask us if you need recipe ideas.
- Rice crackers and wasa crackers may also be enjoyed.

Legumes:

- You can eat a variety of legumes, such as: split peas, lentils, pinto beans, mung beans, white beans, black beans, and adzuki beans.
- Pre-soak beans (except peas and lentils) overnight, and cook them thoroughly.
- *Please avoid or minimize soybeans, soymilk, and tofu for now.* Miso and tempeh, though, because they are fermented, are great.

Fish:

- Deep-sea, cold water fishes (especially wild salmon, halibut, cod, and sardines) are preferred for their wonderful, healing fatty acid content. *Please avoid all farm-raised fish.*
- Minimize consumption of tuna and shellfish, since they can contain high levels of heavy metals.

Poultry and Meat:

- Favor free-range or organically raised chicken and/or turkey, whenever possible.
- Lamb, grass-fed beef, bison, and wild game are all healthy choices. Avoid meats that are not wild, grass-fed, or free-range. Also, minimize consumption of well done and, especially, charred meats.

- In general, a 3 oz portion (about the size of a deck of cards) at a meal, with plenty of vegetables, is a good amount to eat.

Fruit:

- You can enjoy 1 or 2 pieces of practically any fruit each day, except citrus, since it is a common allergen for many people.

Sweeteners:

- Very small amounts of maple syrup, rice syrup, agave, and honey may be used and enjoyed with meals. Stevia is an excellent sweetener as well.
- Please do your best to avoid all sugar, NutraSweet, and other refined or artificial sweeteners.

Seeds and Nuts:

- Grind flax, pumpkin, sesame or sunflower seeds and add to steamed vegetables, cooked grains, salads, smoothies, etc. You may also eat nut and seed butters, such as almond, cashew, sesame, etc.

Butter and Oils:

- Extra virgin olive oil is a mainstay of healing diets. Enjoy 2 Tbsp, or more, per day, in all recipes (except for high-heat cooking, where sunflower or coconut oil is preferred). Try it drizzled on vegetables.
- Coconut oil is a “good” fat, and is especially useful in recipes where you must heat the oil. It has a mild, pleasant flavor, and is healing for the digestive tract.
- Butter is nourishing for many people; 1 Tbsp, or less, per day is generally healthful.
- Please see your Individualized Treatment Guidelines for specific recommendations regarding essential fatty acid supplements that are optimal for you.
- It is important to keep liquid oils in a cool, dark environment. Fish and flax oils require refrigeration, and should not be cooked. Oils are best stored in dark glass containers.

Pure Water and Herbal Teas:

- Drink at least half your body weight in oz (ie if you weight 150lbs you would drink 75oz/day) of spring or filtered water daily, perhaps with some lemon added.
- You may also enjoy drinking herbal teas, which are an additional source of healing minerals.

For the time being, try to minimize or avoid the following foods:

• Corn products (since they are common allergens)	• Cheese	• Eggs
• All wheat products, including bread, pasta and white flour	• Citrus fruits	• Sugar, NutraSweet, and all refined or artificial sweeteners
• Caffeinated tea	• Tomatoes	• Peanuts and peanut butter (Try almond butter instead, and any other nuts and seeds.)
• Coffee	• Pork and pork products	• Potatoes
• Limit alcohol consumption.	• Dairy	• All fried foods • All processed foods

Special Modifications and Recommendations for Your Unique Treatment Needs:

- **Gluten containing grains such as barley, oats not labeled gluten free, rye, spelt, wheat, etc. substitute: rice, quinoa, millet, etc.**
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