



Anti-inflammatory diet and lifestyle tips

| | Foods to increase | Rationale |
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|  | Herbs and spices Celery seeds, chamomile, cinnamon, fennel, garlic, ginger, rosemary, turmeric, olive oil. | Anti-inflammatory phytochemicals. |
|  | Nuts and seeds Nuts: Almonds, brazil, cashew, pine, pistachios, walnuts. Seeds: Pumpkin, sesame, sunflower. | High in nutrients, vitamin E, alpha-linolenic acid, antioxidants. Anti-inflammatory. |
|  | Grains and legumes Chickpeas, legumes, soy, gluten free grains such as quinoa, millet, buckwheat, brown rice. | Vegetarian diets, soy and gluten free diets shown to reduce inflammation. |
|  | Fruits Avocado, grapes, oranges and all berries. | Antioxidant, anti-inflammatory phytochemicals. |
|  | Meat, poultry, fish and dairy Dairy (if not intolerant), deep-sea fish. | Dairy can decrease inflammation (if not intolerant), deep sea fish higher in omega 3, shown to reduce inflammation. |
|  | Vegetables Beetroot, broccoli, brussel sprouts, cabbage, capsicum, cauliflower, celery, garlic, kale, spinach, tomatoes,. | Anti-inflammatory (check for nightshade sensitivities). |
|  | Beverages Chamomile tea, fennel tea, ginger tea, green tea, water. | Anti-inflammatory. |
|  | Lifestyle Regular exercise: aerobic, taichi and yoga. Relaxation techniques: mindfulness, acupuncture, cognitive-behavioural therapy. Limit alcohol. | Anti-inflammatory, may reduce pain symptoms, alleviate depression/anxiety and improve sleep, coping skills and wellbeing. |

We recommend that you get your epigenetics analysed every 88 days to prevent inflammation and wellbeing challenges.

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