

Guide to Lowering Inflammation

The Inflammation Link:

We now know that many diseases and sources of pain in the body are linked to low-grade inflammation, which can be linked to the diet. Here's a quick guide for eating to lower inflammation and pain.



These steps are challenging at first. Start with a few goals and add one each week. Lifestyle change takes time, but commitment can lead to health and help with lowering chronic pain and inflammation, which for many is worth the effort.



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10 Steps Towards Anti-Inflammatory Eating

- Choose Grass-fed meat & pastured poultry (those that eat a combination of grass, plants) vs. corn-fed
- Choose Wild Fish several times a week such as salmon, black cod, sardines which are high in omega-3 fats
- Eat pastured, certified organic, free-range eggs and choose organic dairy and grass-fed or European cheeses
- Eat carbohydrates in their natural state – organic fruits, vegetables, quinoa nuts/seeds, brown/wild rice, etc. and limit processed/starchy carbohydrates
- Limit foods high in flours and sugars, especially with more than five ingredients
- Increase intake of omega-3's by taking a supplement with at least 500-1000 mg. each of DHA and EPA and eat one tablespoon per day of ground flax seed for ALA
- Lower intake of omega 6 oils such as soybean, corn, and vegetable oils which increase inflammation
- Choose monounsaturated fats such olive oil, nuts, seeds and avocado
- Choose foods that are non-GMO (genetically modified organisms) since changing the DNA of a food crop can change how that food acts in our body
- Drink tea and limit coffee

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