

The Anti-Inflammatory Diet

Purpose:

One of the main goals for treating inflammation and inflammatory conditions is to remove the major triggers of inflammation in the body. The food you choose to eat provides one of the greatest sources of inflammatory triggers.

Please follow these instructions to decrease inflammation and allow your body to heal.

Please remove the following from your diet (a list of suitable foods is included on the other side of this handout):

1. All foods containing gluten:

The most common food allergies are caused by wheat and gluten containing foods. These include wheat, rye, oats, and barley. These foods are found in bread, pasta, and other products containing refined flours.

By avoiding these foods for a few weeks you give your body a chance to heal.

2. All dairy products (milk, cheese, butter, yogurt etc.)

Dairy products are a large source of allergies and can cause an increase in pain.

3. All refined sugar products (sweets, candy bars and junk food)

Refined sugar slows the process of detoxification in the body and has been shown to weaken the immune system.

4. Corn, tomatoes, peppers and eggplant

These are common allergies and should be avoided because they can contribute to pain and inflammation

5. Pork, cold cuts, bacon, hot dogs, canned meat, sausage, and shellfish

The above meats should be avoided because they have been shown to increase inflammation.

6. Alcohol, caffeine containing beverages (coffee, black tea and sodas) and soy milk, soda and fruit drinks that are high in refined sugar

These are particularly hard on the liver, which has to be functioning properly in order to begin to reduce the inflammation in your body.

7. Foods high in “bad” fats and oils, including peanuts, refined oils, margarine, shortening, hydrogenated oils

These foods put a burden on the body especially the gallbladder and the liver.