

Anti-Inflammatory Diet

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Try to eat only organically grown foods (locally grown is best). The most healthful cooking methods that preserve nutrients and vitamins in food and do not create carcinogenic byproducts are steaming, poaching and light sautéing.

Steamed vegetables:

Steamed vegetables are more easily digested and this can help increase the availability of nutrients in order to enable healing of the digest tract. Minimize usage of raw vegetables. Eat a variety of vegetables (except tomatoes, potatoes, bell peppers and eggplants), especially the lower carbohydrate type.

Lower carbohydrate vegetables include asparagus, bean sprouts, broccoli, Cabbage, cauliflower, Swiss chard, kale, beet greens, cucumber, endive, lettuce, mustard greens, radish, spinach, watercress, arugula, string beans, beets, Brussels sprouts, chives, collards, kohlrabi, leeks, onion, parsley, pumpkin, rutabagas and turnips.

The higher carbohydrate vegetables include artichoke, parsnip, green peas, squash, carrots, yams.

Grains:

Eat 1-2 cups of cooked whole grains per day and *avoid wheat-derived grains*. Examples of allowed grains include amaranth, barley, buckwheat, millet, steel cut oatmeal, quinoa, basmati or brown rice, rye, teff. Please note, if your inflammation does not subside within a couple of weeks, remove all grains.

Legumes:

Eat a variety of any legumes that you are able to tolerate. It is best to use dried organic beans, soaked overnight, drained, then cooked to taste. Examples include split peas, lentils, kidney beans, aduki beans, mung beans, pinto beans, garbanzo beans. Please note, when eating legumes it is a good idea to take a digestive enzyme.

Fish:

Due to toxicological concerns (mercury, PCBs, etc.) we do not recommend eating any seafood on a regular basis. However, if you have seafood once in a while make sure it is from deep-sea and small ocean fish (not farmed or large fish) are ok. Ask the person behind the counter at the supermarket! Avoid shellfish. The best types of fish include wild salmon, halibut, sardines and mackerel. The fish should be poached or steamed.

Meat and Poultry:

Eat only organically grown chicken or turkey. Otherwise, you are taking your chances with toxins that are put in the chicken feed. Any wild game is ok. Beef and lamb are ok if they are grass fed, otherwise avoid them.

Fruit:

Eat 1-2 pieces of seasonal fruits with the exception of citrus. Like vegetables, try to eat the low carb fruits.

Low carb fruits include: cantaloupe, rhubarb, strawberries, melons, apricot, blackberries, cranberries, papaya, peach, plum, pear, raspberries, blueberries, apples (on the sour side, such as granny smith), cherries.

Higher carb fruits include grapes, mango, pineapple, orange, tangerine, banana, dried fruit, pomegranate, figs, prunes.

Sweeteners:

Unless you are diabetic, you may use very small amounts of maple syrup, rice syrup, barley syrup, xylitol, stevia, lohan sugar, or honey. *If you are diabetic or borderline, you may only use xylitol or stevia.* Do NOT use sugar, NutraSweet, Sweet and Low, Splenda or any other sweetener.

Seeds and Nuts:

Grind organic whole flax, pumpkin, sesame or sunflower seeds and add to steamed vegetables, cooked grains, smoothies, etc. You may consume up to 1 TBSP whole flax or 2 TBSP of freshly ground flax (do not use preground flax seeds) per day to modulate inflammation and promote detoxification of harmful substances in the body. Nut and seed butters are allowed in moderation but peanut and pistachios are not. Keep nuts and seeds in cold storage to prevent rancidity.

Butter/Oils:

When cooking, do not use extra virgin olive oil. Extra virgin olive oil is great as a salad dressing or garnish after cooking. You may use oils such as coconut oil, rice bran oil, grape seed oil, avocado oil, or ghee (clarified butter). Canola oil is controversial, but if you cannot find any of the above oils you may use it if it is not genetically modified. Refrigerate all cooking oils except coconut. For oils that are put on salads or in shakes, we recommend organic, extra-virgin coconut oil or extra-virgin olive oil with low acidity.

To Drink:

Please consume a MINIMUM of 6 to 8 glasses of spring or reverse-osmosis water every day. We recommend you use different sources regularly. Small amounts of rice, oat or almond milk are allowed.

For the time being, avoid the following foods:

- All animal milks and cheeses
- Eggs, *unless they are boiled or poached and free range/organic*
- All wheat products (including breads, white flour)
- Citrus fruits
- Night shades (Tomatoes, Potatoes, bell peppers, etc.)
- Corn products
- Peanuts/peanut butter and pistachios
- Any processed or pre-packaged food
- All caffeinated beverages (coffee, tea)
- Alcohol
- Artificial sweeteners
- Fried foods, charred foods, or other high temperature cooking (steaming and boiling are the best methods of cooking for this diet)