



ANTI-INFLAMMATORY DIET¹

Factors influencing inflammation:

1. Increased caloric consumption (Stay away from the “White” stuff...breads, pasta, rice, refined sugars, flour etc)
2. Increased Saturated Fats (Red Meats, Butter, Egg Yolks, Organ Meats, Whole Milk, Coconut Oil)
 - a. Avoid Well Done barbecued meats
 - i. If you must bbq... add broccoli to de-toxify
3. Avoid Corn Oils, Sunflower Oils, Cottonseed Oils, Soybean Oils, Sesame Oil

Foods that Will Decrease Inflammation (Need to follow diet for at least 4-6 weeks):

1. Omega 3 Fatty Acids (Fatty Fish, Salmon, Tuna)
 - a. Omega 3 Fish Oil Pills 1000-2000mg for general health, 3000 mg for therapeutic benefits. At high levels can act as blood thinner consult with physician if taking Coumadin, Plavix etc
2. Green Leafy Vegetables, Fruits (Leave skin on whenever possible)
3. Walnuts and Almonds
4. Avocados
5. White, Green or Black Tea (2-3 cups a day)
6. Coffee (1 cup a day)
7. 5 oz of Red Wine for Females, 10 oz for Males, 12 oz of Beer
 - a. Pure Red Grape Juice also works if you do not drink alcohol
8. Cook with these spices (Turmeric, Cumin, Sage, Rosemary, Red pepper, Ginger, Nutmeg, Cinnamon) check out www.spicesforhealth.com
9. 1 ounce of dark chocolate per day
10. Yogurt for the pro-biotics (Promise Super Shot, Benecol)
11. Dark Berries, Citrus Fruits, Apples, Tomatoes
12. Black Currants, Primrose Oil, and Borage Oil, Cat’s Claw, Boswella

Vitamin D: 1000 i.u’s per day...make sure it is Vitamin D₃

1. Vitamin D deficiency has been linked to loss of muscle strength and mass, increased risk of OA, decreased balance and increased fall risk

Rheumatoid Arthritis Diet:

1. Eat Cabbage, Broccoli, and Brussel Sprouts
2. Eat More Fruits and Veggies (1800-3500 mg of Omega 3s)
3. Vegan Diet will decrease pain, morning stiffness , swelling and joint tenderness

¹ Always consult with your physician before starting or stopping any medication and dosage adjustments