

Living Well With Geeta
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Inflammation and Food

Some important foods that support the bodies immune system to fight chronic inflammation:

- 1) Turmeric: Excellent way to get benefit is to drink turmeric milk on a daily basis. Always incorporate it with fat and black pepper to get the maximum absorption and healing benefits.
- 2) Tart Cherries: Montmorency cherries (Help with inflammation and also support sleep) Contain all the 6 anthocyanins. For Arthritis : Drink 1 cup juice a day or 2tbsp juice concentrate/eat 1 cup fresh tart cherries or 1/2 cup dried. Some brands available locally are Black river, Eden.
- 3) Omega 3: Consume wild cold water oily fish like mackerel, sardines, salmon three times a week and also take omega 3 supplements daily. (vegetarins can take algae based omega3 supplements, flax seed oil/flax seeds, and spirulina supplements for GLA. Also consume a variety of seeds like hemp, chia, flax, sunflower, pumpkin on a daily basis.
- 4) Aloe Vera: Excellent to fight IBS and Kidney related inflammation. Consume the inner fillet juice or gel.
- 5) Beets: High in anti-oxidants contains betalain which fights inflammation and supports wound healing at the repair stage.
- 6) Celery juice: Consume organic celery juice (2 cups) on an empty stomach to support joints related inflammation and also is excellent at fighting acidosis caused by diabetes.
- 7) Fresh fruits and vegetables: 5 servings of vegetables and 2 servings of fresh fruits on a daily basis. Eat a rainbow everyday. 2 servings of vegetables should be of dark green leafy vegetables. (a serving is 1 cup raw or ½ cup cooked). Vegetables high in beta carotene are also very helpful in fighting inflammation.
- 8) Anti-oxidant rich berries: Eat a serving of berries on a daily basis. Include strawberries, blueberries, raspberries, blackberries etc. in your diet.
- 9) Tomatoes: They are rich in anti-oxidants specially lycopene which develops further when you cook them. Incorporate them in your diet regularly. (

caution for people with night shade intolerance against over consuming them)

- 10) Magnesium rich foods or supplements: Magnesium is a relaxant and supports the immune system and its deficiency may be a contributing inflammation. Important sources are raw cocoa/dark chocolate, legumes, green leafy vegetables, nuts, seeds, bananas etc.
- 11) Super greens : Chlorophyll rich foods like wheat and barley grass, spirulina, chlorella, blue-green algae have been seen to be highly alkaline and beneficial in stomach related inflammations, arthritis, pancreatitis, gingivitis and ulcers etc. Consume barley/wheat juice shots or add them to your smoothies etc. You can also add micro green powders to your smoothies or use them in your cooking.