

ANTI- INFLAMMATORY DIET

WHAT FOODS TO AVOID



wheat
dairy
corn
citrus
all soy products
eggs
shellfish
peanuts
nightshade vegetables
alcohol
caffeine
pop
sugars (ie juice, dried fruits)
tuna
beef
pork
deli meats
canned foods
high fructose corn syrup
butter/hydrogenated oil
spicy foods
added salt
chocolate

WHAT FOODS TO EAT



Vegetables

asparagus
green beans
broccoli
cauliflower
brussel sprouts
carrots
bok choy
celery
cucumbers
dandelion greens
cabbage
beets
all dark leafy greens
zucchini
squash
pumpkin
yams
turnips
radishes
onions
garlic
ginger

Fruit

strawberries
apples
avocado
banana
blueberries
cherries
kiwi
pears
raspberries
grapes

Grains

quinoa
millet
brown rice
amaranth
steel cut
oatmeal
buckwheat

Legumes

lentils
kidney beans
black beans
chick peas
aduki beans

Fish & Meat

salmon (wild only)
halibut
cod
chicken
turkey

Nuts & Seeds

ground flax seeds
(everyday)
pumpkin seeds
sunflower seeds
sesame seeds



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Detox Cleanse Hypoallergenic

Follow this anti-inflammatory diet for a minimum of 4-6 weeks
Pay attention to your body during this time.
Any changes?
Any new symptoms?
Any symptoms diminishing or absent?

Some additional tips:

Cooking Methods = Steam, broil, bake, or fry (with water or coconut oil only)

Minimal raw (except salads) = raw food is not as easily digestible

Fruit = 1-2 pieces max of any of the above fruits per day

Vegetables = should form the basis of the diet 50-75%. Eat as much as you like of the non-starchy variety. Aim to eat a variety of foods, as different foods provide nutrients required by the body to function.

Organic where possible - especially the dirty dozen

Water & Herbal teas to keep hydrated & the kidneys filtering

Exercise = The lymphatic system relies on surrounding muscular to 'pump'. Bouncing exercises are particularly good at moving lymphatic vessels, as is swimming. Move everyday in some way for 30-60 min.

Sleep = Growth hormone is released when we sleep; so we can build & repair. Being in bed by 10:00-10:30pm is optimal. In Chinese medicine, every hour of sleep before midnight counts as 2 hrs of restorative sleep. This is an excellent time to practice the deep belly breathing – to activate the parasympathetic nervous system (rest & digest)