

# September Newsletter

## Reducing Inflammation



### How to Reduce Inflammation with Food

We are all familiar with inflammatory response. It is the body's way of protecting us from invaders like bacteria and viruses. The white blood cells work overtime to purify the body against toxins. Short-term, it's a good thing. The pain and swelling that occur when you twist your wrist or ankle, for instance, helps to heal and remind you not to use it until it does. An overactive immune system can trigger chronic inflammation even when there are no invaders to fight off. It can lead not just to persistent pain but also to chronic conditions like heart disease, stroke, cancer, Alzheimer's, diabetes, depression, arthritis, and inflammatory bowel diseases. What can you do to quiet chronic inflammation or prevent its onset? Health, wellness and holistic practitioners are increasingly pointing to diet as a contributing factor.

### Fruits & Vegetables That Eliminate Inflammation

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#### Foods that ELIMINATE inflammation:



#### Foods that CAUSE inflammation:



## What you eat & don't eat can make a big difference!

### Let's discuss what "Not" to eat.

Are they the foods that everybody says are bad for you? Well, here's another reason to avoid them. Certain foods can cause inflammation. These foods maybe associated with some of the illnesses triggered by inflammation and with weight gain can bring on inflammation. Achieving your ideal weight acts as an anti-inflammatory.

### Foods to eliminate or cut back on:

Red meat processed meats like hot dogs and sausage, white bread, pastries (and other refined carbohydrates), fried foods including french fries, soda and sugary drinks, margarine, lard, alcohol etc. If you suffer from chronic pain you may want to try removing dairy, red meat, flour, sugar, and simple carbohydrates from your diet temporarily. You may also see significant change in your pain symptoms.

As a replacement, try foods that promote a plant-based diet like whole foods and less processed foods. Eat plenty of inflammation fighting foods in your meal plan such as tomatoes, olive oil, green leafy vegetable (spinach, kale, and collard), nuts, especially almonds and walnuts, fatty fish (tuna, mackerel, sardines, & salmon), fruits (strawberries, blueberries, cherries, oranges), seeds (flax, pumpkin, and hemp seed) & adding fresh ginger to juices, make a tea, or in your smoothie. Also, adding some herbs will give an anti-inflammatory quality. Consider trying one or more of these fresh herbs or supplement form: garlic, devil's claw, mangosteen, milk thistle, and turmeric/curcumin.

Once you adjust your diet, exercise every day, get 7-8 hours of sleep, and avoid excessive use of alcohol, you will be on your way to having a healthy immune system and lifestyle.



### Raw Fruit Cake

1 cup raisins	1 cup bread crumbs
1 cup dates, chopped	1 cup fruit juice (pineapple)
2 cups dried apricots	1 cup sunflower seeds
$\frac{3}{4}$ cup spring water	

- Soak dried fruits in water and fruit juice for 2 hours
- Add bread crumbs and seeds
- Pack all ingredients into floured mold
- Set for one or more days in refrigerator
- Unmold, slice and serve with Greek Yogurt