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Adapted from DrWeil.com, and About .com

Anti-Inflammation Diet Tips

The following summarizes some of the specifics of a diet intended to prevent and reduce inappropriate inflammation, reduce the risk of age-related diseases, and promote optimum health at any age.

ALSO - The regular practice of yoga and mediation has been scientifically proven, over and over, to reduce the levels of the stress hormones that contribute to the systemic inflammation that has been shown to be a frequent and significant contributing factor in the heart disease, diabetes, asthma, fibromyalgia, and many other chronic diseases.

General Recommendations:

- Include as much fresh food as possible. Choose "organic" as much as possible.
- Minimize your consumption of processed foods and fast food. no stale food.
- Eat an abundance of fruits and vegetables. Aim for variety, and a variety of rich COLORS in the fruits and vegetables – Red orange green. Berries have many benefits.
- Eliminate transfat – "hydrogenated" or "partially hydrogenated" oils (margarine, shortening, MANY crackers, cookies, cereal, packages snacks, chips, etc – read the labels.)
- Minimize or eliminate white sugar, and high fructose corn syrup. Minimize or eliminate white flour. Low glycemic load is better for all of us – not just those with diabetes..
- Include anti inflammation spices – ginger, tumeric, cumin, curry.
- Try ginger tea. **Note**: go easy on the warming spices if they are new to you. Introduce gently and see how you feel. Careful also if you are predominantly pitta, or have aggravated pitta.
- Try to include carbohydrates, fat, and protein at each meal.
- Minimize fried food. Don't eat burnt or "blackened" food.
- Eat more whole grains (although whole wheat bread and pasta (cook al dente) should be taken very moderately), beans, winter squashes, and sweet potatoes.
- Omega-3 essential fatty acids are very powerful antiinflammatory agents. They are found in cold water oily fish, walnuts, flax seeds, canola oil and pumpkin seeds.
- Olive oil is another type of oil that will reduce inflammation. In fact, olive oil has been shown to reduce the risk of cardiovascular disease, and will help to reduce pain. Other healthy oils include rice bran oil, grape seed oil, and walnut oil. * Ghee

Plus - selecting food that pacifies your dosha's.