

Foods That Reduce Inflammation

Spices with Anti-Inflammatory Properties	Foods that Reduce Inflammation
<ul style="list-style-type: none"> • Ginger • Turmeric • Black Pepper • Cinnamon • Rosemary • Basil • Cardamom • Chives • Cilantro • Cloves • Garlic • Parsley • Curry <p>Sprinkling these spices on your meals may have a beneficial effect on inflammatory conditions like disc injuries.</p>	<ul style="list-style-type: none"> • Olive oil • Fruit (particularly berries, cherries & grapes) • Vegetables • Nuts (walnuts in particular) • Fish (especially wild salmon, mackerel, herring, and sardines) • Flax seed • Pumpkin seeds • Sunflower seeds • Range-fed meat • Green tea • Avocados and avocado oil • Cocoa (light on the sugar) • Beans • Dark chocolate (in moderation) <p>All these foods have beneficial anti-inflammatory properties.</p>

Figure 25:4. Certain foods and spices can aid in reducing inflammation.

Certain foods produce inflammation, while other foods and spices reduce inflammation. Research has shown that certain spices have the ability to reduce pain and inflammation.

Foods that Promote Inflammation

Indeed not all foods have an anti-inflammatory effect. Certain foods have the effect of increasing pain and inflammation. Avoid or eliminate foods that produce inflammation and disease.

Inflammatory Foods
<ul style="list-style-type: none">• Fried foods including French fries and potato chips• Cured meat• Corn products including popcorn• Corn-fed meat• Animal fats and fatty meats• Sugar• Breads (especially croissants, doughnuts & other pastries)• Pastas• Saturated fats, trans fats, and shortening• Sodas• High fat granola• Chinese food• Rice• Tortillas• High-fat dairy products like cheese and ice cream• Excessive alcohol
These foods should be restricted or eliminated.

Figure 25:5. This table is a partial list of foods that are inflammatory in their effect.