

# Anti-inflammatory Foods for Health



Inflammation is a normal and healthy process that is occurring in our body all of the time. It is the response by our immune system to protect our body from potentially harmful bacteria, toxins and viruses. Inflammation is also important in the repair and maintenance of our cells. However, constant inflammation can be harmful to the body leading to conditions such as arthritis, diabetes, heart disease, migraines and cancer.

Minimising inflammatory foods, drinks and toxins in your diet as well as choosing anti-inflammatory foods and drinks can go a long way towards reducing inflammation in the body and preventing disease.

The more common inflammatory foods and drinks include refined sugars, vegetable oils, saturated and trans fats, processed meats, refined grains, capsicum, tomato, eggplant, potatoes, caffeine, alcohol, juice concentrates and soft drinks.

Just as there are foods that cause inflammation in the the body, there are also some foods that have anti-inflammatory properties. Consuming these foods leads to better elimination of toxins, less aches and pains, better moods and increased energy & vitality. Some popular choices include walnuts, almonds, avocados, olive & flaxseed oil, as well as fresh and dried turmeric. Chia seeds, pepitas, quinoa, amaranth, buckwheat, wild rice and millet are also known for their anti-inflammatory properties.

Another excellent remedy for inflammatory conditions in the body is Slippery Elm powder. The powder is derived from the inner bark of the Slippery elm tree and is often prescribed in Natural Medicine for inflammation along the digestive tract. It helps to keep the gastrointestinal lining healthy and also feeds healthy gut bacteria.

There are other ways to reduce inflammation in your body such as drinking adequate amounts of clean alkaline water and making sure you get adequate sleep and rest when needed.