

Anti-Inflammatory Diet

General Guidelines

- Try to eat only organic grown foods. Organic foods are typically more dense in nutrients and will decrease your exposure to pesticides.
- There is no restriction on the amount of food you can eat.
- Try not to eat any one food more than five times a week.
- Plan your meals ahead of time and try to find at least ten recipes you enjoy.

Foods to Consume

The following foods are ideal and complementary to an anti-inflammatory diet. The foods listed are only examples of foods to eat:

- **Water** — Water should be spring, bottled, filtered or reverse-osmosis filtered. Aim to consume at least 1/2 your body weight (lb) in ounces. For example, a 160-pound person should aim to drink at least 80 ounces of water daily.
- **Vegetables** — Buy organic, whenever possible (see “Dirty Dozen” and “Clean Fifteen” Guide). Artichoke, arugula, asparagus, bok choy, broccoli, brussel sprouts, cabbage (green or purple), cauliflower, celery, Chinese cabbage, chives, cucumbers, daikon, endive, fennel, garlic, green beans, hearts of palm, jicama, beet greens, Boston lettuce, chard (red or green), chicory greens, cilantro, collard greens, dandelion greens, dill greens, escarole, frisse greens, kale (green, red or purple), mesculin greens, mustard greens, parsley, radicchio, rapini (broccoli rabe), romaine lettuce, spinach, watercress, leeks okra, olives, onions, radishes, rhubarb, scallions, snow peas, water chestnuts, squash, sweet potatoes, and Japanese sea vegetable (seaweed).
- **Fruits** — Apples, apricots, avocado, blackberries, blueberries, cherries, clementines, cranberries, fresh figs, guava, kiwi fruit, lemons, limes, mandarin oranges, mango, cantaloupe, winter melon, watermelon, nectarines, passion fruit, peaches, pears, persimmon, pineapple, plums, pomegranates, raspberries, star fruit (carambola), strawberries, tangerines, tangelo.
- **Protein** — All animal proteins should be labeled either “free range”, Certified Organic, or Kosher. Turkey, chicken, lamb, wild game. They must be free of antibiotics, hormones, and other drugs; and clearly labeled. Their feed should be from natural sources and free of genetically modified organisms (GMO). Also, the protein drink provided during this cleanse/detox is very high in protein.

- Beans — Adzuki beans, Anasazi beans, black beans, chick peas, kidney beans, lentils, lima beans, navy beans, pigeon peas, pinto beans and split peas.
- Deep Sea Fish — Herring, Cod, Haddock, Hake, Flounder/Sole, Ocean Perch, Salmon (Pacific or Alaskan), Trout, Tilapia, and Monkfish are all suitable choices. Wild cold-water fish is preferable, as farmed fish have a number of toxicity problems and lower levels of Omega-3 EFA. Fish on this list are also lowest in Methyl Mercury (See Safe Fish Guide).
- Grains — Non-gluten grains, brown rice, wild rice, red rice, black rice, basmati rice, amaranth, risotto, millet, quinoa. You can also eat cereals made from rice, buckwheat, and tapioca. Whenever possible, make sure to use organic rice.
- Nuts and Seeds — Brazil nuts, almonds, raw pistachio, walnuts, flax seeds (freshly grind into a powder before using), chia seeds (Salvia), sesame seeds, non-peanut nut butters (almond, hazelnut, sesame). They may be hard for some people to digest; especially small, ungrounded seeds and the nut oils.
- Nutritional and Cooking Oils, Dressings — Best to use only organic extra virgin (first-pressed) cold-pressed olive oil, organic sesame oil, organic virgin coconut oil, grapeseed oil, or organic flax oil. Never cook flax oil, as its nutritional value is diminished with heat. Avoid vinegar-based salad dressings, including balsamic vinegar.
- Desserts — During a detoxification, dessert should be limited to fresh fruits (see above).
- Beverages — Water is vital during this period, and an additional 2-3 liters of pure water should be consumed throughout the day. Water is needed to safely flush and eliminate toxins. Other safe beverages are caffeine-free herbal teas or white tea, green tea, red bush (rooibos) tea. Organic rice, almond, coconut, oat, and hemp milk. Fruit or vegetable juices should be diluted with fresh water to reduce the sugar content and glycemic load. Use 3/4 cup of water to 1/4 cup of fruit juice.
- Spices — Allspice, anise, apple cider vinegar, basil, bay leaves, capers, cardamom, cayenne, cinnamon, cloves, coriander, cumin, dill, Dijon mustard, fennel seeds, garlic, ginger root, nutmeg, onion, onion powder, oregano, paprika, peppercorn (red, white, green), rosemary, saffron, sage, sea salt, tarragon, thyme, turmeric.
- Sauces & Condiments — Wasabi is a Japanese variety of horseradish. It can be added to meats, fish, broth, and vegetables. Use a small amount, as it is very hot and goes a long way. Pesto Sauce is another good condiment. Use a pure pesto sauce made only from olive oil that contains basil, garlic, and sea salt. Pesto can be added as a dressing for fish and vegetables, or as a snack on rice cakes. In addition to the traditional basil forms, you can experiment with varieties using spinach, cilantro, arugula, or other dark greens.
- Dips & Spreads, Dressings — Can easily be made at home from a wide range of ingredients. They include garlic, onion, and any bean you choose, such as black beans, navy beans, chickpeas (hummus). Cook beans until they are soft. Salad dressing should be made with olive, grape, or flax base. Salad dressing should always be made in an apple cider vinegar, olive or flax oil base.

Foods to Avoid

The following foods should be avoided on an anti-inflammatory diet:

- Alcohol, excessive caffeine, and sugar — These items place increased stress on the liver, forcing it to work much harder. An overwhelming number of foods and beverages contain high amounts of high fructose corn syrup (HFCS), which has shown to contain various levels of mercury. Read labels carefully and avoid HFCS whenever possible.
- Meat Protein — Beef (occasional grass-fed OK), pork, cold cuts, bacon, hot dogs, canned meat, sausage, and shellfish.
- Soy & Soy-containing Products — Tofu, soy milk, soy sauce, and tempeh.
- Gluten-containing Foods — This includes wheat, rye, barley, spelt, oats (non-pure, eg. Quaker), and most bread, pasta, pastries, and any other products from refined flour.
- Common Allergens — Eggs, and all dairy (milk, cheese, butter, yogurt, etc.), corn, shellfish, and yeast- containing food. If you have a known allergy to tree nuts (cashews, almonds, pecans and walnuts, legumes (peanuts) or yeast-containing foods.
- Known Allergens — Many foods contain compounds that can cause formation of allergic toxins, and other unhealthy compounds. Essentially any known foods that you know you are allergic to.
- Artificial Sweeteners — Laboratory created sweeteners, such as saccharine (Sweet-n-Low®), aspartame (NutraSweet®, Equal®), and Sucralose (Splenda®) are unnatural chemicals that are not found in nature. In addition to increasing the amount of chemicals the liver must detoxify, recent research has suggested that artificial sweeteners may actually contribute to weight gain. These sweeteners are routinely added to most “diet” products, such as soda. If a sweetener is desired, Stevia is the best option.
- Artificial Food Additives — Considering that one of our primary goals is to detoxify and support the cells of the liver, it is important to avoid exposure to chemical additives. These are artificial additives, preservatives, colors, flavors, and sulfur (commonly added to dried foods).
- High-Glycemic/High-Sugar Fruits — Fruits such as banana, papaya, and grapes contain carbohydrates that metabolize very rapidly, causing insulin spikes. Raisins and other dried fruits may contain high amounts of sugar.
- Foods High in Fats & Oils — Avoid peanuts, refined oils, margarine and shortening.
- Processed Foods — They are high in sugars – canned, packaged, frozen, or otherwise.