

THE ANTI-INFLAMMATORY DIET

Inflammation is the body's natural reaction to injury or infection. Any tissue or organ in the body, internal or external, can become inflamed. The affected tissues become swollen, redden, warm and tender. This may be painful. Biologically, inflammation is a very important part of the healing process as it tells you to stop using - and rest - the affected area, so that it may heal.

However many people live in a state of permanent inflammation due to chronic disease processes, diet and lifestyle choices. Furthermore, modern medications take away the pain associated with inflammation without addressing the underlying cause, meaning that the affected tissue or organ never heals.

Nutrition plays an important part in the anti-inflammatory process and the following are foods to add/increase and avoid/decrease in your diet, so that healing may occur.

Which foods?

<p>The following foods are very acidic in nature and therefore encourage inflammation:</p> <p>Alcohol, especially beer</p> <p>Citrus fruits</p> <p>Saturated fat</p> <p>Processed foods such as cakes, biscuits, bread, pastries etc. These contain simple carbohydrates, especially sugar</p> <p>The nightshade family: white potatoes, tomatoes, aubergines, bell peppers and chili peppers.</p> <p>Wheat, commonly found in standard breads, pizza and pasta. It is also a hidden ingredient in many sauces and flavorings.</p> <p>Fizzy drinks</p> <p>Red meat. Try to limit this to no more than once a week as it is high in saturated fats and it contains a substance that blocks anti-inflammatory processes</p> <p>Dairy foods such as milk and cheese Less than 20% of daily calories from fat</p> <p>Organ meat such as liver and pate</p> <p>Game meat such as pheasant and duck</p> <p>Yeast foods such as bread and</p> <p>Purine rich foods: anchovies, mackerel, shellfish, asparagus, consommé, herring, meat gravies and broths, mushrooms, mussels, sardines, peanuts and sweetbreads.</p>	<p>Choose foods that are high in flavanoids, which are a family of potent antioxidants. These properties reduce inflammation. Examples of excellent sources, together with some further justification, include:</p> <p>Spinach</p> <p>Berries: blueberries, strawberries and then other berries</p> <p>Vegetables: all kinds but especially green leafy types</p> <p>Brassica vegetables: broccoli, cauliflower, brussels sprouts and cabbage</p> <p>Essential fatty acids cannot be made by our bodies but they play an important role in dampening down inflammation. They are found in nuts, seeds and oily fish</p> <p>Vitamin C: This vitamin is not made or store in our body so it is vital that we obtain it in sufficient amounts in what we eat. It can then play an important part in the healing process. Good sources including berries, green vegetables, asparagus, avocado, broccoli, carrots, green peas, kale, spinach, strawberries, rose hips and watercress</p> <p>Complex carbohydrates found in foods such as oatcakes, whole grains, legumes (beans) and pulses (chick peas and lentils)</p> <p>Good quality protein: white meat, fish, eggs and vegetable sources of protein such as pulses and legumes</p> <p>Herbal teas and</p> <p>Water</p>
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