

The Ripple Effect Diet

... feel how good health looks on you!

Anti-Inflammation Do's & Don'ts

Heart disease, high cholesterol, food allergies, arthritis, asthma, musculoskeletal injuries, lupus, and even just having a high-stress lifestyle can all produce excessive inflammation in the body.

And an inflamed body is not a happy one.

Whether it is a sprained ankle, a sore low-back, puffy eyelids, an upset stomach or symptoms of early heart disease, **it is important to remember that inflammation is merely a symptom**, a sign, of a **revved up immune system** and a body under stress. If you are experiencing any of these symptoms, please keep in mind that your body is desperately trying to bring your attention to something that is out of balance and usually involves **stopping something** that is aggravating, or **starting something** that that will aid in restoring it.

The Ripple Effect Diet Inflammation Checklists

That's why I've devised two simple checklists for you. The first I call: "Anti-Inflammation Don'ts", and second is: "Anti-Inflammation Do's". Simple...right?

Take a look, consider making some changes and see if you feel better. And please don't forget to let me know how you do!

"Anti-Inflammation Don'ts"

1. Omega 6 Oils (safflower, sunflower, canola, mayo, salad dressings, etc.)
2. Nuts
3. Breads, Cereals, Flour and Grains
4. Meats, Poultry and Eggs that are NOT FREE-RANGE OR ORGANIC
5. Corn
6. Sugar (all forms!)
7. Gluten/Wheat and wheat derivatives
8. Transfatty Acids/"Hydrogenated" or "Partially Hydrogenated" Oils
9. Foods you are allergic or intolerant to
10. Nightshade Veggies (bell peppers, tomatoes, eggplant, potatoes)
11. Artificial Sweeteners
12. Food additives and chemicals (Basically anything on the label that a five year old would not be able to pronounce)

13. Fried Foods
14. Microwaved Food and Beverages
15. Chlorinated Water (Tap: drinking, cooking, bathing, swimming)
16. Smoking
17. Toxic People (You know who they are!)
18. Stress/Chronic Anger/Frustration

“Anti-Inflammation Do’s”

1. Exercise
2. Adequate omega 3 fats (proper ratio of omega 3's to 6's)
3. Pure spring water
4. Sunshine (*natural* vitamin D)
5. Probiotics (from food sources)
6. A fulfilling, loving relationship
7. Good friends or one reliable confidant
8. A (healthy) stress outlet or hobby
9. (Having) a pet
10. Raw Garlic
11. Cinnamon
12. Niacin (slow or sustained release form)
13. Lecithin (organic egg yolks)
14. Cayenne pepper
15. Celery seed
16. Turmeric
17. Ginger
18. Boswellia

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