

INFLAMMATION – SOME COMMON CAUSES AND PREVENTION

Studies show that to prevent inflammation you should consume a proper balance of protein, fat, carbohydrates, fiber, mineral, water and vitamins such as the following:

- 1.Green leafy vegetables** have calcium, magnesium and vitamin b-(antioxidants);
- 2. Avacado** – contains anti inflammatory monounsaturated fatty acid – carentenoid luetin
- 3. Dark colorful vegetables and** fruits contain-anthycyanins - antioxidants such as red bell pepper, eggplant, berries, tomato, pomegrate, radishes, beets, etc.
- 4. Dark chocolate (unsweetened)** – contains flavonoids – anti inflammatory ; increases endorphins- antioxidant
- 5. Tumeric** -contains curcumin (black pepper should be added to increase potency)- antioxidant and anti inflammatory,
- 6. Two to three cups of Green Tea a day** – contains antioxidants and detoxify the body
- 7. Calcium** needed for bone health- found in foods such as beans, lentils, oranges, broccoli, carrots, almonds, nuts, etc.
- 7. Water**

Foods to stay away from – causes inflammation and increases pain :

- 1.Refined carbohydrates** such as in bread, pasta, sugar
- 2. Sugary drinks(especially sodas, some energy drinks and sports drinks), and juices.** Also avoid drinks with **artificial sweeteners and High Fructose Corn Syrup** especially.
- 3. Fast foods** as well as **fried foods.**
- 4.Junk foods** including chips, pretzels, popcorn contain processed oils
- 5. Processed meats** such as bologna, sausages, spam, bacon, ham, salami, deli meats
- 6. Burnt meats** from grilling
- 5. Alcohol**
- 6. Smoking blocks your arteries, increases inflammation**

Eliminate Inflammatory Foods:

- *(Studies show with most disease there is also inflammation present):* These food have been found to increase inflammation in the body.
 - Animal Proteins (including Dairy)
 - Processed Foods
 - Oils
 - These foods produce Arachidonic Acids (AA) which causes all of the chronic diseases**
 - Includes Oils, processed foods, chicken, beef, eggs, fish, duck, lamb, etc.

To reduce and eliminate inflammation add Healing Foods in High Doses:

- **Focus on Raw Vegetables/Fruits**
- **-Leafy Greens (such as Kale, Spinach, Collards, Arugula, etc.), Cruciferous Vegetables (i.e. Broccoli, Cauliflower, Brussel Sprouts, etc), Onions, Mushrooms, Avacados, Garlic, etc**
- **- Nuts (such as walnuts, almonds, etc) , Seeds (chia ,flaxseed, etc and Berries**
- **-Drink water and then more water! Water is very important for healing**

Eat foods high in Omega 3 Fatty Acids – most of the foods we consume on the SAD (Standard American Diet) have high levels of Omega 6- we have to balance that with Omega 3 foods including:

- **Flax Seeds (Grind fresh)**
- **Chia seeds**
- **½ cup if sick already**
- **Cold pressed, extra virgin Olive Oil**
- **Omega 3's positively affect DNA/genes:**
 - **integrate in cell membranes;**
 - **building blocks of healthy cells;**
 - **Protects against inflammation**
 - **Creates anti-inflammatory immune response**
- **Wild Alaskan Salmon, Trout, Mackerel... - (Stay away from farm raised, Atlantic, etc)**
- **Even these otherwise healthy fish may contain high levels of plastic, Mercury and other toxins.**
- **CARDIOLOGIST Presentation – Dr. Columbus Batiste**
- **Slave food** – manipulation of nutrition for profit and for power. Most of us have become a slave to food.
- **Food** is a weapon; weaponized for mass destruction. Many of our foods have been poisoned with pesticides, growth hormones, GMO (Genetically Modified) artificial sweeteners (aspartame is known to cause cancer and other diseases), etc

- **The three main offenders : Salt, Sugar and bad Fats (Processed Oils including Canola, Vegetable, Sunflower, Corn, etc...)**
- **Salt and Hypertension** – increases your chances of noncommunicable disease
- **Added Sugars** is hiding in 74% of our foods ; added **sugars** increases your risk of heart attacks, diabetes, obesity, etc.
- **Bad FATS- contain High acid protein (found in Animals)** increases your risk of Heart disease, and other diseases.
- **Eggs** – increases your risk of Heart Disease and Diabetes; Promotes hardening of the arteries and insulin resistance.
- **Do not drink any alcohol for your heart.**
- **FISH** – Most contain Mercury –Highest content of Coline - Changes your DNA Expression negatively
- **Carbohydrates vs. Carbage (refined carbs – bad for you)..** The whites(white potato, white rice, pasta) all are high glycemic and turn into sugar in your blood.
- ***YOU CAN CHANGE YOUR DNA BY THE FOOD YOU EAT**
- **Spend Time in the Morning and Evening Sunshine**
-Increases Vitamin D and Melatonin production

For more information visit our website at: <https://www.HealthyLivingSavesLives.com>

Email: JBFavoredOne@gmail.com

Call: 602-292-4781