

# The Anti-Inflammatory Diet

Pursuing Great Health with Great Food

An e-booklet from [Dr.BradCole.com](http://Dr.BradCole.com)

# The Inflammation Checklist:

## How many symptoms of inflammation apply to you?

- I have chronic aches and pains, such as back pain, neck pain, headaches, or general soreness.
- I regularly take anti-inflammatory or anti-pain medications, such as ibuprofen, aspirin, or Tylenol®, or a similar prescription drug.
- I regularly eat grains and grain products, such as white or whole wheat bread, pasta, cereal, pretzels, crackers, or any other product made with grains/flours, which includes most desserts and packaged snacks.
- I regularly eat refined sugar (including desserts, sodas, sweetened drinks, etc.).
- I regularly eat partially hydrogenated oils (trans fats) found in most margarines, deep fried foods (French fries, etc.) and most all packaged foods.
- I regularly eat corn/safflower/sunflower/cottonseed/soybean oil, and foods made with these oils such as mayonnaise, tartar sauce, and margarine.
- I regularly eat cheese in more than condiment-size portions.
- I regularly consume soy or soy products, or eat them in place of fruits and vegetables.
- I regularly drink or eat dairy products.
- I regularly eat meat and eggs from grain-fed animals (regular supermarket brands).
- I am overweight and/or it is hard for me to lose fat.
- I am physically lethargic.
- I do not feel well when I exercise or if I exercise a little more than usual, it is hard to recover.
- I am mentally lethargic and feel rundown.
- I look old and/or feel old for my age.
- I am prone to cold, allergy, and flu symptoms.
- I suffer from: arthritis, fibromyalgia, chronic fatigue syndrome, sinusitis, allergies, acne, asthma, digestive conditions, dysmenorrhea, endometriosis, Alzheimer's disease, Parkinson's disease, multiple sclerosis, cancer, heart disease, osteoporosis, hypertension, depression, insulin resistance, or diabetes.

**Don't get depressed. Keep reading. I promise, it's worth it.**

After reviewing the Inflammation Checklist, you will have discovered that we all suffer from inflammation problems to varying degrees. Therefore, each of us needs to focus on reducing our body's inflammation, and diet is the key to realizing this goal.

We've all heard the phrase, "you are what you eat." Unfortunately, this statement is more accurate than most realize. The human body's biochemicals are composed of the foods that we ingest. Subtle biochemical injuries (dietary trauma) occur throughout our body when we eat a diet that is deficient in fruits and vegetables, and contains refined sugar, vegetable oils (soybean, corn oil, sunflower oil, safflower oil, peanut oil and cottonseed oil), and trans fats found in nearly all packaged food and deep fried foods like French fries. The inflammation associated with a poor diet may initially cause non-specific symptoms (malaise, fatigue, headache, intestinal discomfort). It is very subtle. Yet, over time, this diet-driven inflammation leads to the common, chronic diseases that plague our society.

**Major pro-inflammatory foods to avoid:**

- All grains and grain products (bread, pasta, cereal, pretzels, packaged snacks)
- Partially hydrogenated oils (trans fats)
- Corn/safflower/sunflower/cottonseed/soybean oil  
(in nearly all packaged snacks)
- Soda, dairy, soy, and refined sugar

It is distressing to read that so many foods are pro-inflammatory. Yet more distressing is suffering from any of the numerous diseases and conditions caused by inflammation. Every time you eat pro-inflammatory foods, you create inflammation in your body that will slowly but surely lead to the expression of chronic pain, diabetes, heart disease, Alzheimer's disease, or whatever degenerative disease to which you may be genetically predisposed.

We all must decide how much pain and suffering we are willing to live with, and then, eat and exercise accordingly. The fewer inflammatory foods you eat, the less inflammation you will have and feel. No one is perfect with their eating...just do your best. ***With every bite we take, we are either inflaming or deflaming.*** The problem is that the aforementioned inflammatory diseases develop slowly and without symptoms. Therefore, we all need to be careful about consuming pro-inflammatory foods and not take for granted what appears to be good health. The good news is that, "you are what you eat." We can decrease inflammation and feel better by enjoying anti-inflammatory foods. Eating both vegetation and animals that ate vegetation promotes an anti-inflammatory body state.

*It is clear that the nutrients in fruits and vegetables, particularly the antioxidant micronutrients, are associated with real and substantial disease protection. And it is clear that in the United States the population's intake of these foods is remote from the recommended levels.*

Block, G. "Diet Guidelines and the Results of Food Consumption Surveys," *Am J Clin Nutr* 53:356s-57s, 1991

### Major anti-inflammatory foods to enjoy:

- All fruits and vegetables across a wide variety of preparations and combinations
- Fresh fish
- Lean cuts of meat, chicken, eggs from grass-fed animals *or* lean cuts of regular meats
- Wild game
- Nuts: raw almonds, cashews, walnuts, hazelnuts, macadamia nuts
- Spices like ginger, turmeric, garlic, dill, oregano, coriander, fennel, red chili pepper, basil, rosemary
- Organic extra virgin olive oil and coconut oil.
- Drink water or organic green tea

You can find some great recipe ideas at:

- [Cara's Cravings](#)
- [Paleo Diet Lifestyle](#)



By the way, as you come across other great recipes, please [let me know](#). I love healthy food and cooking.

### **Nutritional supplements to fight inflammation:**

Nutritional supplements cannot take the place of healthy eating. Research increasingly promotes supplements for preventing disease, and inflammation reduction is a likely mechanism of action for many supplements. Thus, each of the suggested supplements has been selected due to its ability to promote health and/or reduce inflammation.

While precise supplements and exact amounts vary with individual need, suggested here is a general approach for inflammation reduction. You need to feel good and be informed about whatever supplements you choose to take.

If you want to take:

- 1 supplement, it should be a multivitamin/mineral (less than \$0.50/day)
- 2 supplements, add EPA/DHA (about \$1.10/day)
- 3 supplements, add magnesium (about \$1.50/day)
- 4 supplements, add vitamin D (about \$1.85/day)
- 5 supplements, add calcium (about \$2.70/day)



***Quite simply, all you need to do is eat mostly fruits, vegetables, nuts, fish, chicken, and lean meat. Eat until you begin to feel full and then stop. Take the key supplements and exercise more.***

## Remember These 5 Key Points:

1. *Lean protein intake at 25% of total diet*
2. *Eliminate refined sugar and grains*
3. *Drink 1/2 of your body weight in ounces of water each day (2-3L)*
4. *Enjoy massive amounts of fruits and veggies at 75% of total diet*
5. *RELAX, don't get hung up on points, rules, or counting calories.*



# Dr Brad Cole .com

A Manual and Rehab Medicine Blog

Bradford J. Cole, DC, MS, CSCS  
Cole Pain Therapy Group  
[2845 Summer Oaks Drive](#)  
Bartlett, TN 38134  
Phone: 901-377-2340 ext 113



I'd like to know what you think. Feel free to tweet, comment, or post. Join the discussion [@CPTGHealth](#), [@DrBradCole](#), and [facebook.com/ColePainTherapyGroup](https://www.facebook.com/ColePainTherapyGroup).