



Dr. Ann

# Live Life! Guide

## Anti-Inflammatory

*We have recently learned that one of the most important all-encompassing strategies to maximize wellness and vitality is to keep the level of inflammation in the body in check. Excessive levels of inflammation at the cellular level are a key driver of most chronic diseases including heart disease, obesity, diabetes, many cancers, asthma, allergies, autoimmune conditions, Alzheimer's and even the aging process itself.*

*Diet and lifestyle can have a profound impact on the levels of inflammation in the body. Here is what you can do to keep harmful inflammation under wraps.*



### STRICTLY AVOID TRANS FATS.

*Trans fats promote inflammation and are toxic molecules.*

- You can get trans fat out of your diet completely by following these directives:
  - Avoid stick margarine, shortening (Crisco) and foods containing partially hydrogenated oils (found in processed foods and fried fast foods).
  - Only buy trans fat-free margarine spreads.
  - Check nutrition labels: Look for “0” grams of trans fats on the nutrition facts label, and as a double check, scan the ingredients list – if you see “partially hydrogenated oil” listed don’t eat it!
  - Do not eat fried fast foods – fries, burgers, chicken, fish, etc



### RESTRICT THE “GREAT WHITE HAZARDS” – WHITE FLOUR PRODUCTS, WHITE RICE, WHITE POTATOES, SUGAR/SWEETS, AND PRODUCTS CONTAINING THEM.

*These foods spike your bloodstream with glucose and insulin which promotes inflammation and oxidation. Oxidation in turn incites more inflammation. Sugary foods and beverages will also spike your blood stream with fructose which is even more pro-inflammatory than glucose.*



## REPLACE THE “GREAT WHITE HAZARDS” WITH THE ANTI-INFLAMMATORY STARCHES – 100% WHOLE GRAINS AND BEANS.

*Whole grains and beans provide a host of anti-inflammatory plant compounds and nutrients. Additionally, contrary to the “Great White Hazards,” they will not spike up your glucose, insulin, or fructose levels.*

- Strive to have at least one serving (1/2 cup) of beans every day.
- Any variety of beans is fantastic – black beans, edamame, kidney beans, lentils, field peas, cannellini beans, navy beans, chickpeas, white beans, pinto beans, anasazi beans, crowder peas, split peas etc.
- Any form of beans is fine – canned (low sodium best), fresh, frozen, or dried.
- Strive for 3 servings of 100% whole grains a day.
- A serving is ½ cup cooked whole grains like brown rice or oatmeal, a single slice of 100% whole wheat bread, or as listed on the package label. Thankfully, you can now find a broad array of 100% whole grain products at all grocers including many breads, cereals, crackers, pizza crust, ect. Be sure you see “100%” on the label!
- **Physically intact** whole grains are the healthiest way to consume whole grains (definitely superior to whole grain bread products). Options include: oats (oatmeal), brown rice, barley, quinoa, bulgur, barley, farro etc. I rarely eat flour-based (bread) whole grain products, but include lots of physically intact whole grains.



## RESTRICT THE INTAKE OF ARACHIDONIC ACID.

*Arachidonic acid is a pro-inflammatory fat found in red meat, whole dairy products and egg yolks.*

- Limit red meat (beef, pork, lamb) to 2 servings or less a week. Always choose the leanest cuts.
- Choose low-fat, reduced fat, or fat-free dairy products.
- Enjoy omega 3-fortified eggs in lieu of standard eggs and limit to up to 7 per week.



## MAXIMIZE YOUR INTAKE OF OMEGA 3 FATS.

*Omega 3 fats are among the most potent anti-inflammatory agents in the food supply and provide the building blocks for the body's most powerful inflammation-quieting molecules. Almost all of the anti-inflammatory chemicals your body can make are derived from this mother molecule of healthy fat.*

- Oily fish (salmon, tuna, mackerel, sardines, herring, lake trout and cod) are exploding with it. Strive to eat at least 3 servings a week of oily fish.
- Regularly include the other food sources of omega 3 fats: walnuts, whole soy foods, ground flaxseed, wheat germ, canola oil, omega-3 eggs, chia seeds, and dark leafy greens.
- Take a high quality fish oily supplement (I like Nordic Naturals Ultimate Omega®) or an algae based DHA supplement if you are vegan (I like Life's® brand) on the days you do not eat oily fish. (If you take prescription drugs, have a chronic disease, or are pregnant or nursing, talk with your healthcare provider before taking supplements).



## STRICTLY AVOID OXIDIZED FATS.

*Oxidized fats promote inflammation.*

- Oxidized fats are found in fried foods, grilled/broiled fatty meats, oil heated to its smoking point, and all rancid or stale oils/fats (think old peanut butter).
  - Avoid fried foods and grilled or broiled fatty cuts of meat.
  - Never heat an oil up to its smoking point.
  - Do not consume any foods that have a rancid fat odor or taste.



## INCLUDE THE "OTHER" ANTI-INFLAMMATORY FOOD BRIGADE – EXTRA VIRGIN OLIVE OIL, FRESHLY BREWED TEA, DARK CHOCOLATE AND RED WINE.

*These foods provide very high concentrations of anti-inflammatory plant compounds.*

- Make extra virgin olive oil your fat/oil of choice for cold, room temperature and low to moderate heated/cooked foods.
- Enjoy 2 or more cups of unsweetened, freshly brewed, cold or hot tea daily (white or green best). Steep at least 3 minutes and add a twist of lemon or lime to maximize its anti-inflammatory punch.
- Make dark chocolate (70% or more cacao) your sweet of choice. Include up to 1 oz each day.
- Enjoy a glass of red wine with your dinner. (Talk with your healthcare provider to be sure alcohol is safe for you first.)



## EAT MANY (AND AS MUCH VARIETY) OF FRUITS AND VEGETABLES AS POSSIBLE.

*Fruits and vegetables are brimming with an array of potent anti-inflammatory substances. Additionally, they are invaluable for maintaining a healthy body weight. (Excess body fat promotes inflammation throughout the body.)*

- The anti-inflammatory superstars include: red onions, tomatoes, broccoli, Brussels sprouts, red/orange/yellow bell peppers, garlic, dark leafy greens (spinach, kale, etc), apples, red grapes, berries, pomegranates, cherries, oranges and plums.
- Consume five or more servings of vegetables a day. The more the better, but any improvement is great.
  - A serving is one-half cup of any vegetable, except dark leafy greens.
  - For dark leafy greens, (spinach, lettuce, collards, etc.) one serving is one cup uncooked.
  - Dark leafy greens are the most nutrient dense, disease-protective foods nature offers. Be sure to include them in your daily diet. Eat a big green salad with a variety of veggies at least once a day.
- Strive for two or more servings of fruit a day.
  - A serving is one-half cup fresh or frozen or ¼ cup dried.
  - If diabetic or overweight, include fruit daily, but limit to two servings. Avoid dried fruit (the exception is apricots) and the sweeter, higher glycemic tropical fruits (bananas, pineapple, mangos and papayas).
- Eat your vegetables fresh or frozen (avoid them with added butter or sauces). Canned veggies are fine, but are second to fresh or frozen. Canned pumpkin, tomatoes, tomato products, roasted red peppers, beans and artichokes are an exception, so include them freely.
- Minimize white potatoes because of their high glycemic response. If potatoes are a must, prefer red potatoes and eat the skin too.
- Use fresh and/or dried herbs and spices in your food preparation. They kick up the flavor of your food for zero calories and are exploding with health-boosting, anti-inflammatory phytochemicals.
- Snack on fresh veggies (carrots, celery, bell peppers and broccoli florets). Dip in a healthy dip like hummus, salsa or guacamole.
- Cook veggies by steaming, pan-sautéing or roasting. Avoid boiling.
- Enjoy fresh or frozen fruits as long as they contain no added sugar.
- Canned fruits are acceptable, if they have *no* added sugar. Prefer fresh/ frozen.
- Snack on fresh fruit.
- Choose fresh fruit for dessert.



## SPICE UP YOUR LIFE!

*Herbs and spices contain medicinal levels of anti-inflammatory plant compounds. Plus they kick up the flavor of your foods for zero calories!*

- The most potent anti-inflammatory herbs and spices include: rosemary, ginger, turmeric, curry and cinnamon. Use them regularly and liberally.



## MAINTAIN A HEALTHY BODY WEIGHT.

*Fat cells, especially belly fat cells, produce highly inflammatory chemicals called adipokins that incite inflammation throughout your body. Strive for:*

- Body Mass Index (BMI) of <25
- Waist Circumference: 32.5 inches or less (women); 35 inches or less (men)
- Any improvement helps!! (especially losing belly fat)



## STRICTLY AVOID PROLONGED SITTING.

*Riveting new science is quickly mounting that prolonged sitting (which the majority of the population engages in daily) is profoundly bad for health and metabolism and promotes inflammation in the body. Never sit for more than 2 hours without some type of activity break. Simply walking around for 1-2 minutes can help mitigate the adverse consequences of prolonged sitting.*

- Consider a stand up desk for your workday. I have been using a stand up desk for years now and LOVE it!
- Consider setting your watch or smart phone to beep every 2 hours during prolonged periods of sitting to remind you to MOVE. You can also find web-based tools that will automatically alert you via your computer or Smart Phone to remember to get up.



## INCLUDE A SMALL HANDFUL (ABOUT 1 OZ.) OF NUTS IN YOUR DIET.

*Nuts are one of nature's most powerful anti-inflammatory foods.*

- Any variety in any form, raw or roasted.



### RESTRICT THE INTAKE OF OMEGA 6 FATS.

*Omega 6 fats are pro-inflammatory fats that compete with the anti-inflammatory omega 3 fats.*

- Omega 6 fats are found in corn, safflower, sunflower, peanut and soybean oils.
- These oils, especially soybean oil, are frequently found in margarines, mayo, bottled salad dressings and other processed foods. Choose olive oil or canola oil based mayo and salad dressings and minimize processed foods.



### EXERCISE REGULARLY FOR THE REST OF YOUR LIFE.

*Regular exercise/ physical activity has profound anti-inflammatory effects.*

- Strive for at least 30 minutes of moderate aerobic activity (ex: briskly walking) 5 days a week or 45 minutes of vigorous aerobic activity (ex: spinning, jogging) 3 days a week. As the optimum – moderate aerobic activity 5 hours a week or vigorous aerobic activity 2.5 hours a week, along with resistance activity (muscle strengthening) at least 2 days a week.
- Check with your healthcare provider before exercising if you have any cardiovascular risk factors or chronic medical problems.



### MAINTAIN A NORMAL BLOOD LEVEL OF VITAMIN D.

*Vitamin D deficiencies are epidemic and vitamin D plays an important anti-inflammatory role in the body.*

- Your doctor can check your blood level. The test is called a 25-hydroxy D test.
- Take a supplement of 2,000 IU's of vitamin D (in the D3 form) daily or as directed by your physician based on your blood level. (Anyone with a chronic disease or those who are pregnant or nursing should talk with their physicians before taking supplements.)



### AVOID SUGARY BEVERAGES

*Sugary beverages lead to large and rapid elevations in blood glucose, fructose and insulin levels that promote inflammation.*

- This includes soda, fruit drinks, sports drinks, dessert coffee, sweet tea, fruit juice, etc.
- Choose clean water or freshly brewed unsweetened tea instead.



Superstar Anti-Inflammatory Foods

- Dark lettuce greens (spinach, romaine, etc)
- Dark leafy greens (kale, collards, etc)
- Red onions
- Tomatoes
- Garlic
- Broccoli
- Brussels sprouts
- Red/orange/yellow bell peppers
- All berries – especially blueberries (daily)
- Apples
- Oranges
- Red/purple grapes
- Pomegranates
- Garlic
- Ginger (fresh or dried)
- Turmeric
- Curry
- Rosemary
- Plums
- Cherries
- Organic plain soy milk
- Low-fat or non-fat plain yogurt
- Edamame
- Tofu
- Tempeh
- Oily fish (Wild Alaskan salmon is my top pick)
- Skinless poultry (turkey breast, chicken)
- 100% Whole grain cereals
- Whole oats (steel cut or “old-fashioned” best)
- Quinoa
- Wheat germ
- Oat bran
- Brown rice
- Wild rice
- Beans/legumes
- Roasted red peppers
- Any form of tomato product
- Canned pumpkin
- Beans
- Canned Salmon
- Extra Virgin Olive Oil
- Clean water
- Freshly brewed unsweetened tea (green or white best)
- Canned salmon
- Prepared hummus
- Bean dips
- Salsa
- Tobuleh
- Guacamole
- Pesto
- Sun-dried tomatoes
- Dark chocolate (70% cacao or higher)
- Any nut
- Any seed
- Soy nuts



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