ANTI-INFLAMMATORY DIET

The following diet is originally from the famous clinic in Europe where they treat serious illnesses holistically. The diet is designed to take the stress off the body so it can rebuild and heal. It is a very good diet for inflammatory problems **eg. Arthritis. If there is something you tested against, avoid that particular food for the present time:**

- **Chicken twice a week (organic is definitely best)**
- **Tuna or Salmon 1-2 times a week**
- **All veggies cooked or raw**
- **Fruit: avoid acid fruits, eat very limited amounts of other fruits**
- **No gluten (wheat, oats, rye, barley, spelt, kamut). Instead you may have: rices, buckwheat, quinoa, amaranth, teff, lentils, dried peas and beans, corn.**
- **Limited amounts of almonds (no hazelnuts or walnuts). No peanuts.**
- **3-4 chicken eggs (range free) a week**
- **No beef, pork, lamb, or any other red meat**
- **No cows milk or cheese made from cow but you can have goat milk and goat cheese**
- **No sugar (white or brown), corn syrup, or synthetic alternatives. Honey and stevia are fine. Erythritol is usually well tolerated as is brown rice syrup and coconut sugar.**
- **Coffee, black tea are irritants and avoid during inflammatory periods.**
- **For oils and spreads - use flaxseed oil, extra virgin olive oil, coconut oil, avocado oil (no margarine). See the oils that you tested the best to use.**
- **Also avoid any food sensitivities you may have. Most common ones are dairy, wheat, chemicals/preservatives, peanuts, oranges, processed foods.**