



# Anti-Inflammatory Nutrition

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# Why Anti-Inflammatory Nutrition Matters

Chronic inflammation linked to various diseases, including:

- Heart Disease
- Cancer
- Neurodegenerative disorders (Alzheimer's and Parkinson's)
- Autoimmune conditions
- Gut health issues

*Reducing inflammation through nutrition can improve overall well being, enhance longevity and support mental health.*

# What Causes Inflammation?

Key dietary and lifestyle factors contribute to inflammation

- Processed and refined foods
- Excess sugar and artificial sweeteners
- Industrial seed oils (canola, corn, soybean, etc.)
- Gluten and dairy (for sensitive individuals)
- Excess alcohol consumption
- Stress, poor sleep, and sedentary lifestyle

# Foods to Avoid

These foods upregulate inflammation and should be limited

- Sugar & artificial sweeteners
- Refined carbohydrates (white flour, white rice, processed grains)
- Industrial seed oils (canola, corn, sunflower, safflower, etc.)
- Conventional dairy & grain-fed meats
- Processed meats and fried foods
- Packaged, processed, and fast foods





## Anti-Inflammatory Foods

- Fresh, organic **vegetables & fruits** (especially leafy greens, berries)
- **Wild-caught fish** (salmon, sardines) & **grass-fed meats**
- **Healthy fats** (avocado, olive oil, coconut oil, nuts, seeds)
- **Fermented foods** (kimchi, sauerkraut, kefir, ACV)
- **Herbs & spices** (turmeric, ginger, garlic, cinnamon)
- **Bone broth** for gut health support





# A Day of Anti-Inflammatory Nutrition

## Breakfast

Egg muffins with vegetables & avocado

## Lunch

Large green salad with olive oil dressing, nuts & seeds

## Dinner

Wild-caught salmon with roasted asparagus & cauliflower mash

## Snacks

Chia pudding, hummus with veggies, mixed nuts



## Lifestyle Tips to Reduce Inflammation

- **Stay hydrated:** Drink half your weight in ounces of water daily
- **Move regularly:** Walking, yoga, and strength training help
- **Reduce stress:** Practice mindfulness, meditation, and deep breathing
- **Get quality sleep:** Aim for 7-9 hours per night
- **Cook at home:** Avoid processed foods and prioritize whole foods
- **Practice time restricted eating:** 12-14 hour overnight

# Take Control of Your Health

## **Reduce chronic inflammation**

Improve overall health and well-being.

Enhance longevity and prevent disease.

Support mental clarity and gut health.

**Start making small changes today  
and enjoy the benefits!**

