

What is inflammation?

Inflammation is how your body responds against things that harm it. How your body responds to stresses (like diet)

Acute inflammation: is when there is an injury such as sprained ankle or banging your finger. Acute inflammation will usually cause redness, swelling, and pain.

Chronic inflammation: Chronic inflammation happens when this response lingers, leaving your body in a constant state of alert. Over time, chronic inflammation may have a negative impact on your tissues and organs. Some research suggests that chronic inflammation could also play a role in a range of conditions, from cancer to asthma.

Common Symptoms of Chronic Inflammation

Fatigue

Mouth sores

Lingering pain

Body soreness and aches that isn't from working out or strenuous activity

Digestive disorders

Mental foginess or lack of mental clarity

Chest pain

Insomnia

Weight gain or weight loss

Depression

Frequent infections

Metabolic diseases such as type 2 diabetes, obesity, inflammatory bowel diseases, cardiovascular diseases, digestive disorders, high cholesterol,

When the body stays in a state of chronic inflammation for a long period of time, you have a greater risk of developing chronic disease such as rheumatoid arthritis, Crohn's disease, heart disease, type 2 diabetes, and Alzheimer's.

When you become aware of foods that are causing inflammation in your own body, you can take better control of your health and have a better chance of preventing illness and disease.

How to reduce inflammation

The majority of your plate should be vegetables and some fruits have a colorful diet.

Tips on reducing inflammation:

Make a smoothie with frozen wild blueberries, spinach or any antioxidant fruit or vegetable

Have salads daily that are loaded with colorful foods

Eat good fats like avocados, chia seeds, coconut, raw cacao, wild caught fish

Cook in ghee or avocado oil

Eliminate processed foods

Reduce sugar intake and use natural sugar replacements like monk fruit, erythritol, stevia

Eat real foods

Drink water

Clean Snack Brands

HU Grain Free Crackers

HU Chocolate

Primal Kitchen Dressings, Condiments, Sauces, Frozen Meals

Nobel Made Sauces

Siete Chips, Tortillas, Taco Shells, Queso Dip, Cookies

RXBAR

Love Good Fat Bars

Smart Sweet Candies

Jackson's Honest Potato Chip and Sweet Potato Chips

Brad' Raw Foods

GT CoCoYo Yogurt

SoDelicious Coconut Ice Cream and Almond Ice Cream

CaveMan Jerky

Hail Merry Treats

Thunderbird Food Bar

Cappella's Paleo Pizza and Pasta

Newman's Own Balsamic Vinaigrette

Canola Oil, Water, Balsamic Vinegar (Wine Vinegar, Cooked Grape Must, Caramel Color), Distilled Vinegar, Extra Virgin Olive Oil, Sea Salt, Less Than 2% Of: Garlic, Sugar, Black Pepper, Onion, Red Bell Peppers*, Oregano*, Basil*, Parsley*, Marjoram*, Xanthan Gum (As A Thickener), Green Onion*.

Blue Diamond Almond Nut-thins

RICE FLOUR, ALMONDS, POTATO STARCH, SEA SALT, SAFFLOWER OIL, NATURAL FLAVORS (CONTAINS MILK).

Siggi's Nonfat Yogurt, Vanilla

Pasteurized skim milk, organic agave nectar, Madagascar bourbon vanilla, live active cultures

Nature's Bakery Blueberry Breakfast Bar

Brown Rice Syrup, Fig Paste, Gluten Free Flour (Tapioca Starch, Rice Flour), Cane Sugar, Canola Oil, Blueberry Jam (Organic Cane Sugar, Naturally Milled Sugar, Organic Rice Starch, Glycerin, Blueberries, Apple Powder, Natural Flavors, Pectin, Citric Acid, Locust Bean Gum), Gluten Free Five Grain Flour (Amaranth, Quinoa, Millet, Sorghum, Teff), Brown Rice Flour (Rice Flour, Rice Bran), Date Paste, Gluten Free Rolled Oats, Glycerin, Flaxseed, Leavening (Monocalcium Phosphate, Baking Soda), Xanthan Gum, Sea Salt, Natural Flavor, Citric Acid.

Kind Apple Cinnamon Probiotic Breakfast Bars

Oats, brown rice flour, cane sugar, canola oil, apple, water, oat flour, honey, gum acacia, raisin paste, molasses, millet, cinnamon, buckwheat, amaranth, sea salt, quinoa, natural flavor, Bacillus coagulans GBI-30 6086 probiotic cultures, Vitamin E (tocopherols to maintain freshness).

Purely Elizabeth Grain Free Granola, Vanilla Almond Butter + MCT

Pumpkin seeds*, sunflower seeds*, cashews, coconut sugar*, almonds, coconut flakes*, almond butter, MCT Oil from coconuts*, chia seeds*, cinnamon*, sea salt, vanilla extract (*organic ingredients)