

ANTI-INFLAMMATORY QUICK GUIDE

Worst Foods

- SUGAR/ARTIFICIAL SWEETENERS
- TRANS FATS AND FRIED FOODS
- REFINED/PROCESSED CARBOHYDRATES
- EXCESSIVE ALCOHOL

Best Foods

- COLD WATER FISH: SALMON, TUNA
- TOMATOES, FRESH VEGGIES
- OLIVE OIL
- NUTS, LEGUMES
- FRUITS
- GLUTEN-FREE PASTA, GRAINS

Top 3 Supplements

- FISH OIL/ OMEGA 3~ 4,000MG DAILY
- ALPHA LIPOIC ACID ~ 600MG DAILY
- VITAMIN C~ 1,000MG DAILY