



Reducing inflammation through diet and lifestyle changes



Refined sugars Meats Coffee
Processed food Fried food Alcohol
Saturated fats Mono-sodium glutamate
Gluten Dairy

Stress Lack of exercise Smoking
Sluggish lymphatic system Obesity

Oily fish Turmeric Berries Ginger
Green leafy vegetables Spirulina Omega 3
Extra virgin olive oil Wholegrains

Exercise Relaxation Deep breathing
Meditation Mindfulness Positivity
Yoga/Pilates

