

ANTI-INFLAMMATORY DIET

Inspired Chiropractic

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INSPIRED CHIROPRACTIC
HELPING CLIENTS
FOR 20 YEARS

Dr Jonathan Wilson (Chiropractor) open Inspired Chiropractic more than 20 years ago and has helped thousands of clients with health problems.

Many clients come with pain they have experienced for many years and are relieved to find that we can help them get better - permanently.

We specialise in helping clients with complex and long term problems.

Researchers have found that what you eat may not only increase inflammation, but it can also set you up for other chronic conditions such as obesity, heart disease and diabetes.

FOODS TO AVOID

SUGAR

It may be hard to resist desserts, pastries, chocolate bars, fizzy drink, even fruit juices. However the American Journal of Clinical Nutrition warns that processed sugars trigger the release of inflammatory messengers called cytokines. Sugar goes by many names so look out for any word ending in "ose," e.g. fructose or sucrose on ingredient labels.



SATURATED FATS

Several studies have shown that saturated fats trigger adipose (fat tissue) inflammation, which is not only an indicator for heart disease but it also worsens arthritis inflammation. Pizza and cheese are the biggest sources of saturated fats in the average western diet according to the National Cancer Institute. Other culprits include meat products (especially red meat), full-fat dairy products, pasta dishes and grain-based desserts.

TRANS FATS

Harvard School of Public Health researchers helped sound the alarm about Trans fat in the early 1990's. Known to trigger systemic inflammation, trans fat can be found in fast foods and other fried products, processed snack foods, frozen breakfast products, cookies, doughnuts, crackers and most margarines. Avoid foods with partially hydrogenated oils in the ingredient labels.

OMEGA 6 FATTY ACIDS

Omega 6 fatty acids are an essential fatty acid that the body needs for normal growth and development. The body needs a healthy balance of omega-6 and omega-3 fatty acids. Excess consumption of omega-6s can trigger the body to produce pro-inflammatory chemicals. These fatty acids are found in oils such as corn, sunflower, grape seed, soy, peanut and vegetable, in mayonnaise and in many salad dressings.



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REFINED CARBOHYDRATES

White flour products (breads, rolls, crackers) white rice, white potatoes (instant mashed potatoes or french fries) and many cereals are refined carbohydrates. According to Scientific American, processed carbohydrates may trump fats as the main driver of escalating rates of obesity and other chronic conditions. These high-glycemic index foods fuel the production of advanced glycation end (AGE) products that stimulate inflammation.

MSG

Mono-sodium glutamate (MSG) is a flavour-enhancing food additive most commonly found in prepared Asian food and soy sauce, but it can also be added to fast foods, prepared soups and soup mixes, salad dressings and deli meats. This chemical can trigger two important pathways of chronic inflammation and can adversely affect liver health.

GLUTEN AND CASEIN

People who have joint pain and are sensitive to gluten, found in wheat, barley and rye, or casein, found in dairy products, may find relief by avoiding them. Those diagnosed with celiac disease, in which gluten sets off an autoimmune response that damages the small intestine and sometimes causes joint pain, may find relief when they adopt a gluten-free diet. There may be an overlap in which some people with arthritis also have gluten sensitivity or also have celiac disease.

ASPARTAME

Trying to go sugar-free? Aspartame is a non-nutritive, intense artificial sweetener found in more than 4,000 products worldwide. While it is approved by the FDA, studies on its effects are mixed, and the impact on people with autoimmune disease are unknown. If you are sensitive to this chemical, your immune system may react to the 'foreign substance' by attacking the chemical, which in return, will trigger an inflammatory response.

ALCOHOL

Alcohol is a burden to the liver. Excessive use weakens liver function and disrupts other multi-organ interactions and can cause inflammation. It is best eliminated or used in moderation.

