

Dr Jonathan Wilson (Chiropractor) opened 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.

ANTI-INFLAMMATORY DIET

Inspired Chiropractic

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Researchers have identified that certain foods can help control inflammation.

Following a diet low in processed foods and saturated fat and rich in fruits, vegetables, fish, nuts and beans is great for your body. If this advice looks familiar, it is because these are the principles of the so-called Mediterranean diet, which is frequently touted for its anti-ageing, disease-fighting powers.

Studies indicate that eating these foods can help with the following:

- Lower blood pressure
- Protect against chronic conditions ranging from cancer to stroke
- Help arthritis by reducing inflammation
- Benefit your joints as well as your heart
- Lead to weight loss which makes a huge difference in managing joint pain.

FOODS TO EAT

Get Fishy

Certain types of fish are rich in inflammation-fighting omega-3 fatty acids, which reduce C-reactive protein (CRP) and interleukin-6, two inflammatory proteins in your body.

How much: At least 3 to 4 ounces, twice a week

Best sources: Salmon, tuna, sardines, anchovies and other cold-water fish (if you don't like fish, take a supplement between 600 to 1000 mg daily)

Eat Your Fruit & Vegetables

Fruits and vegetables are packed with antioxidants which support the immune system – the body's natural defence system – and may help fight inflammation.

How much: At least 1½ to 2 cups of fruit and 2 to 3 cups of vegetables per meal

Best sources: Colourful foods such as blueberries, blackberries, cherries, strawberries, spinach, kale and broccoli. Onions are packed with antioxidants which also reduce inflammation, heart disease risk and LDL, or 'bad' cholesterol. Try them sautéed, grilled or raw in salads, stir-fries, whole-wheat pasta dishes or sandwiches.

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Nuts or Seeds

Nuts are full of inflammation-fighting monounsaturated fat, protein and filling fibre – a bonus if you are trying to lose a few pounds.

How much: *Eat 1.5 ounces of nuts daily (about a handful)*

Best sources: *Walnuts, pine nuts, pistachios and almonds*

Break out the Beans

Beans have several antioxidant and anti-inflammatory compounds. They are a low-cost source of fibre, protein, folic acid and minerals such as magnesium, iron, zinc and potassium.

How much: *Eat one cup, twice a week*

Best Source: *Red kidney beans, small red beans and pinto beans*

Pour on the Olive Oil

Olive oil contains heart-healthy monounsaturated fat, antioxidants and oleocanthal, a compound that can lower inflammation and pain.

How much: *Two to three tablespoons daily*

Best sources: *Extra virgin olive oil is less refined and processed so it retains more nutrients than standard varieties*

Whole Grains

Whole grains contain plenty of filling fibre, which lowers C-reactive protein (CRP), a substance in the blood that indicates inflammation. Foods that have carotenoids, the antioxidants that give carrots, peppers and some fruits their colour, are quite good at lowering CRP.

How much: *Eat 6 ounces of grains per day, at least 3 of which should come from whole grains*

Best sources: *Kernal grain or whole-wheat flour, oatmeal, brown rice and quinoa*

Nightshades or Not?

Nightshade vegetables – eggplant, tomatoes, peppers and potatoes – are central to Mediterranean cuisine. Some people believe they trigger arthritis flares, but there's limited scientific evidence to support this theory. Try cutting nightshades from your diet for two weeks to see if symptoms improve.