

## What is inflammation?

Inflammation is the body's immune response to injury or infection. Infections, wounds, and any damage to tissue would not be able to heal without an inflammatory response. There are 2 types of inflammation:

**Acute inflammation:** This is a normal, short-lived response of the body to injury, irritation, or infection. It usually lasts minutes to days.

**Chronic inflammation:** Persists for weeks, months, or years. This is a response of the body to one or more factors including exposure to environmental toxins, a bacterial or viral infection, poor nutrition, stress, and processes related to aging.



## Pain Management

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## Many foods can increase or decrease inflammation throughout the body.

**Foods that *increase* inflammation:** These foods are generally *unhealthy* and increase the risk for obesity, diabetes, cardiovascular disease, and other chronic diseases.

**Foods that *decrease* inflammation:** We call these "anti-inflammatory foods. They also *decrease* the risk for chronic disease!

## Inflammation can help or hurt your body



## Eat more of these good anti-inflammatory foods

<b>Omega-3 fats</b>	Salmon, walnuts, flaxseed, chia seed, olive oil, eggs.
<b>Antioxidants</b>	Variety of fruits, vegetables, beans, raw nuts/seeds, herbs and spices. Especially tomatoes, green leafy vegetables, berries, sage, ginger, thyme, paprika.
<b>Fiber</b>	Fruits and vegetables, beans, nuts seeds. Whole grains like oatmeal/barley/brown rice/ quinoa/ whole wheat pasta, beans.
<b>Spices</b>	Ginger, turmeric, cinnamon, nutmeg, garlic, oregano, cayenne, rosemary, mint, and basil.
<b>Polyphenols</b>	Fruits, vegetables, dark chocolate, olive oil, tea, coffee.
<b>Probiotics</b>	Yogurt, kefir, supplements.
<b>Zinc:</b>	Baked beans, chicken, yogurt, chickpeas, Swiss cheese, cashews, oatmeal, supplements.

## Avoid these foods that can *increase* inflammation

<b>Trans fat</b>	<b>Fried foods</b> like donuts, french fries, fried chicken. <b>Snacks</b> like potato chips and butter microwave popcorn. <b>Baked goods</b> like cookies, pie, and cake. <b>Refrigerated dough</b> like canned biscuits, cinnamon rolls and pizza crusts. Stick margarine and some nondairy coffee creamers
<b>Omega-6 fats</b>	Margarine, soybean oil, shortening, lard, safflower oil
<b>Refined carbohydrates</b>	White bread, white pasta, pastries, chips
<b>Soda and other sugar-sweetened drinks</b>	Lemonade, Gatorade, sweetened coffee drinks, sweet tea, juice, etc.
<b>Red and processed meats</b>	Burgers, hot dogs, sausage, lunchmeats

**If you are lactose intolerant:** Eliminating dairy may *decrease* inflammation.

You may benefit from eliminating just milk or you may benefit from eliminating all dairy, depending on severity.