

Anti-Inflammatory Diet and Herbs

Foods to avoid:

- Nightshades – potatoes, tomatoes, bell peppers, eggplants.
- Shellfish – shrimp, lobster, clams, etc.
- Gluten – wheat bread, pasta, pizza, etc.
- Fried foods – french fries, anything battered and deep fried.
- Sugar
- Refined and highly processed foods.

Foods to reduce:

- Dairy – choose live fermented options like yoghurt, kefir, raw milk cheese over pasteurized options like milk, cream, cheese.
- Alcohol – avoid beer and drinks containing sulphites.
- Coffee – switch to green or herbal teas.

Foods to include:

- Carb alternatives: sweet potatoes, plantains, parsnip, millet, amaranth, quinoa...
- Leafy greens: chard, kale, spinach...
- Fatty fish: salmon, herring, anchovies, mackerel...
- Berries: black berries, blue berries, raspberries, cherries...
- Broccoli
- Mushrooms: shiitake, oyster, portobello, lion's mane...
- Olive oil

Herbs that reduce inflammation:

- Turmeric – add some black pepper, nice as “golden milk” in oat or almond milk.
- Green tea – in moderation if sleep is an issue.
- Ginger – slice and simmer for strong tea.
- Rosemary
- Cloves
- Cinnamon
- Prickly ash
- Devil's claw (check in about herb – drug interactions if you are on medications)