Basic Anti-Inflammatory Guideline

Your immune system becomes activated when your body recognizes anything that is foreign—such as an invading microbe, plant pollen, or chemical. This often triggers a process called inflammation. Intermittent bouts of inflammation directed at truly threatening invaders protect your health.

However, sometimes inflammation persists, day in and day out, even when you are not threatened by a foreign invader. That's when inflammation can become your enemy. Many major diseases that plague us—including cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's—have been linked to chronic inflammation.

One of the most powerful tools to combat inflammation comes not from the pharmacy, but from the grocery store. "Many experimental studies have shown that components of foods or beverages may have anti-inflammatory effects," says Dr. Frank Hu, professor of nutrition and epidemiology in the Department of Nutrition at the Harvard School of Public Health.

Choose the right anti-inflammatory foods, and you may be able to reduce your risk of illness. Consistently pick the wrong ones, and you could accelerate the inflammatory disease process.

Avoid the following foods:

- All animal milk
- All animal cheese
- Eggs
- All wheat containing products including bread, pasta, flour
- Citrus fruits, except lemons
- Tomatoes
- Potatoes
- Other nightshade varieties – bell peppers, eggplant
- Corn products
- Carbonated drinks
- Peanuts and peanut butter
- All caffeinated teas (except matcha green tea)
- Coffee
- Alcohol
- Red meat – especially pork and pork products (game meats are ok, in moderation)
- Sugar and artificial sugar substitutes
- Fried foods
- Processed foods

Resource

https://www.health.harvard.edu/staying-healthy/-foods-that-fight-inflammation

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