

The best foods to consume for decreasing inflammation

1. Fruits & Vegetables. The greater the variety of rich colors, the better. Get at least 5 servings a day, 10 is best. Corn is a grain, not a vegetable. Limit potatoes.
 2. Wild cold water fish: salmon, trout, halibut, mackerel, cod, anchovies, arctic char, pollock, berimundi, flounder, herring. Or take a fish oil supplement: minimum 2,700mg/day if you have no chronic diseases.
 3. Beans. Most beans have a 1:1 ratio except garbanzo 30:1 and soy 8:1 (limit these 2).
 4. Flax seeds & Chia seeds. Limit all other nuts and seeds; as their oils are very high in LA. In fact, nuts and seeds are the highest natural food source of LA. Do not mix nuts with carbs, as insulin increases the production of inflammation. (If inflammatory oils are like burning wood, insulin is like throwing gasoline on the fire.) Eat flax not flax oil.
 5. Whole grains. All grains have LA so do not go overboard on grains. If you want to lose weight limit your intake to one serving of whole grains per day. "Insulin is what makes you fat and what keeps you fat" Barry Sears PhD
 6. Goat milk products.
 7. Wild, free range, organic, or grass fed meats. Lamb and Veal are more healthy choices.
- The best vegetable spreads are: Canola Harvest and Smart Balance with Omega 3's. Butter is better than margarines with partially hydrogenated oils.
 - The best oils to cook with are: Canola oil (2:1) but, do not pan fry with it. Olive oil, coconut oil, butter can be used for pan frying. Palm Kernel oil is okay. Even better, when baking or cooking, you can substitute applesauce for oil. It is the same amount of applesauce as to the amount of oil that the recipe calls for. Try pan frying with water and no oil.
 - You can substitute ground flax for eggs. It is a great way to get Omega 3's.
 - In salad dressings look for: Ranch, fat free, canola oil, olive oil; avoid soybean oil.
 - A good brand of processed foods is Nature's path cereals and bars; especially ones with flax.
 - The best nuts to eat are; almonds, chestnuts, macadamia nuts, walnuts. The worst nuts and seeds are: brazil nuts, butter nuts, pine nuts, peanuts, pumpkin seeds, hazel nuts, sunflower seeds.
 - Foods that are really high in AA that you want to avoid include: Kidney, liver, pork, sausage. Also all grain fed (non organic) meats. To learn about our meat industry read "The Meat You Eat", or watch "Food Inc." or "King Corn".
 - The worst vegetable oils are: cottonseed (234:1), sunflower (180:1), soy (8:1 but has 6X more LA than olive oil), sesame (141:1), peanut (no omega 3), grapeseed (947:1), caraway (243:1), corn (46:1), safflower (77:1, it has the most total LA) These oils are added to most processed foods, Read Labels! Avoid snack/junk foods that have these oils.
 - Fish to never eat: orange roughy, pompano, gefilte, carp, light tuna w/ oil, talapia, catfish. Avoid large warm water fish that tend to have a lot of mercury: swordfish, shark, king mackerel, mahi mahi, ahi. If you get tuna w/ water it is only safe to eat once a week due to the mercury content. Remember that farmed fish will be eating soy and have a lot of harmful omega 6 oils in addition to pollutants like mercury and PCB (flame retardants), it is best to avoid farmed fish, never eat farmed fish more than once a month. All Atlantic salmon in Utah is farmed.

The above ratios indicates the amount of LA:ALA or the ratio of omega 6/omega 3. These ratios can be found in Evelyn Tribole's book: "The Ultimate Omega 3 Diet". Try to limit LA intake to less than 6670 mg/day

How much fish oil to take in combined EPA+DHA (ideally a ratio of at least 2 EPA per 1DHA):

- Overweight, type 2 diabetes, heart disease = 5,000mg/day
- Chronic pain = 7,500mg /day (Changes in pain levels may take up to 120 days to see improvements in pain.)

- Neurological disorders = 10,000mg/day

Note: Children need more DHA. You should take a fish oil supplement with antioxidants (stop oxidation). To avoid fish after taste keep your supplement in the refrigerator, and take it right before you eat while drinking as little as possible. Taking a triglyceride form and Lipase will also help. These recommendations may change if you are on a blood thinning medication. See a medical doctor if you have any bleeding issues. Otherwise indigestion might be the only side effect.

The previous lists are of natural, whole foods. This does not include all of the obvious, horrible fast foods, sugary-junk foods, and other processed foods that are detrimental to your health in multiple ways. But just so it is clear: Fast food burger, chicken, and pizza places have foods overloaded with omega 6's. The only reason to eat at one of these places is to avoid starvation (unless you want to die early). Ideally you would also avoid refined grains and anything with added sugar (except when exercising over an hour).

Things to never eat

- Trans Fats a.k.a. partially hydrogenated oils. You have to read labels because the government allows food makers to list "0g Trans Fat per serving" if it has less than .5g per serving. Read the ingredients looking for partially hydrogenated oils.
- Deep Fried Foods; these combine oxidation and inflammation, and usually high glycemic foods, in the same item. The worst food you could ever eat is a doughnut with frosting. No French fries, potato and tortilla chips, scones, etc.
- Monosodium glutamate a.k.a. MSG. Read labels for hidden sources of MSG like yeast extract.
- Aspartame a.k.a. Nutrasweet, Equal; and Sucralose a.k.a. Splenda. All of these artificial sweeteners are considered excitotoxins. Excitotoxins can literally excite your brain cells to death. For more info read Russell Blaylock's books "Excitotoxins: the taste that kills" or "Health and Nutrition Secrets that can Save your Life".

Resources not listed elsewhere:

- To prevent Heart Disease follow the guidelines in Louis Ignarro's book "NO More Heart Disease". Doctors who are reversing heart disease include: John McDougall MD (www.drmcDougall.com), "Dr. Dean Ornish's Program for Reversing Heart Disease", Caldwell Esselstyne MD's "Prevent and Reverse Heart Disease"
- To lose weight: "The Eat Clean Diet" by Tosca Reno (baby steps); or go hard core with "Eat to Live" by Joel Fuhrman MD.
- "Alzheimer's Disease What if There Was a Cure?" by Dr. Mary T. Newport. Reverse Alz. with coconut oil
- A fantastic step by step guide to living and eating healthy is "The Ultramind Solution" by Mark Hyman MD
- A great overview of many current health topic is: "What Your Doctor Doesn't Know About Nutritional Medicine Maybe Killing You" by Ray Strand MD
- For cancer patients or cancer prevention: "Natural Strategies for Cancer Patients" by Russell Blaylock MD and "The China Study" by T. Colin Campbell.
- Movies on natural health (not listed above) include: "Doctored", "Food Matters", "Forks Over Knives", "The Beautiful Truth", "Super Size Me", on Youtube search 20/20 sick in america to watch John Stossel's 6 part series, Terry Wahls is an MD who cured her own MS: watch her TEDx talk in Iowa city on Youtube, also on Youtube watch Peter Jennings report - How to Get Fat Without Really Trying - part 1
- If you are interested in which supplements your body needs I would recommend setting up an appointment at AHC with Martha Bray or Dave Woolston, or you can use our computerized kiosk

at no charge. Also if you have specific problems these 2 gifted practitioners can help you immensely.

Lab tests:

- Fatty Acid blood spot: this will tell you your AA/EPA, total omega 3s, total omega 6s, and total trans fats.
- Vitamin D level (should be above 60, no less than 40)
- Fasting insulin (should be less than 5, if it is above 15 you are insulin resistant and inflamed from fat)
- “The lower your fasting insulin levels are, the longer and better you are going to live.” Barry Sears PhD
- TG/HDL (less than 1 is ideal, if its over 4 you are going to become insulin resistant and inflamed from fat)
- A simple test: is your belly (measured at the navel) bigger than your butt? If yes, you are insulin resistant.

Your body is fat! We all are made up of fats. Every cell is defined by a wall of fat, and some dietary fats help us to be healthy and some fats are detrimental. The brain is the most sensitive to dietary fats as it is 2/3 made of fat. Fluid fats make our cell walls flexible and able to work properly.

The two most subtle damaging things to your health are: **Oxidation** and **Inflammation**

- Oxidation: you rusting from the inside out.
- Inflammation “Classic inflammation hurts; silent inflammation slowly kills” Barry Sears
- These 2 together are the main causes of nearly all long term degenerative diseases.

Oxidation (think of metal rusting) aka Free Radicals.

Oxidants include too much iron & copper, aluminum, exercise (don't go longer than an hour), excitotoxins aka artificial sweeteners, pesticides, inflammation, stress (neurotransmitters released in the brain under stress cause free radical damage), fried foods, spoiled foods, radiation, and the biggest one is breathing oxygen (metabolism).

Antioxidants are found most abundantly in fruits and vegetables. You can also supplement with things like Vitamins A, C, E, Quercetin, Green tea extract, pine bark, resveratrol, alpha lipoic acid, N-acetylcysteine and many more.

Inflammation (think of a sprained ankle or a sunburn) from our diet in the form of **LA (Linoleic acid** from vegetarian sources) and **AA (Arachidonic acid** from animal products, and is the main cause of inflammation in the body). Excess LA gets turned into AA. Inflammatory foods include vegetable oils (cottonseed, soy, sesame, peanut, grapeseed, caraway, corn, safflower, sunflower oils) in fried and processed foods; also the fat in all meats (except wild fish) especially if they are non-organic.

Anti-inflammatory include **EPA (Eicosapentaenoic acid)** and **DHA (Docosahexaenoic acid** which also builds the brain). They are the most powerful anti-inflammatory and are found most abundantly in fish (by far). Omega 3 eggs, and wild/organic meats will have some EPA and DHA as well. The only vegetarian sources of DHA are seaweed and algae. There is another Omega 3 found in vegetarian sources called **Alpha-Linolenic acid (ALA)**. The best sources of ALA are chia & flax seed, next best are beans (not soy or garbanzo) and green leafy vegetables. Canola oil, hemp seeds, walnuts also have a lot of ALA, but they have more LA; thus they cause inflammation but are a better choice than most other oils/nuts/seeds. However, ALA is at least 20 times less powerful at decreasing inflammation compared to EPA. It is very hard to be vegan and not be pro-inflammatory. Turmeric and Ginger are among several

herbal anti-inflammitants.

The wonderful omega 3 family includes:

- EPA
- DHA
- ALA

The silent killers are omega 6 fats:

- LA
- AA

The ratio of AA/EPA is *“The ultimate key to wellness”* -Barry Sears PhD from his book: *“Toxic Fat”*

“Simply put, show me the amount of omega-6 and omega-3 fats in your diet and I will show you your body’s biological state: pro-disease or pro-health.” -Evelyn Tribble MS from *“The Ultimate Omega 3 Diet”*

The ideal AA/EPA ratio is 1.5:1, you must be under 4:1 to be healthy and above 15:1 is dangerous (you will develop one or more of the following: cancer, heart disease, Alzheimer’s, osteoarthritis, asthma, allergies, obesity, leaky gut, type 2 diabetes, chronic pain, dementia, osteoporosis, dry eye syndrome, rheumatoid arthritis, irritable bowel syndrome, stroke, Multiple Sclerosis, psoriasis, depression, anxiety, hostility, addiction, schizophrenia, anger, aggression, post partum depression, Parkinson’s, lower IQ, bipolar disorder, decreased cognition, gall stones, heart arrhythmia, and increased symptoms if you are type I diabetic).