



SYNERGY

Physical Therapy and Yoga Inc.

Below are **Anti-inflammatory** Diet Recommendations based off of a study done by Meggs in 2004

Vegetables: broccoli, brussel sprouts, cabbage, kale

Leafy greens: chard, collards, lettuces, spinach

Citrus fruits: grapefruit, lemon, lime, orange

Berries: blackberries, blueberries, raspberries, strawberries

Beta-carotene: apricots, carrots, mango, pumpkin, sweet potato

Omega 3 fatty acids: flaxseed oil, evening primrose oil, all fish and shellfish have some levels of omega 3's but the higher dosed ones include salmon (cold water, not farmed), mackerel, trout, mullet, tuna (although the mercury level would preclude consumption)

Olive oil: reduces LDL cholesterol and boosts immunity

Green tea

Some of the foods on this list although anti-inflammatory agents, could be a problem food for some. It is important to identify and eliminate problem foods.

Foods to avoid: white flour, wheat, white sugar, dairy, eggs, corn, meat, tomatoes, alcohol, caffeinated beverages, semolina wheat, couscous, MSG.