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## **THE ANTI-INFLAMMATORY DIET**

### **CONCEPT**

1. Acute inflammation is the body's natural response to injury, overuse, or the onset of an acute illness.
2. A chronic inflammatory state is associated with most degenerative disease/conditions. Chronic inflammation can be minimized or eliminated by changes in our diets and with supplementation.
3. The foods we eat contain fatty acids that can be anti-inflammatory (omega 3 fatty acids) or pro-inflammatory (omega 6 fatty acids). The Standard American Diet (SAD) is approximately 15:1 omega 6 to omega 3 fatty acids, leaving the average American susceptible to chronic degenerative diseases. By reversing our fatty acid consumption ratios, our diets become more anti-inflammatory, thereby reducing our susceptibility to chronic degenerative disease. With each meal we are either inflaming or deflaming our body. The idea is to eat ourselves into an anti-inflammatory state.
4. Some of the conditions that may show some promise for improvement are: heart disease, migraines, allergies, arthritis (Osteo and Rheumatoid), Gout, asthma, blood pressure, depression, Colitis, chronic fatigue, Diabetes, Eczema, Lupus, MS, PMS, obesity, Prostatitis, Psoriasis, Shingles, chronic yeast infections and permanent weight loss.
5. This diet may work for those using non-steroidal anti-inflammatory drugs (NSAID's) or Cox II inhibitors, which have toxicity issues. The diet also has very strong anti-aging implications.
6. A reasonable time frame to see a change would be 6-8 weeks.

## **THE PARTICULARS**

### ***\*\* ANTI-INFLAMMATORY FOODS - THE GOOD \*\****

1. Almost all fruits, vegetables, and sweet potatoes/tubers are anti-inflammatory, as well as raw walnuts and raw almonds.
2. Fish, especially deep cold water fish, is anti-inflammatory. Farm raised fish is most likely omega 6, pro-inflammatory.
3. Almost all spices, as well as dark chocolate consisting of 75% or more cacao, are anti-inflammatory.
4. Olive oil is anti-inflammatory, the greener the better (first cold press). All other oils are considered pro-inflammatory, i.e. soybean, canola, corn. Coconut oil is a good oil to cook with. Red wine and stout beer is mostly anti-inflammatory.

### ***\*\* PRO-INFLAMMATORY FOODS - THE BAD \*\****

1. Grains are pro-inflammatory in nature, yes, even brown rice and whole wheat. Grains made of genetically modified organisms (GMO's) are even more inflammatory and can be dangerous and disease provoking.
2. Dairy is pro-inflammatory.
3. Meat is pro-inflammatory (the exception is meat raised on grass, EAT WILD.com).
4. Sugar is pro-inflammatory.
5. Salt is pro-inflammatory.
6. Virtually ALL fast foods are pro-inflammatory.
7. Eggs are pro-inflammatory. (Eggland's Omega 3 eggs are anti-inflammatory).
8. Nuts in general are pro-inflammatory – peanuts and soybeans are the biggest offenders – with the exception of RAW walnuts and almonds.
9. Dark chocolate is anti-inflammatory, while milk chocolate and white chocolate are both pro-inflammatory.

***Supplements are prescribed according to individual needs.***

