

## Want to decrease your inflammation?

Today, it's cool to be hot -- but not when you have inflammation!

Inflammation is a term used when the cells of the body do not function correctly --- their chemistry is "off". It does not mean that you have a red or swollen area. You can have inflammation without having pain.

When the inflammation gets bad enough, a body part will fail. Irritable bowel syndrome, Hashimoto's thyroiditis, diabetes, and heart disease are all inflammatory issues.

Eating various foods can increase or decrease your level of inflammation. Foods that increase inflammation include milk and milk products, sugar, grains, corn, potatoes, and soy, as well as chemicals in food.

Here are the top ten foods that can help to reduce your body's inflammation level:

**Cherries:** Both sweet and tart cherries.

**Salmon:** Oily fish contain omega-3 fats that boost the production of anti-inflammatory compounds.

**Broccoli:** May also have some cancer protective factors.

**Shitake, oyster, and enoki mushrooms:** These should be eaten raw or lightly cooked for the most benefit.

**Extra-virgin olive oil:** I have used this successfully with arthritic patients to reduce pain. Start with taking a teaspoon daily.

**Avocado:** Yippee, this is good for you!

**Turmeric or Curcumin:** Add these savory spices to your cooking or take "bioactive" supplements.

**Tomatoes:** Yummy fresh or sauteed. Or as part of a homemade sauce.

**Spinach:** Contains antioxidants that boost the immune system too.

**Berries:** If you choose to eat strawberries, **only buy** organic!

Set a goal of adding five of these anti-inflammatory wonders to your diet per day. You'll be glad you did!