

Dietary Suggestions

Foods to avoid

1. **Refined sugars cause inflammation**

2. **Animal Fats/Red meat, pork, lamb**
Very inflammatory

3. **Gluten in Wheat Products**

(Inflammatory) Use Gluten Free)

4. **Nightshade Vegetables**-Tomatoes,
Sweet Peppers, Eggplant, Onions,
White Potatoes, Red Potatoes,
(Inflammatory)

5. **Dairy products**

Raises cholesterol
Wrong type fat
Hard to Digest

6. **All foods with Pesticides**

7. **All foods marked GMO**

8. **Oils high in Saturated & Transfats**

Foods to Eat/Substitute

1. **Complex sugars are good** Super
Beets/ Super Reds Organic Fruits

2. **Plant Based Protein**

Hemp Seeds, Sunflower seeds,
Pumpkin Seeds, Flax Seeds (Sprouted
is Best) Nuts - Walnut, Almonds,
Peanut & Nut Butter, Cashew Butters,
Tahini (Sesame) Beans & Lentils -
Chili, Pinto Northern Garbanzo -
Black, Red, Pea Protein, Rice Protein

***Alternative** - Deep Ocean & Fresh
Line Caught Fish

3. **Gluten Free Products**

Oatmeal, Buckwheat, Chia , Etc. have no Gluten

4. **More Green Leafy Vegetables**

Leafy kale, Cucumber, Zucchini, Celery,
Lettuce, Chard, Broccoli, Purple Potatoes, Etc.

5. Almond Milk, Coconut Milk, Oat Milk, Rice
Milk, Cashew Milk, Macadamia Milk

6. **Use only Organic**

7. **Use only NON GMO**

8. **Polyunsaturated Oils are best**

Grapeseed Oil, Hemp Oil, Sunflower Oil, Flax
Oil,