

## **REDUCING INFLAMMATION**



Do you suffer from arthritis, sore joints, skin conditions and/or respiratory irritations? Would you like to reduce or even eliminate these conditions? I guess that is a pretty dumb question! Maybe so, but did you know that there are yummy foods that are naturally anti-inflammatory? It is these anti-inflammatory foods that when eaten on a regular basis will bring your body back into balance.

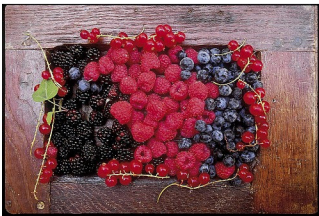
All of the conditions that are listed above are inflammatory conditions. Most of us knew that. But did you know that they are, to a certain extent, caused by eating foods which will promote inflammation?

Do you eat any of the following on daily basis; rice, pasta, rice, processed cereals, breads, other bakery items, biscuits, potatoes, processed and convenience foods, vegetable oils etc? If you do then you are setting your body up for inflammation.

The great news is that if you can increase your intake of some yummy foods which are anti-inflammatory and reduce your consumption of the above foods then you will reduce inflammation in your body and very possibly relieve the inflammatory conditions that you may be experiencing.

Eat lots of the following and enjoy the taste and the benefits:

- Omega 3 rich fish (sardines, anchovies, menhaden, salmon & tuna)
- Berries,
- Ginger,
- Avocado,
- Flaxseeds,
- Soy
- A quality omega 3 supplement



Flax seeds

