12 foods that fight inflammation

Although acute inflammation is important and vital for our healing process, chronic inflammation might lead to a number of illnesses. According to the Department of Health and Human Services and American Heart Association, chronic inflammation might cause diseases such as atherosclerosis, arthritis, osteoporosis, Alzheimer’s disease, food intolerances, diabetes, fibromyalgia, heart disease and in some cases even cancer. It also accelerates the aging process.

Many people suffer from chronic inflammation due to the modern diet and lifestyle. Processed food sugar, hydrogenated and trans fats, stress, malnutrition, obesity, pollution, heavy metals and excessive exercise cause this condition.

Nutrition is a very powerful way to protect your cells from inflammation. Here are 12 foods that you should include into your diet in order to prevent and combat inflammation:

**Blueberries**

Blueberries are incredibly rich in various phytonutrients (such as flavanols, anthocyanin’s, hydroxycinnamic acids, to name a few) that function both as antioxidants and anti-inflammatory compounds in the body. Blueberries are a great addition to smoothies, pies, cakes and salads, and are great when eaten by themselves. To get the most benefits, choose wild or organic berries.

**Papaya**

Papaya is an excellent source of vitamins C, E and Beta-carotene (pro-vitamin a), which have powerful antioxidant properties. This delicious tropical fruit also contains protein-digesting enzymes papain and chymopapain, which help reduce inflammation.

**Broccoli**

Broccoli is a highly nutritious vegetable that contains anti-inflammatory and anti-cancer phytonutrients such as sulforaphane and kaempferol, which help relieve inflammation and oxidative stress, battle allergies and get rid of potentially carcinogenic compounds. It’s also high in Vitamin C, a powerful antioxidant. Add raw or steamed broccoli florets to salads, use as a garnish, or add to soups and stir fries. Do not overheat it, as it will lose most of its nutritional benefits.
Ginger
Studies have shown that ginger contains pharmacological properties of non-steroidal anti-inflammatory drugs. It also contains antioxidant properties, which help protect your cell from inflammation. To spice up your diet, add some ginger to your salad dressing soups, stir fries, teas, smoothies and juices.

Cranberries
Cranberries have shown to contain important anti-inflammatory phytonutrients that protect the cardiovascular system and many parts of the digestive tract (mouth, gums, stomach, and colon). Add fresh or frozen cranberries to smoothies, desserts and salad dressings.

Avocados
Avocados are absolutely amazing in protecting your cells, as they contain various anti-inflammatory nutrients: phytosterols, carotenoid antioxidants (including lutein, beta-carotene, alpha-carotene, etc.), vitamins C and E, minerals such as manganese, selenium and zinc, omega-3 fatty acids and many other beneficial compounds. It’s safe to say that avocado is an anti-inflammation superstar! Add to salads, raw soups, dressings and desserts, or make guacamole!

Turmeric
Curcumin is the active ingredient of turmeric, and it has strong anti-inflammatory and antioxidant properties. Curcumin may relieve arthritis pains even better than some pharmaceuticals like hydrocortisone and Motrin, but with few or no side effects. Add turmeric to soups, stir fries and rice, or make a tea with it.

Chia seeds
Chia seeds are rich in omega-3 fatty acids, which are some of the most powerful anti-inflammatory compounds found in nature. These little black seeds contain more omega-3 fatty acids by weight than salmon, but without the side effects of heavy metals or hormones found in fish. Add chia seeds to your smoothies and cereals, or use them to make a pudding.

Red cabbage
Red cabbage contains powerful phytonutrient anthocyanin that is well-documented anti-inflammatory agent. It also contains significant amount of polyphenols that help reduce inflammation and oxidative stress.

Walnuts
Walnuts are rich in alpha-linoleic acid, or ALA, which is converted to the omega-3 fatty acids DHA and EPA in the body. Dietary alpha-linoleic acid has shown to calm inflammation and protect the cells in certain at-risk patients. We should, however note that walnuts --- just like other nuts --- are very high in fat, so they should be consumed in moderation.
Celery
Celery is a good source of cell-protecting antioxidants, such as vitamin C, beta-carotene and manganese. It also contains various phenolic antioxidants, which provide powerful anti-inflammatory benefits. These phytonutrients may decrease oxidative damage to body fat and risk of oxidative damage to blood vessel walls.

Hemp Seed
Hemp seeds are high in omega-3 fatty acids which, as previously mentioned, are powerful anti-inflammatory compounds. They also contain gamma-linoleic acid, or GLA, which is a beneficial type of omega-6 fatty acid that works in the body as an anti-inflammatory messenger. Add hemp seeds to smoothies, cereal, dressings and desserts, or sprinkle on salads and soups.


What is your Protein IQ?
Instead of giving you a healthy recipe I thought I will test your protein IQ.

Quick – which has more protein: egg, or an ounce of mozzarella? Believe it or not, the cheese actually has about 116 percent more protein. You might want to write that down, especially if you’re one of the forty-three percent of women who say they eat a protein-rich diet to help prevent weight-gain, according to a new study in the Journal of Nutrition Education and Behavior.

It’s a smart strategy: In the study, amping up protein intake was related to self-reported weight loss. There’s only one problem. If you don’t know how much of the nutrient is in the food you’re eating, then you can’t be sure that your diet actually packs as much protein as you think.

The Dietary Reference Intake (DR) for protein is .8 grams per kilogram of the body weight.

If you’re trying to lose weight, then up your intake to 1gram per kilogram of body weight (that comes to 59 grams a day for a 130-pound woman) and consume a variety of different protein sources. And, of course, you’ll still need to exercise.
To increase your protein know – how – and manage your weight more effectively – make this your guide-to guide:

### FROM LOW TO HIGH

<table>
<thead>
<tr>
<th>Food</th>
<th>Protein Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>QUINOA</td>
<td>4.07 g protein in ½ cup</td>
</tr>
<tr>
<td>EGG WHITES</td>
<td>5g protein in 1 large egg white</td>
</tr>
<tr>
<td>ALMONDS</td>
<td>6.02g protein in ounce</td>
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<tr>
<td>EGGS</td>
<td>6.29g protein in 1 large egg</td>
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<tr>
<td>CHEDDAR CHEESE</td>
<td>6.79g protein in 1 ounce</td>
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<tr>
<td>GARLANZO BEANS</td>
<td>7g protein in ½ cup</td>
</tr>
<tr>
<td>BLACK BEANS</td>
<td>7g protein in ½ cup</td>
</tr>
<tr>
<td>PART-SKIM MOZZARELLA CHEESE</td>
<td>7.27 g protein in 1 ounce</td>
</tr>
<tr>
<td>TOFU</td>
<td>7.74 g protein in 3 ounces</td>
</tr>
<tr>
<td>CHUNKY PEANUT BUTTER</td>
<td>7.7g protein in 2 tablespoons</td>
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<tr>
<td>SMOOTH PEANUT BUTTER</td>
<td>8.03g protein in 2 tablespoons</td>
</tr>
<tr>
<td>SKIM MILK</td>
<td>8.26g protein in 1 cup</td>
</tr>
<tr>
<td>EDAMANE</td>
<td>8.44g protein in ½ cup</td>
</tr>
<tr>
<td>SLICED TURKEY</td>
<td>13g protein in 2 ounces</td>
</tr>
<tr>
<td>SLICED ROAST BEEF</td>
<td>14g protein in 2 ounces</td>
</tr>
<tr>
<td>NONFAT PLAIN GREEK YOGURT</td>
<td>18g protein in a 6-ounce container</td>
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<tr>
<td>WHITE TUNA</td>
<td>20.08g protein in 3 ounces</td>
</tr>
<tr>
<td>SALMON</td>
<td>21.62g protein in a 3-ounce filet</td>
</tr>
<tr>
<td>LOWFAT COTTAGE CHEESE</td>
<td>24g protein in 6 ounces</td>
</tr>
</tbody>
</table>


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**Coffee is practically a health food: Myth or fact?**

Myth or fact? Coffee is good for you.

If you choose fact, you’re right. New studies this week add to dozens more reporting the health benefits of coffee, including protection from type 2 diabetes, Parkinson’s disease, liver disease, prostate cancer, Alzheimer’s, computer back pain and more.

But, if you chose myth, you’d also be right. There are times when coffee is bad for you, and it depends on your genetics, your age and even how you make your coffee.
Good to the last drop
Coffee lovers rejoice! There are more studies than ever encouraging you to sip for your good health.

A huge study of more than 25,000 coffee drinkers in South Korea shows that moderate daily consumption – that’s three to five cups a day – is associated with a decreased risk for coronary artery calcium (CAC), CAC, that is a great predictor of future heart disease and hasn’t been studied much in the past.

Four cups of coffee a day was recently found to moderately reduce one’s risk for melanoma, highly dangerous skin cancer. It has to be leaded, though; in the study decaffeinated coffee didn’t provide any protection. The study supports a previous finding of a link between coffee and reduced risk for basal cell carcinoma, the most common type of skin cancer.

Another recent study looked at coffee consumption and multiple sclerosis. If found high coffee-intake—that’s four to six cups a day – reduced the risk of getting MS. So did drinking a lot of coffee over five to 10 years. Researchers now want to study coffee’s impact on relapses and long-term disability in MS.

Add this to the existing research on Parkinson’s and Alzheimer’s and investigators now believe coffee could be neuroprotective, meaning that it is possible the drink is suppressing the production of inflammatory markers in the brain. And may be more than the caffeine in the coffee that’s responsible. Researchers are starting to look at other compounds in coffee that may help as well.

Coffee may reduce women’s cancer risk
Before you run off to your favorite coffee spot for a double mocha latte, note one thing about these studies.

Most research defines a “cup” of coffee at 5 to 6 ounces, about a 100mg of caffeine, and black or maybe with a bit of cream or sugar. It is not one of those 24-ounce monsters topped with caramel and whipped cream.

Coffee drinking linked to longer life
So why was coffee given a bad rap for so long? Earlier studies didn’t always factor out serious health behaviors that used to go along with coffee, such as smoking and a lack of physical activity. Today’s coffee drinker doesn’t necessary fit that mold and researchers are more likely to screen for those behaviors in their results.
Make mine a tea
While the health benefits of coffee keep rolling in, the complete story isn’t so rosy. In some studies, very high consumption – six or more cups a day – reduced the benefits.

Some populations can find coffee consumption potentially harmful. People with sleep issues or uncontrolled diabetes may need to ask their doctors before adding caffeine to their diets. There’s also a concern about caffeine use among youths.

And there’s a genetic mutation many of us have that can affect how fast our bodies metabolize caffeine. The gene is called CYP1A2 – if you have the slow version, it would explain why you crawl the walls after only a cup or two or why it might contribute to your high blood pressure.

Women should take particular note. Coffee may increase menopausal hot flashes. And pregnant women might be more likely to miscarry – the jury is still out—but caffeine does reach the fetus and might restrict growth. Doctors recommend only a cup a day during pregnancy.

And interestingly enough, the way you make your coffee could also make a health difference -- there’s a compound called cafestol in the only part of coffee that can increase your cholesterol or LDL. It’s caught in the paper filters, so as long as you use those to make your morning Joe, you should be fine. But if you’re a lover of French press, Turkish coffee or the boiled coffee popular in Scandinavian countries, you could be putting your health at risk.

For many of us, coffee is a blessing. And as long as you avoid its pitfalls, current science seems to be saying you can continue to enjoy it, guilty free.

Coffee is good for you, but it’s OK to hold back.

Source: http://www.cnn.com/2015/03/04/health/coffee-myth-fact

Fight Inflammation with these delicious smoothies

Do you or anyone you know have ADD/DHD, Peripheral neuropathy, diabetes, heart disease, stroke, migraines, thyroid issues, dental issues, chronic pain, celiac, allergies, lupus, rheumatoid arthritis or cancer? If you answered yes to any of these disorders you are dealing with inflammation. Inflammation affects every aspect of our bodies and overall health. The majority of inflammation starts in the gut causing an auto immune reaction that progresses into systemic inflammation. The scariest part is that this type of “chronic” inflammation can be silent, meaning you may not notice the signs or symptoms right away. If you want to fight and prevent disease, combat pain, and maintain your weight naturally the best thing you can do is keep inflammation at bay with what you put in your fork.

Eliminate Inflammation: Nuts, Avocado, Spinach, Tart cherries, Olive oil, Orange vegetables and fruit, Pineapple and Turmeric, Ginger, Onions and Garlic.

Cause Inflammation: Gluten, Casein, Safflower, Sunflower, soy, corn, Processed meats, Fried Foods, Meat and Diary, Syrup and soft drinks and Fast foods.
So now that we know which foods to eat and which foods to avoid let’s make these ingredients shine in some delicious and powerfully nutritious smoothies!!!!

Cinnamon, blueberries, and walnuts make a delicious way to calm your inflammation and give a boost of antioxidants to your day. You can switch the walnut milk out for hemp milk to save on time (Blend 2 cups water plus 3 tablespoons hemp seeds for instant hemp milk) because hemp helps fight inflammation and has high protein and healthy fats.

**Ingredients**

- 1 cup frozen wild blueberries (organic if possible)
- 1 tablespoon freshly ground flax seeds
- 1 tablespoon molasses
- 1 teaspoon ground cinnamon
- 1 cup homemade walnut milk
- handful of ice cubes (optional)

**Instructions**

1. Add all of the ingredients to a high speed blender and blend until smooth.
2. Pour into your favorite glass and enjoy!

**Notes**

To make the homemade walnut milk, soak 1 cup of raw walnuts in water in the refrigerator for 8 hours or overnight. Once soaked, drain and rinse them well and add them to the blender with 4 cups of filtered water. Blend on high for 1 minute or until the walnuts are very finely ground. Strain through a nut milk bag if you like, although I usually skip this step when I use walnuts. Walnut milk can be stored in the fridge for 3-4 days.

Turmeric is one of the most powerful foods to fight inflammation. Pair it with chia, coconut oil, mangos, and ginger and you have a pain relieving, inflammation fighting, superfood treat in minutes. Celery is incredibly alkalizing and cooling to the body. Paired with coconut water for electrolyte, strawberries and lime for vitamin C and powerhouse nutrient punch from kale this smoothie will keep inflammation and hunger controlled for hours.

Beets, avocados, and berries team up an inflammatory fighting and immune supporting power blend.

This smoothie packs cucumbers and avocados to provide inflammation and alkalizing properties along with mangos, bananas, spinach and coconut water for iron, calcium, omega-3 fats, vitamins, minerals and anti-oxidants galore.

**Source:** [http://transformyourfood.com/2014/06/10/fight-inflammation-with-these-delicious-smoothies](http://transformyourfood.com/2014/06/10/fight-inflammation-with-these-delicious-smoothies)