

HEALING FROM THE INSIDE OUT

INFLAMMATORY PRODUCING

Gluten
White flour
Dairy
*GMO Soy
*GMO Corn
*Hydrogenated Oils -Trans fat
*Artificial Sweeteners
*Chemical Preservatives
*Artificial Food Coloring
*White Sugar
*MSG
*Highly Processed Foods
Nightshades (potatoes, peppers, eggplant, tomatoes)
*Fried foods
Red meat

ANTI-INFLAMMORY/ANTIOXIDANTS

Blueberries
Raspberries
Strawberries
Goji Berries
Blackberries
Cherries
Green Tea
Red grapes
Mushrooms
Garlic
Onion
Turmeric (curcumin)
Ginger
Rosemary
Omega 3 Fatty Acids

**Avoid*

BRING BALANCE INTO YOUR LIFE

Exercise

Yoga

Meditation

Tai Chi

Energy Medicine

Emotional Freedom Technique (EFT, Tapping)

Essential Oils

Acupuncture

Clinical Therapy

Support Groups

Deep Breathing

Rebounder

Finding a deeper sense of purpose in your life

EAT PLENTY OF THESE PROTEIN RICH FOODS

Wild Caught Salmon
Organic Eggs
Organic Poultry
All Beans
Lentils
Flax Seeds
Sunflower Seeds
Pumpkin Seeds
Hemp Seeds
Chia Seeds
Walnuts
Almonds and other nuts

ADD IN THE FOLLOWING FOODS

Crowds out the SAD foods

Leafy greens	Brussel Sprouts
Kale	Onion
Collards	Garlic
Arugula	Cabbages
Spinach	Bok Choy
Swiss Chard	Tomatoes
Romaine	Carrots
Cruciferous Vegetables	Cauliflower
Broccoli	