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## DIET AND INFLAMMATION

What is inflammation?

It is a complex biological process that increases “leaking” cells and proteins from blood vessels. White blood cells increase in the area and they release multiple toxins that ultimately cause the typical reaction of pain, swelling, heat and redness in the area.

Acute (early) inflammation can help the body heal following injury or infection but if the body doesn’t heal the inflammation becomes chronic and the cascade continues unchecked. Chronic inflammation is involved in many disease states, including heart disease, cancer, obesity and arthritis and joint pain.

What role does your diet play?

Your diet can affect inflammation in two different ways. First there are some foods that are known to be either inflammatory or anti-inflammatory. This means some make inflammation worse and some make it better, obviously you want to take in more foods that fight inflammation and eat less foods that cause inflammation.

The second way is thru food intolerances. Some people are sensitive to foods that may not cause the same symptoms in everyone else. These are not food allergies, but some foods increased symptoms of joint and hand pain in certain people and not others.

### *The Anti-Inflammatory Diet*

Eat More	Eat Less
Foods high in Omega 3 fats Cold water fish Ground flax seeds or flax oil Leafy green veggies Walnuts Foods high in antioxidants Yellow, orange and red veggies Dark leafy greens (spinach, romaine lettuce) Citrus fruits Black and green teas Foods high in fiber Spices Ginger, Rosemary, Tumeric, Oregano, Cayenne, Clove, Nutmeg Herbs Boswellia Willow bark Feverfew	Foods high in trans- and Omega 6 fats Red meats Dairy products Partially hydrogenated oils Corn, cottonseed, grape seed, peanut, safflower Soy, and sunflower oils Foods with a long shelf life (chips and crackers) Foods high in simple carbohydrates White bread and bagels English muffins, instant rice Rice and corn cereals Candy Soda Foods that tend to cause intolerance Dairy Wheat / gluten Eggs Artificial flavors and colors
<small>Rakel D. Inflammation: Nutritional, Botanical, and Mind-Body Influence. SMJ. 98(3): 302-10, March 2005</small>	