



# Nutritional Strategies to Reduce Inflammation and Increase Immune Function



Consume a diet rich in fresh, whole fruits and vegetables, organic when possible; include raw foods much as can be comfortably tolerated, adding one to two new vegetables every other day. Vegetables are low on the glycemic index, rich in complex carbohydrates, antioxidants and fiber. They contain pure water necessary for cellular hydration. Lightly steamed and/or stir-fried varieties are preferable to retain flavor, color and important phytonutrient content. In general, the deeper the color of the fruit or vegetable, the higher the bioflavonoid and antioxidant content, useful for the reduction of inflammation. Quercetin, a constituent of onions, is also helpful in reducing inflammation. Garlic contains allicin which is anti-viral, anti-fungal, and antibiotic, and is a good source of germanium, a trace element that protects the liver and enhances the action of oxygen in the body used to enhance immune restoration.



Drink plenty of water to maintain proper fluid balance in cells; fluid retention in cells, which occurs as part of the inflammatory response is a signal from the body to drink more water. Water is the fluid of life, comprising 60-70% of body weight, is necessary for lubrication of the joint surfaces, and for keeping mucous membranes hydrated, which facilitates proper respiration and digestion. Water not only carries nutrients

to the cells, it also helps remove waste, ridding the body of excess fluids.

Eat more frequent smaller meals, utilizing nutrient dense foods; protein is important. Coldwater fish, such as salmon, (wild-caught is best due to the diet fed to farm-raised salmon which increases inflammatory messengers), haddock, halibut, bass, cod, mackerel sardines, and tuna are high in omega-3 fatty acids. These are good fats that reduce inflammation and facilitate proper insulin response in the gut, and stimulate immune function.

Dark leafy greens contain high amounts of chlorophyll, important in cleansing the blood of impurities, as well as building the blood with important nutrients, and inhibiting cellular damage, thereby increasing immune function. Sea vegetables such as nori, dulse and kelp are rich in anti-microbial properties which protect the gut and contain soluble fibers that remove bad fats, pro-oxidants, hormone residues and other toxins from the gut. Fresh pineapple contains bromelain, and fresh papaya contains papain, both of which are enzymes that facilitate the reduction of inflammation and swelling. Mushrooms, particularly reishi, shiitake, maitake and turkey tail contain polysaccharides of which beta-glucan is one which stimulates immune function. Carrots are rich in beta-carotene and contain an essential oil which kills intestinal parasites and unhealthy intestinal bacteria.



Avoid wheat, dairy products and sugars, and foods which contain them; these are the first on the list of allergenic foods; they increase in-

flammation and interfere with proper functioning of the immune system. Whole grains such as rice, spelt, amaranth, quinoa, barley and rye contain fiber that is broken down in the gut to butyric acid, a short-chain fatty acid which enhances growth of epithelial cells in the colon, necessary for proper immune function. Sprouts from these grains can be ground in the blender and used as a substitute for wheat flour.

The best foods to eat to lower inflammatory response and increase immune function are fresh, whole, unprocessed, organic when available; lots of colorful vegetables, no sugar, except those naturally occurring in fruits and vegetables, whole grains, some lean flesh protein, little or no wheat or dairy. These foods are high in nutrient density, low on the glycemic index, and anti-inflammatory in nature.

#### BEST FOOD LIST

Leafy Greens	Cod	Oranges	Barley	Soybeans	Garlic
Broccoli	Halibut	Apples	Oats, Flax	Chickpeas	Vinegar
Peppers	Tuna	Berries	Millet	Lentils	Salsa, Curry
Sprouts	Trout	Cantaloupe	Amaranth	Navy beans	Cinnamon
Onions	Bass	Kiwi	Spelt	Split Pea	Ginger
Tomato	Sardine	Cherries	Ezekial Bread	Black-eyed peas	Green Tea
Carrot	Haddock	Apricot	Brewers Yeast	Pinto Beans	Cayenne
Asparagus	Organic Liver	Red grapefruit		Kidney Beans	Stevia
Cauliflower	Yogurt				Kelp
Pumpkin					Spirulina
Yam					
Oils from fish, flax seed, olive & sesame					

#### GOOD FOOD LIST

Radish	Turkey	Pasta	Walnut	Canola Oil	Watermelon
Lima Beans	Chicken	Popcorn	Almond	Coconut Oil	Grapes
Zucchini	Lamb	Soy milk	Sunflower seed		Honeydew
Squash	Liver, Eggs		Sesame Seed		Plum
Celery	Veal, Pork		Tamari		Banana
Lettuce	Wild Game				Pineapple
Avocado					Papaya
Vegetable Juice					



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