

EATING THAT MINIMIZES INFLAMMATION INSIDE YOUR BODY PROMOTING A LONGER QUALITY LIFE 'The Anti-Inflammatory Diet'

The foods listed are only examples of foods to eat. You need to consult with your physician to address specific dietary changes or before introducing some foods to your diet as some foods may interact with meds or be contraindicated with certain conditions or ongoing therapies. The information that follows offers only general dietary goals not specific to any individual. To obtain a specific dietary consult regarding your dietary needs Dr. Morrison is available to discuss them further. Make an appointment today.

Try to eat only organically grown foods as they reportedly have two to five times more nutrients and it will decrease exposure to pesticides. There is no restriction on the amount of food you can eat. Try to compose meals of approximately 40% carbohydrates (sugars), 30% protein and 30% healthy fats. Try to eat any one food no more than five times a week. Plan your meals ahead of time and try to find at least ten recipes you enjoy. If Body builder toning or for weight loss 30% carbohydrates, 40% protein, and 30% healthy fats may be considered depending on the body builders goal. Smell and see your food 30 minutes before eating it to increase gastric juice preparation. With age the cells that make gastric juice may not work well and may require 1t to 1T apple cider vinegar before meals to help stomach digestion. CHEW each bite 30 times to break it down mechanically and do not multi-task with meals (relax). Talking while eating confuses the epiglottis which may pass food into the trachea creating a choking victim (or death) so eat in peace with little to say. Goal is HIGH NUTRIENT DENSE foods, rather than eating lots of low nutrient dense foods which offer little to the body except excessive calories. Remember, in general, it is food if you can grow it or if it lives; it is a product (NOT FOOD) if it is packaged. Grocery stores profit more from products, and products contain chemicals you can't pronounce, artificial colors/flavors, and harmful preservatives. The packages leach chemicals into the food such as the linings inside the cans, the plastic package/bottles, or the aluminum cans. Buy foods, they are easy to find as they will not have packages. The stores hide them in the back or side of the store. And, when buying beverages glass containers are best.

Steamed Vegetables: The primary reason for using steamed vegetables is that steaming improves the utilization or the availability of the food nutrients allowing the gastro-intestinal mucosa to repair itself. Use minimal raw vegetables except as a salad. Include at least one green vegetable daily. Boiling losses nutrients in the water that's drained out. Eat a variety of any and all vegetables (except tomatoes and potatoes) that you can tolerate. It is best to try and eat mostly the lower carbohydrate (3, 6%) vegetables, esp. if diabetic. For example:

3% - asparagus, bean sprouts, beet greens, broccoli, cabbage, cauliflower, celery, Swiss chard, cucumber, endive, lettuce, mustard greens, radish, spinach, watercress;

6% - string beans, beets, Brussel sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabagas, turnip, zucchini;

15% - artichoke, parsnip, green peas, squash, carrot; 20+% - yam.

Add your favorite spices to enhance the taste of these vegetables. Though RAW veggie diet with the DASH Diet (low in salt, etc.) are great for cardiovascular long-term health along with 1 hr moderate aerobic exercise 3-5x weekly (even daily) some veggies such as broccoli and cauliflower need limited in raw form (should be steamed) as they can inhibit thyroid production in raw form.

Grains: Eat one to two cups of cooked grains per day of those you tolerate, unless you have indications of high insulin levels such as overweight, high blood pressure, high cholesterol or diabetes. Allowed grains include: amaranth, barley, buckwheat, millet, oatmeal, quinoa, basmati or brown rice, rye, teff. Other grain foods that may be eaten are rice crisps and wasa crackers. NOTE: Gluten is in wheat products and many people are sensitive to them and will may cause Gastrointestinal inflammation thus maintaining an ongoing harmful inflammatory state in the body. Mild ongoing gluten intolerance/wheat allergy/cealic condition can progress into severe and can be difficult to reverse even resulting in bloody diarrhea and inability to absorb nutrients/food. Did you know white bread has the same glycemic index as sugar (glucose) and should be avoided.

Legumes: Eat a variety of any legumes that you are able to tolerate. Soak for 48-72 hours and cook slowly: split peas, lentils, kidney beans, pinto beans, fermented soy (tempeh or miso), mung beans, garbanzo beans, aduki and azuki beans. Bags of dried legumes are very inexpensive so if you are willing to do the soaking it can offer much to your healthy eating. Also, fermented soy in the form of Natto (Nattokinase) can help against vascular cholestrol buildup (Sushi restaurants sell it) if you can get develop a taste for it.

Fish: Poach, bake, steam, or broil deep-sea ocean (vs. farmed) fish (cod, haddock, halibut, mackerel, sardines, summer flounder, wild Pacific salmon) is preferred. No shellfish (shrimp, lobster, crab, clam). Be sure to include fish in diet 2-3x weekly but select only wild (not farmed), and fish from good water sources (non-contaminated). Also, remember regular fish oil intake offers an internal anti-inflammatory component to the body.

Chicken/Turkey: Eat only the meat and not the skin of free-range or organically grown chicken or turkey. Bake, broil or steam. Wild has more tryptophan so you may get tired after eating wild. Charbroiling burns the outer portion like burnt toast, burning sugar to melt on a dessert, or carmelizing onions which creates a burnt carbon that's carcinogenic (Cancer; #2 cause of death in U.S.). Limit red meats since the animal fats are pro-inflammatory to the body and contribute to heart disease (#1 disease killer in U.S.) and clotting strokes (#4 disease killer in U.S.).

Fruit: Eat only 1 or 2 pieces of practically any fruit except citrus. If possible, it is preferred to eat the fruit baked (such as a baked apple or pear). Like the vegetables, try to eat mostly the low carbohydrate fruits. Bananas are high in carbs so limit them, esp. if diabetic (DM). The red/purple/Blue fruits are cyanidins to tonify you vessels, and antioxidants. High Oxygen Radical Absorbance Capacity (ORAC) superfoods are antioxidant foods that help fight free radicals that result as a by-product to breathing oxygen. These oxidative chemicals cause harm our cells contributing to the aging process, even wrinkles. You should search foods high in ORAC values.

Fruit can contain a lot of sugar and high sugar fruits should be limited. The percents follow:

3% - cantaloupe, rhubarb, strawberries, melons;

6% - apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi;

15% - apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate;

20+% - banana, figs, prunes, any dried fruit. (LIMIT THESE)

Sweeteners: Occasionally you may use true maple syrup, rice syrup, barley syrup, raw honey or stevia, as some natural sources of sweeteners. Use ONLY with meals (protein) to prevent insulin/glycemic flux (chromium helps normalize). Use absolutely no sugar, NutraSweet, or any other sweetener is allowed. Aspartame is a neurotoxin in high quantities and may affect memory retention, etc. So if you stay up all night studying and relying on DIET caffeinated beverages (diet energy drink, diet Coke, etc) to stay up or alert this will be battling memory retention complicated with the memory effects from minimizing sleep. Agava, fruits, juices, and pops have higher glycemic index and should be minimized, esp. if diabetic. However, Xylitol products (gums, sweeteners, etc) are tolerated better for DM and will not promote dental cavities.

Seeds and Nuts: Grind flax, pumpkin, sesame or sunflower seeds and add to steamed vegetables, cooked grains, etc. You may also eat nut and seed butters, such as almond, cashew, sesame, etc. Do not eat any other butter types since they cause inflammation inside your body. If you are female and your '28 day cycle' is off (non-regular, etc.) check into the seed-cycling to switch the two types of healthy oils to match your cycle. Dr Morrison can discuss this with you.

Butter/Oils: Or for butter, mix together 1 pound of butter and 1 cup of extra virgin olive oil (from a new dark jar). Whip at room temperature and store in the refrigerator. Use extra virgin olive oil for all other situations requiring oil. No hydrogenated. Read labels. Limit butter and fried foods (fries, etc) as it will keep your body in internal inflammatory state. Cooking with oils needs heated slowly and kept low heat else it rancidifies (when you see oil steams from pan). Oils need to be fresh, protected from UV rays and heat. Best form of oils is from grinding seeds and then adding to

daily smoothies. Ask Dr Morrison about his smoothies. Bad fats (fried, butter, lard, etc) contribute to the #1 (heart attack) and #4 (clotting stroke) disease that causes death in U.S.

Spices: To add a delightful flavor to you food choices, add whatever spices you enjoy. Spicy food increases metabolics and may help burn more calories.

Salt: Do not add salt! (We need some and since it is iodized to prevent neck thyroid goiter growth). Lots every day causes hypertension which contributes to hemorrhagic strokes (20% of #4 disease killer in the U.S.) and help break cholesterol plaques causing heart attacks (#1 disease death in US) and clotting strokes (80% of #4 killer in U.S). All restaurant/fast food and processed foods have lots of salt (to add flavor). So use spices for flavor instead. Try it, with the various types of spices available it can brighten up your meal experience and excite your taste buds more than before.

To Drink: Drink a MINIMUM of 6 to 8 glasses of spring, bottled, filtered or reverse-osmosis filtered water every day. Sip the water, try to drink one glass per hour. A few drops of chlorophyll will add a pleasant taste. NO distilled water. Drink half your body weight (in pounds) in ounces of water daily (unless kidney/CHF/severe HTN,etc). STOP sugar-ing your system 3-4 times a day by the beverages your are choosing. If you don't stop you may become diabetic soon. So switch to filtered water. Small amounts of soy, rice, or oat milk are allowed ONLY on cooked grains or in cooking. CAUTION: too much soy products (and lavender soaps/topical) interfere with Male testosterone. Dairy milk has lactose and some people stop making the enzyme to break it down (lactase) causing upper stomach bloating after drinking it (or eating cheeses, etc). Only buy ORGANIC milk.

For the time being, avoid GMO foods then the following foods; and Buy ORGANIC only:

all animal milks	all animal cheeses	all corn products
Non-Organic eggs	potatoes-red or white	tomatoes
all wheat products	breads	white flour
citrus fruits	all fruit juices	all dried fruit
peanuts/peanut butter	any processed food	fried foods
meat-red meat (beef, pork)	all caffeinated teas, coffee	alcohol

Start Eating HEALTHY ...today!

JUST DO IT!

Also remember, IF YOU EAT MORE CALORIES THAN YOU BURN...your body will store the extra calories in your FAT AREAS.

So,

- ✓ **Eat FISTFUL SIZE meal portions, only**
- ✓ **Do not skip breakfast (most important meal of the day)**
- ✓ **Larger size meals early in the day to smaller size meals at end of the day** (since you will not burn meals you eat at the end of the day)
- ✓ **Last meal of the day 3 hours before bedtime** (no food after!)
- ✓ **Split meals at restaurants** (their portions are way too large; thus too many calories!)
- ✓ **STOP SODA (aka ‘SUGAR WATER’)**
- ✓ **DRINK WATER (it has no calories)**
- ✓ **Do not listen to the ‘tummy growl’, it may really be a ‘thirsty growl’**
- ✓ **Listen to the mirror** (try it it will talk to you!) ...extra weight is hard on everything (joints, etc) and contributes to top causes of death in US
- ✓ **To lose weight HIT IT FROM BOTH ENDS, burn calories with daily 1 hour ‘easy on the joints’ exercise **WHILE** maintaining eating smaller portions.**
- ✓ **Prepare a grocery list **BEFORE** you go to the store** (cross-reference with the food info above)

SIGN-UP TODAY FOR

...FREE WEEKLY HEALTH E-LETTER!