



TMJ & SLEEP THERAPY  
CENTRE OF SAN DIEGO

# ANTI-INFLAMMATORY DIET

The medical community knows that in order to treat the modern health problems we face today; we need to eliminate and/or reduce the factors that contribute to inflammation in the body. Unfortunately, most diets around the world are very inflammatory and can cause most of the chronic diseases and chronic pain.

The more inflammation you have, the more you will experience pain. Decrease inflammation and the body will start to heal. If you follow an anti-inflammatory diet your body will decrease inflammation and your quality of life will be exponentially better. Most of the dietary diseases orbit around the inflammatory process. Consequently, this diet is good for the entire family.

Eat food that is as natural and clean as possible. Keep away from processed, packaged and canned foods. Avoid white foods like, white sugar, pasta, flour, milk, bread and white potato (one of the most damaging).

The majority of your diet should be composed of fresh, natural, organic fruits and vegetables. The more color your food has the better it is. Spinach, kale, red chard, romaine and red leaf lettuce, broccoli, cauliflower, asparagus, brussels sprouts, collards, arugula, beet greens, red and green cabbage, parsley, raw carrots, berries (blueberries, raspberries, strawberries, blackberries), plums, peaches, apples, oranges (in moderation), red and purple grapes (in moderation), cherries, etc. are all good choices. Paler colored foods are permissible, but not as desirable. Melons, celery, cucumbers, white grapes, bananas and pineapple contain more water and sugar and less anti-inflammatory nutrients but are better than processed snack foods. Sugar is very inflammatory can cause weight gain and actually inhibit your immune system, so it makes you more prone to becoming sick.

A good source of protein is nuts. Walnuts and almonds are preferable, but cashews and pecans are occasionally permitted. When possible, try to eat raw nuts to retain the healthy oils. Limit red meat to one to two meals per week. Eat fish at least twice per week. Tuna is considered fish. It is recommended that people eating two servings of fish per week still need to supplement with omega 3 fish oil. Three to four teaspoons per day.

If you are eating at a restaurant, ask for the starch (rice, potato, pasta, bread...) to be substituted for more vegetables.

Drink six to eight glasses (8 oz) of pure (recommended distilled or filtered) water per day. Adding some freshly squeeze lemon juice to water is permissible. Try not to drink fruit juice because of the high sugar content. Avoid carbonated beverages.

For weight loss, all starch vegetables should be avoided and limit your fruit intake to occasional berries. Until the desired weight is reached.



In combination with the anti-inflammatory diet, it is recommended that adults use the following daily:

- A quality Vitamin/Mineral supplement
- Antioxidant supplements Vitamin C, Vitamin E and/or bioflavonoid supplements
- Omega 3 Fish Oil 34 tsp
- A quality Probiotic supplement
- 510,000 IU of Vitamin D3
- Alkalinizing Salt supplements (NOT Baking Soda)

## REMOVE FROM DIET:

### GLUTEN

Wheat, rye, oats, and barley. These foods are found in bread, pasta, and other products containing refined flours. Gluten is the most important thing you should eliminate from your diet.

### GRAIN

Grains contain other lectins, phytates and oxylates, which can damage the digestive tract. These include corn, rice, oats, quinoa, amaranth, etc. Flax seed are permissible.

### DAIRY

Dairy products are inflammatory and also cause an increase mucus production. They can cause allergies and acid that can intensify pain. These include sour cream, milk, cheese, yogurt, etc.

### REFINED SUGAR

Refined sugar products are highly acidic and can affect the detoxification process by slowing it down. It weakens the immune system and increase muscle and joint pain.

### TOMATOES, PEPPERS, POTATOES, PAPRIKA AND EGGPLANT

These all have common allergens that contain saponins which damage gut. These fruits and vegetables also contribute to pain and inflammation. All of these fruits and vegetables are considered part of the nightshade family.

### COLD CUTS, BACON, HOT DOGS, CANNED MEAT, AND SAUSAGE

These meats increase inflammation.

### ALCOHOL, CAFFEINE (COFFEE, BLACK TEA AND SODAS) SOYMILK, SODA AND FRUIT DRINKS THAT ARE HIGH IN REFINED SUGAR.

A healthy liver is fundamental in order for your body to start minimizing inflammation, and all the products motioned above are hard on your liver.

### VEGETABLE OILS, MARGARINE, SHORTENING, HYDROGENATED OILS

High in Omega 6 fats and Trans-fats that causes inflammation and affects the gallbladder and the liver.

### LEGUMES

Beans, peanuts and peanut butter and all soy products. High in lectins you should omit from you diet.





# ANTI-INFLAMMATORY DIET

## WHAT IS A LECTIN?

Lectins are naturally occurring proteins that are found in most plants. They are toxins the plant concentrates in the skin and seeds to prevent animals from eating them. They are the plants only defense. Some foods that contain higher amounts of lectins include beans, peanuts, lentils, tomatoes, potatoes, eggplant, fruits, and wheat and other grains. Lectins serve a protective function for plants as they grow. They don't have any nutritional value when consumed in foods.

## WHY ARE THEY HARMFUL?

Eating food containing lectins may cause digestive distress in some people. That's because the body cannot digest lectins. Instead, they bind to cell membranes lining the digestive tract, where they may disrupt metabolism and cause damage.

## TIPS FOR REMOVING LECTINS IN YOUR FOOD:

### 1. SOAKING

Dried beans must be soaked for several hours and then boiled for several more to soften and cook completely, which effectively disables and deactivates the lectins.

### 2. PRESSURE COOKING

Pressure cooking can do a pretty good job with certain veggies and legumes. So, if you must cook with beans, tomatoes, or potatoes, your best bet for destroying the lectins is a pressure cooker. It won't get every last lectin – and it won't come close to knocking out the lectins in wheat, oats, rye, barley, or spelt – so you should still avoid those entirely. Follow your pressure cookers instructions for the best results.

### 3. PEEL AND DESEED

At a minimum, whenever you cook with high-lectin plant foods, such as cucumbers, eggplant, and squash, you must peel and deseed them. The most harmful part of any plant is its lectin-filled hull, peel, or rind.



## FOOD SENSITIVITIES / ALLERGY

If you would like to identify your specific food sensitivities you can order an IGG4 blood test from this site <https://www.meridianvalleylab.com/areas-of-testing/allergies-food-allergy/>. They will send you a kit and you can have your blood drawn by a phlebotomist near you that will send the sample in for evaluation.



## FRUITS

### EAT

Fresh, frozen, canned or water-packed

### DO NOT EAT

Fruit Juices, dried fruit (low quantities)



## VEGETABLES

### EAT

Natural, fresh, clean, raw, lightly steamed, water sauteed, baked, juiced, or roasted. Yams and sweet potato are a great substitute for potato

### DO NOT EAT

Corn, creamed vegetables, night-shade vegetables: tomatoes, potatoes, eggplant and peppers



## STARCH

### EAT

Ground flax seed

### DO NOT EAT

Buckwheat and products made from these and rice, wheat, pastas, potato flour, breads, spelt, brown/white rice, oats, quinoa, tapioca, amaranth, pastries, arrowroot, millet, teff, kamut, barley, corn, rye



## LEGUMES

### EAT

Off -Limits | Not Permitted

### DO NOT EAT

All beans, lentils, soymilk, soybeans, soy foods, peanuts, peas, tofu, tempeh



## NUTS & SEEDS

### EAT

Pumpkin seeds, sunflower, flax, walnuts, filberts, almonds, pecans, sesame, you can chop nuts to add to meals or try nut butter. (Note: You can grind seeds in coffee grinder)

### DO NOT EAT

Pistachios, peanut butter, peanuts



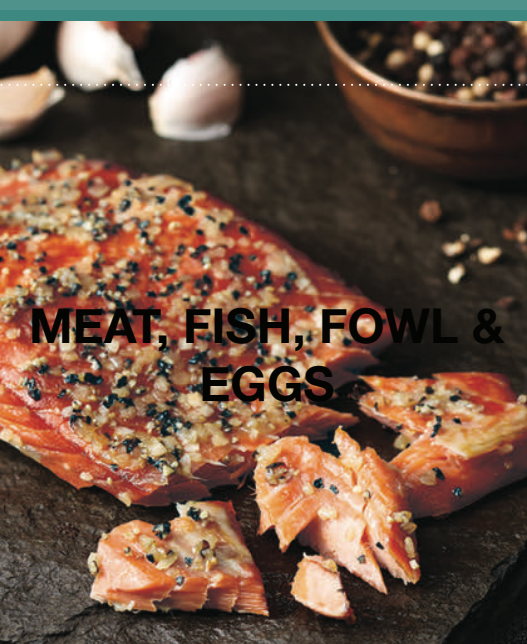
## BEVERAGES

### EAT

Seltzer, mineral water, filtered water, herbal teas with no caffeine

### DO NOT EAT

Caffeinated beverages, black tea, coffee, alcohol and soft drinks



## MEAT, FISH, FOWL & EGGS

### EAT

Fish is permitted fresh and/or canned (make sure that it is low in sodium). We suggest trout, sardines, pacific wild salmon and mackerel since these are the best sources of omega 3 a great anti-inflammatory. Cook your fish steamed, broiled, poached or baked.

Organic free-range omega 3 eggs

Pork, chicken, quail, wild game, lamb, emu, beef, rabbit, turkey, duck (grass fed, free-range or organic)

### DO NOT EAT

Conventional beef, canned meats, cold cuts, sausage, bacon and frankfurters



## DAIRY PRODUCTS

### EAT

Small limited consumption of substitutes of milk (nut milks, coconut milk, almond milk etc...) Butter and Whey Protein Isolate are allowed.

### DO NOT EAT

Creamer, margarine, frozen yogurt, milk, ice cream, yogurt, cheese, soymilk, nondairy, cream



## OILS & FATS

### EAT

Cold pressed virgin olive oil, pumpkin oils (Note: We recommend making your own salad dressing with cold pressed virgin olive oil and apple cider vinegar)

### DO NOT EAT

Canola oil, sunflower, mayonnaise, spreads, safflower, salad dressing



## SPICES

### EAT

Most spices are permissible if they don't appear in the DO NOT EAT list (We recommend incorporating turmeric and/or ginger on your diet when possible since they have great anti-inflammatory properties)

### DO NOT EAT

Soy sauce, pickle relish, cayenne, ketchup, chutney, paprika, mustard, barbecue sauce



## SWEETENERS

### EAT

Xylitol, stevia, blackstrap molasses, real/pure maple syrup, limited amount of honey

### DO NOT EAT

All artificial sweeteners, agave nectar, high fructose corn syrup, all candy, NutraSweet, brown sugar, white sugar, refined sugars, corn syrup