



# Foods That Fight Inflammation

Presented by: Health Coach Reba





# What is inflammation?

- Inflammation is a natural response to injury
- When injured, blood flows to the injury site, to help heal
- Acute inflammation is necessary for the healing process
- Chronic inflammation happens when our body is under constant stress from poor diet, lack of sleep, and sedentary lifestyle
- Chronic inflammation can lead to autoimmune disease, type 2 diabetes, heart disease, and even cancer



# My Story

- Lifetime of pain and depression
- Diagnosed with fibromyalgia at age 23, after 2 years of suffering
- Diagnosed with IBS at age 27
- Diagnosed with Grave's disease at age 39, celiac at age 42, Sjogren's at age 46
- Graduated from the Institute for Integrative Nutrition May 2015

# This is me

- Before – 2007 - 165 pounds, and in constant pain

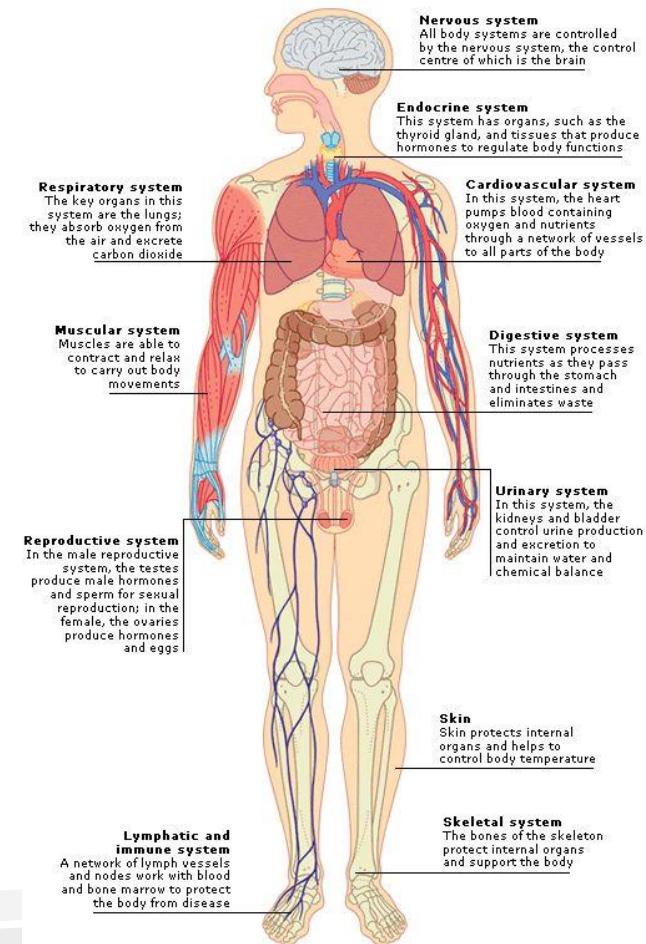


- After – 2015 - 120 pounds, and able to do pullups, no longer in constant pain



# Inflammation and Chronic Disease

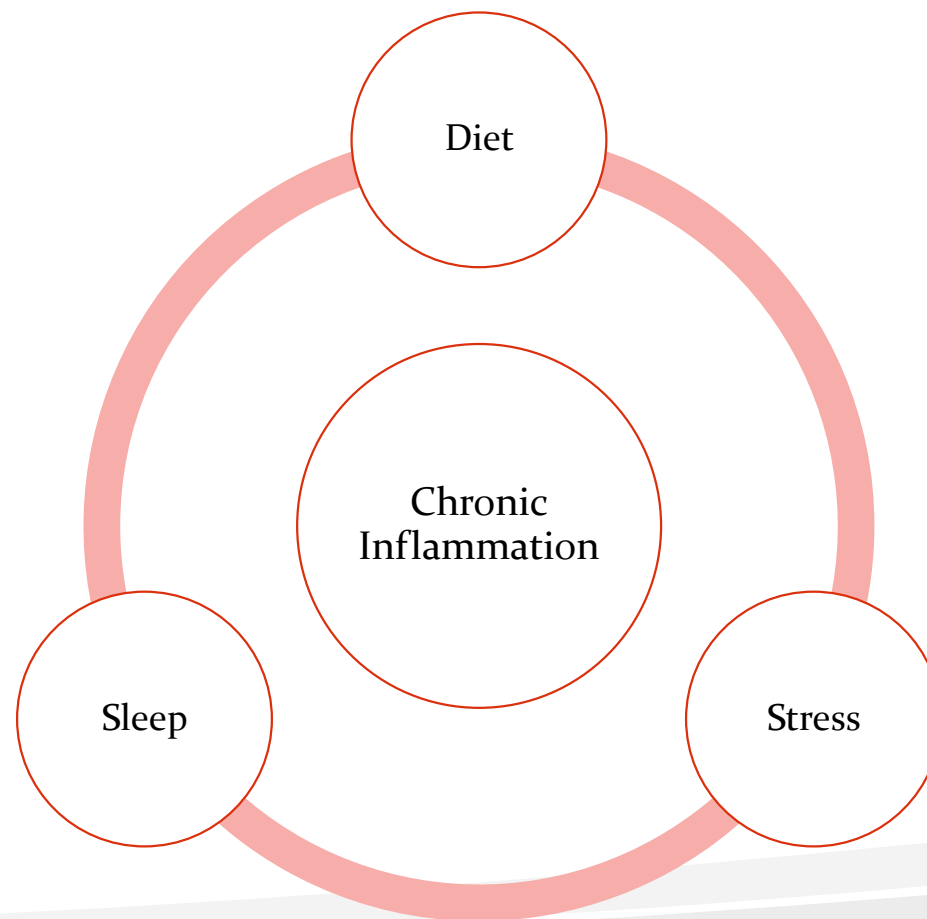
- Chronic disease accounts for more than half of all healthcare spending in Canada
- Five million Canadians suffer from various chronic inflammatory diseases
- Chronic disease can lead to symptoms of fatigue, depression, brain fog, and social withdrawal.





# What causes chronic inflammation?

- Processed Food Diet
- Constant Stress
- Poor Sleep Habits







# What can we do about it?

Three steps to calming chronic inflammation




# Reduce Your Stress

Pay attention to what your body is telling you

- Slow down, be mindful, take some time to breathe and smell the flowers
- Take a 15-20 minute walk after dinner
- Don't eat in your car or in front of the computer or TV screen
- Put down the electronics!
- Try a yoga class





# Go the f#@% to sleep!

Poor sleep habits  
have been known to  
increase all cause  
mortality

- Turn off electronics at least an hour before bed
- Do not watch TV in bed!
- Go to bed at the same time every night, and get up at the same time every morning. Including weekends and vacations!



# Why diet is the most important component

A healthful diet is  
80% of the battle  
won

- Since the advent of the TV dinner in the 1950s, incidence of chronic disease has been continuously on the rise
- Our modern lifestyle of constantly on the go, constant stress, and drive thru convenience foods has made us all sick, fat, chronically inflamed and in pain



# Modify your diet

## Avoid

- Refined carbohydrates like breakfast cereals, bread, and pasta
- Refined sugar products like pop, juice, coffee shop smoothies, and snack foods
- Cooking oils from corn, soy, safflower, or canola

## Add more

- Leafy green vegetables like field greens, kale, and spinach
- Berries such as strawberries, blueberries and raspberries
- Fruit oils like olive oil, coconut oil, and avocado oil



# What to eat?

## Breakfast

- Eat healthy proteins for breakfast – organic free run eggs, and non-processed meats
- Lots of veggies! Yes, veggies!
- Low glycemic fruits like berries, cherries or grapefruit
- These options, instead of cereal or a bagel will give you the nutrition and energy that you need to keep you going well beyond lunch



# What to eat?



Breakfast Stirfry



## What to eat- Lunch

- Avoid - high carbohydrate take out lunches like submarine sandwiches or burger and fries
- Avoid pop, and other sugary, or artificially sweetened, beverages
- Avoid that big plate of leftover spaghetti or Chinese take-out
- Instead, have a Big Ass Salad and a healthy portion of fats like olive oil, or avocado oil
- Drink water with a wedge of lemon or lime
- At a restaurant, get a burger without the bun, and a heaping side of steamed veggies



# What to eat - Dinner

## Avoid

- Bread, pasta, pizza, and other grain based manufactured foods
- Frozen convenience meals
- Eating in your car

## Learn to cook

- It doesn't take much longer to cook a meal at home than it does to wait in line at the drive thru or the prepared meals counter at the grocery store
- Slow down, and eat at the table





## What to eat - Dinner



Learn to cook



# Spice up your life!

- These spices can help to reduce inflammation
  - Add these flavourings to every meal whenever possible
  - Avoid table salt, and use Himalaya or grey sea salt instead
- Turmeric
  - Ginger
  - Cinnamon
  - Cloves
  - Jamaican Allspice
  - Rosemary



## Snack foods

- Avoid packaged snack foods that are full of refined carbohydrates and sugars; these are major contributors to chronic inflammation
- Avoid mass produced chocolate bars, potato chips, corn chips, flavoured nuts, and sugary snack foods
- Instead, have some fruit, like an apple, orange, or banana
- Have a handful of unflavoured nuts and seeds
- Dark chocolate, minimum 70% cacao, preferably raw, and organic, with no soya lecithin

# Supplements

## Auum Omegas



- AUUM mammalian omega-3s naturally contain DPA along with EPA and DHA. Just like EPA, DPA is an essential omega-3 that is important for resolving inflammation throughout the body and is not present in fish oil.
- Omega-3s are needed in every cell in our body for many essential processes. Omega-3s EPA and DPA resolve inflammation while DHA is necessary for the development and maintenance of nerves including the brain, eyes and peripheral nerves.
- Researchers at the University of Toronto showed that AUUM Sublingual-D increased muscle activation 9% and reduced fatigue by 5% in well-trained athletes.



# How I Can Help

## Health Coaching Services

- Introductory 5-Day Diet Detox
- 12 sessions one-on-one coaching
- Personal in-home workshops
- Group programs

## Auum Omegas

- More effective than fish oil
- Comparable in price
- Monthly shipments
- Less costly than direct from the manufacturer's website



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# Questions?



*Ask away!*





# How to find me



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