

# WHY AN ANTI-INFLAMMATORY DIET?

Many of us could benefit from an **ANTI-INFLAMMATORY DIET** because we all live in an over-processed world. According to **Medical News Today**, the following are chronic inflammatory diseases that could be minimized by eating whole foods & avoiding improperly processed foods: **Rheumatoid arthritis**, psoriasis, asthma, allergies, colitis, inflammatory bowel disease, obesity fibromyalgia, diabetes, inability to lose weight, heart disease, lupus, Hashimoto's, esophagitis, Crohn's Disease & more. An whole-food, anti-inflammatory diet is a preventative & healing diet, & it doesn't have to be hard. **The best tips include:**

**EAT** fruits & veggies all day long, including dark leafy greens. Fresh from a garden is best, for higher nutrients & no pesticides. Or, scrub veggies with vinegar-water. Eat berries, cherries & dark red grapes. Eat beans & lentils, soaked & homemade for best digestion. Cook with spices & herbs for medicinal & anti-inflammatory benefits.

**AVOID** over-processed breads. Traditional whole-grain sourdough or sprouted grains are easier to digest & great! Most store-bought breads in the USA are made with GMO flour & additives like extra gluten & bromine, which can lead to allergies. Ancient cultures knew grains should be soaked, fermented or sprouted!

**AVOID** cheap pasta. European Semolina pasta is made with non-GMO farro grain & no bromine. Buy Italian brands or try gluten-free pasta for a while. Stay clear of neon orange mac & cheese!

**GLUTEN-FREE?** Many think it's a fad, but shouldn't avoiding non-nutritious flour be the norm? For digestive issues, going gluten-free for 6 weeks can help. Buy a good brand flour (like King Arthur) without gluten, corn or gums added. Rice flour can be ground at home for recipes that call for white flour.

**USE LESS** sugar, more honey, stevia, dates or applesauce to sweeten baked goods, drinks, etc. **SWITCH TO** Chocolate made from raw cacao (not over-processed cocoa). It's a health food! (See Desserts)

**AVOID** processed meats filled with preservatives. **SWITCH TO** naturally salt-cured or fresh meats.

**ELIMINATE** soda & sugary beverages. Drink less over-processed fruit juice & more herbal tea from your garden. Eliminate acidic & addictive caffeinated drinks. Eliminate or curb alcoholic beverages. Nourishing drinks should replace junk (See Homemade Drinks).

**AVOID** fast food & unhealthy fats in fried foods. Replace with healthy fats. Use extra virgin olive oil on salads. Use regular olive oil for cooking. For higher heats, use avocado oil. Coconut oil is great for scrambled eggs & baked goods. Get healthy fats from fish, raw nuts, avocados, etc.

**REDUCE** meat intake to reduce inflammation. **TRY** more vegetarian meals you can find in our recipe pages. When you do eat meat, make veggies the main course, with a little meat on the side.

**CARRY WITH YOU** water, herbal tea & healthy snacks wherever you go. Fresh fruit, dried fruit, carrots, olives, raw nuts, etc. Make homemade fruit leather, jerky, granola bars, etc. (See Snacks)

**SUPPLEMENTS:** The best anti-inflammatory supplements include Omega 3's & Turmeric. Or try homemade Golden Milk with anti-inflammatory turmeric, cinnamon & coconut (See Drinks).

Here at **MASON JARS ANONYMOUS**, we're addicted to Mason Jars & everything homemade! We hope our pantry makeover & simplified recipes can help replace refined foods with nourishing allergen-free & anti-inflammatory meals.... and we would love your feedback.

Love, Laughter & Mason Jars!