

INFLAMMATION

Symptoms of Inflammation: 1. Pain 2. Heat 3. Redness 4. Swelling 5. Reduction in or loss of function

3 REASONS TO MANAGE INFLAMMATION

1. Chronic inflammation can lead to many illnesses and diseases
2. Excessive inflammation from over exercising, poor nutrition, and/or unhealthy habits can negatively impact strength gains
3. Recovery from an injury doesn't begin until inflammation subsides

5 DIETARY CONTRIBUTORS TO INFLAMMATION

1. INFLAMMATORY FATS

Trans fat, excess omega-6 fatty acids, and fats from grain-fed animals can trigger inflammation and raise bad cholesterol.

2. ADDED SUGARS & ARTIFICIAL SWEETENERS

Found in processed food and beverages, added sugar can negatively impact blood vessels and gut health. The low-calorie artificial sweeteners can irritate the stomach lining and alter insulin and blood glucose levels.

3. REFINED GRAINS

Excess intake of enriched flours and starches is associated with higher levels of inflammatory markers.

4. PROCESSED MEATS

Sausage, deli meats, and bacon contain nitrates, sulfites, preservatives, and MSG, which are linked to inflammatory diseases such as cancer and heart disease.

5. ARTIFICIAL FLAVORS & COLORS

Present in some processed foods, beverages, seasonings, canned soups, and salad dressings, artificial flavors and colors contain excitotoxins, which can cause inflammation.



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10 FOODS HIGH IN OMEGA-3 FATTY ACIDS

Note: Choose produce and animal products generally in this order: **Produce:** Certified Organic, Organic, and Locally Farmed. **Animal Products:** Wild, Organic Pasture Raised, Organic, and Locally Raised.

1. Brussels Sprouts
2. Chia Seed
3. Sardines
4. Spinach
5. Cauliflower
6. Flaxseed
7. Grass-Fed Beef
8. Salmon
9. Lake Trout
10. Walnuts

