

The background of the image is a collage of various food items. In the upper left, there is a basket filled with several loaves of rustic, crusty bread. To the right, a white plate features a piece of cooked salmon topped with a mixture of herbs and small yellow seeds. Below the salmon, there are green asparagus spears, a sliced red tomato, and some fresh green leafy vegetables. In the bottom left corner, several wooden spoons are visible. The overall aesthetic is clean and focused on fresh, natural ingredients.

Inflammation's Friends + Foes

33 Foods You Must Know

AlgaeCal

What is inflammation and why is it bad for your health?

Inflammation is your body's attempt at self-protection: It's designed to eliminate the cause of the injury or disruption in your body. For example, inflammation is in full-force when you get a cut, bruise or even break a bone! The signs of inflammation can be pain, heat, redness, and swelling.

Now, inflammation can be good because it helps keep you alive! It lets your body know that there's something wrong and it acts immediately. This natural type of inflammation is referred to as acute inflammation, as it's a short term process. Acute inflammation appears within minutes or hours of disruption and is a natural part of the healing process.

However, the type of inflammation that wreaks havoc on your body and cells is called Toxic Inflammation Overload. Toxic Inflammation Overload is a low-grade systemic inflammation that occurs at the cellular level. It is silent, subtle and you may never even notice it.

The importance of your omega fatty acids balance.

There are a few different omega fatty acids occurring in nature. The most commonly mentioned, omega 3s, come from animal-based foods like fatty fish and fish oil. Unfortunately, most Americans are deficient in omega 3s. What they do get more than enough of are omega 6 fatty acids. Omega 6 fatty acids come from

highly-processed vegetable oils like canola, soy and corn - think trans fats.

Our ancient ancestors are thought to have a 1:1 ratio of omega 6 to omega 3 fats. But Western diets are now at a ratio of 20:1 or higher!

Why is this bad?

Excess amounts of omega 6 fatty acids (a very high omega 6 to omega 3 ratio) have been found to promote many diseases including cardiovascular disease, cancer and inflammatory and autoimmune diseases.

When your omega 6 fatty acid intake is high it promotes an inflammatory response in your body. And with inflammation now being linked to many chronic diseases, this is a major concern.

The good news is that you can control inflammation by what you do and don't eat. The following is a list of the BEST foods to fight inflammation (Foes) and the WORST (Friends):



14 Worst Foods For Your Inflammation

It may come as no surprise then that some of the worst foods for your overall health also contribute to major inflammation. The following are some of the top food sources of inflammation in the body.

1 Grain-Fed Meat

Grain-fed and grass-fed cows have similar amounts of omega 6 fatty acids. But the major difference between grass-fed and grain-fed cows is their omega 3 fatty acid makeup. For instance, grass-fed cows are significantly higher in omega 3s than grain-fed cows (as much as 5x the amount). This means grass-fed cows have a better omega balance than grain-fed meat, which are high in omega 6 fatty acids and low in omega 3s.

4 Mayonnaise

Chances are, if you are to look at the ingredients in mayonnaise you'll find it's made with vegetable oil (usually soybean oil). Vegetable oils are highly-processed omega 6's that inflame the body.



2 Margarine

Margarine is loaded with vegetable oils and trans fat, which leads to inflammation. Alternative: choose organic grass-fed butter or ghee butter.

3 Farm-Raised Fish

Similar to grain-fed meat, farmed fish is much higher in omega 6 fatty acids and lower in omega 3s than wild fish. Wild fish do not eat soy, GMO's or other feed, making them a much better choice.

5 Salad Dressings

Most salad dressings are loaded with vegetable oils. Also, they contain preservatives to keep them "fresh" for long periods of time. Salad dressings have also been known to have high amounts of sugar, which is a major inflammatory agent (check the ingredients next time, you may be surprised!). Instead, make your own salad dressing. Try a simple olive oil and balsamic vinegar vinaigrette and add some fresh herbs!

6 White Sugar and Sweets

Including desserts, sodas and sweetened juice. Sugar has been shown to be highly addictive and inflammatory. Reduce your intake of these types of sweets and sodas.



7 MSG

There has been some research suggesting that monosodium glutamate (MSG) may cause inflammation in the body. MSG is a flavor enhancer and preservative. While MSG and its effects are not well known, it is best to avoid or reduce your MSG intake until further research is conducted. Common MSG foods are typically packaged and processed foods like dressings, frozen dinners, and potato chips. However, some restaurants also use MSG to enhance flavor and are not required to disclose this.

10 Fried Foods

This probably goes without saying, but fried foods such as french fries, chicken wings and anything else that is fried and drenched in vegetable oil is not going to do good things for your body.

8 Food Additives

Additives like coloring, enhancers or preservatives. Stay clear from these as they are not necessary and shown to be harmful or even toxic.

9 Vegetable Oils

Including soybean oil, corn oil, canola oil, cottonseed oil and others. All are high in trans fat, which can lead to inflammation. Vegetable oils only started being produced around 100 years ago because we didn't have the technology to process them until that time. The processing of these oils requires high heat, chemicals and even bleach.



11 White Breads and Pastas

White breads and pastas are highly processed. When eaten, they break down quickly into sugars that in turn lead to inflammation. A 2010 study found that refined grains were related to inflammatory protein concentrations in human plasma. In other words, refined grain intake has pro-inflammatory effects.



13 Gluten

If you have been diagnosed with coeliac disease or a gluten intolerance, it is best to avoid gluten. Gluten intolerance can lead to bloating, indigestion and a lower rate of absorption of nutrients and thus leads to an inflammatory response. Some people who have not been diagnosed with coeliac have even reported feeling better after eliminating gluten from their diet. You know your body. If a gluten-free diet works for you, go for it.

14 Excess Salt

The Standard American Diet (SAD) contains excessive salt, which can result in inflammation of the joints. A study conducted by Tufts University estimated that 1.65 million deaths from heart causes were attributed to high sodium intake. The Dietary Guidelines for Americans recommend limiting sodium to less than 2,300 mg a day.

12 Non-Organic Dairy

According to Dairy Nutrition, organic dairy contains significantly higher levels of omega 3 fatty acids and conjugated linoleic acid (CLA) than non-organic dairy. In addition, organic dairy typically means that the animals have been pasture-raised and largely fed a grass-fed diet. So if possible, it's always best to choose organic, especially when it comes to dairy.





19 Best Foods to Fight Inflammation

Transform your health by extinguishing inflammation with the following anti-inflammatory foods.

1 Cold-Pressed Extra Virgin Olive Oil

Cold-pressed olive oil is produced by applying physical pressure to the whole fruit to extract the oil. This process ensures quality and purity due to minimal processing. It also contains higher levels of polyphenols because they are not destroyed by using heat to extract the oil. Polyphenols have been shown to have an impressive anti-inflammatory effect. Olive oil contains both omega 3 and omega 6 fatty acids, although its omega 6 content is much higher. In fact, the ratio averages about 10:1, meaning olive oil on average is 10% omega 6 fatty acids and 1% omega 3 fatty acids. This ratio shouldn't turn you off of olive oil though, as it is still beneficial for your health and for calming inflammation.

3 Chia Seeds

This seed is one of the top plant-based sources of omega 3 fatty acids on the planet and can easily be added to salads, yogurt, and cereal. In just two tablespoons of chia seeds, there are a whopping 5 grams of omega 3s (in the form of alpha-linolenic acid or ALA)! This form is great for your overall health and should be part of a healthy diet. However, it does not provide the health benefits for such conditions like dementia, heart health, and joint health. You get help for these from the omega 3s EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). That is, animal sources like salmon, mackerel, and sardines.



2 Avocados

According to the National Health and Nutrition Examination Survey (NHANES) the consumption of half an avocado boasts a whopping 345 mg of potassium (more than a banana), 19.5 mg of magnesium, and significant amounts of vitamin A, folate and vitamin C. The avocado is also rich in carotenoids, which are powerful antioxidants giving vegetables and fruits their colors. It is said that the highest carotenoid concentration of the avocado is in the dark green flesh close to the peel. Additionally, avocados contain a healthy helping of phenolics which have been shown to reduce oxidative and inflammatory stress.

4 Walnuts

Researchers have found that nuts, specifically walnuts, hold major antioxidant powers - and antioxidants also reduce inflammation. In one study, walnut polyphenols were the highest of any other nut tested. And nuts in general have been shown to improve the lipid profile (to screen for cholesterol and triglycerides) and reduce inflammation, all without causing weight gain. 1/4 cup of walnuts contains about 2.7 grams of omega 3 fatty acids, which is substantial.



5 Grass-Fed Meat and Dairy

Feedlot animals (called Concentrated Animal Feeding Operations or CAFOs) that produce meat, dairy and eggs are one of the biggest contributors to omega imbalance. That's because the animals' diet consists of high amounts of corn and soy throughout their lifetime. When the animals eat this high omega 6 feed, it inevitably leads to high amounts of omega 6 fatty acids in their meat. Take the cow for instance. The way a cow is fed has a big impact on the nutrient composition of the beef. Grain-fed cows or conventionally raised cows are put into large feedlots and are fed grain-based feeds consisting of soy or corn. Conventionally raised cows are also given drugs, hormones to make them grow faster, and antibiotics for their unsanitary living conditions.

Grass-fed cows on the other hand are given more space to roam and are fed grass and other plants throughout their lifetime. The term "grass-fed" isn't clearly

defined yet so there is some variation and this is simplifying it, but for the most part, grass-fed cows eat grass and grain-fed cows eat soy or corn — at least for the last stage of their life to fatten them up. As for their fatty acid composition, you may be surprised that grain-fed and grass-fed cows have similar amounts of omega 6 fatty acids. Grass-fed cows also had similar or slightly lower levels of saturated and monounsaturated fat to that of grain-fed cows. But the major difference between grass-fed and grain-fed cows is their omega 3 fatty acid makeup. Grass-fed cows have significantly higher omega 3s than grain-fed cows, up to 5x the amount. And while grass-fed meat does have higher amounts of omega 3s than conventional meat, cold water fatty fish salmon is said to have 35x that amount!

6 Coconut Oil

Coconut oil has been classified as a "superfood" and is high in saturated fats. But don't let that scare you. The fat is in medium chain fatty acid form, which has been shown to have many health benefits, like helping with weight loss. Medium chain fatty acids can also increase energy expenditure, which can lead to significant weight loss over time. Lauric acid in coconut oil has anti-inflammatory properties and can kill bacteria and also help stave off infection. Coconut oil can be used for cooking, baking and even mixing into smoothies.

7 Ginger

Ginger has been known for its anti-inflammatory properties for centuries. Studies show that this herbal product shares pharmacological properties with nonsteroidal anti-inflammatory drugs (painkillers). Ginger has been used for conditions such as osteoarthritis as an anti-arthritic agent to reduce inflammation in older adults.



8 Dark Leafy Greens

Dark leafy greens like kale, collards and chard are excellent sources of vitamins and minerals, including antioxidants, which have an anti-inflammatory effect. Make sure you have at least one serving at each meal. Now, leafy greens are not high sources of fat in any form, but they do contain some omega 3 fatty acids. For instance, a cup of spinach has 352 mg of omega 3 fatty acids. Kale and collards are similar as well.

9 Colorful Vegetables

Incorporating more colorful vegetables into your diet is a healthy decision. Carrots, tomatoes and bell peppers have high antioxidant properties and generally lower levels of starch. Try to have many colors on your plate at each meal. A cup of sauteed green bell peppers contains 216 mg of omega 3 fatty acids, while one cup of cherry tomatoes only has 4.5 mg of omega 3 fatty acids. Even though colorful vegetables are low in fats in general, their health benefits are unquestionable. Note: peppers are a nightshade vegetable and are believed to trigger inflammation in some people, particularly people with rheumatoid arthritis. With this in mind, what helps one person might harm another. So you should pay attention to your diet and symptoms and find out what works best for you.



10 Dark Chocolate

Good news: chocolate has many health benefits and should be a part of a healthy diet. But that's not true of all chocolate, as not all chocolate is created equal. Dark chocolate in particular is a powerful source of antioxidants and has a high ORAC value. ORAC stands for Oxygen Radical Absorption Capacity and measures the antioxidant activity in foods. The antioxidants in dark chocolate include polyphenols, flavanols, and catechins to name a few.

How to Choose Your Chocolate:

- ✔ **Percentage of cacao.** Look to see the percentage of cacao in the chocolate. The higher the percentage, the higher the antioxidant flavonols. Try to choose dark chocolate that is 70% or more cacao.
- ✔ **Avoid dutch processing.** That is, dark chocolate that has been treated with an alkalizing agent, which modifies its color and creates a milder, smoother taste. However, this process also results in a lower amount of flavonols (antioxidants).
- ✔ **Cocoa butter, not hydrogenated oils.** A high quality chocolate bar will add the cocoa butter back into the bar. (During processing, cocoa butter- which is the natural fat of the cocoa bean- is removed.) Most mass-manufacturers will save money by adding hydrogenated oils back into the chocolate and not the cocoa butter itself.



11 Tart Cherry Juice

Tart cherry juice is emerging as a common post-workout drink for many athletes looking to recover quicker. What's so special about tart cherries? They contain one of nature's most potent classes of flavonoids called anthocyanins. Anthocyanin-rich foods deliver major antioxidant and anti-inflammatory activity. (And no, sweet cherries will not give you the same benefit.) A study conducted on marathon runners had participants consume tart cherry juice 5 days before their race, then the day of, and finally for 48 hours after their race, compared to a placebo group. The researchers revealed that tart cherry juice reduced the pain and loss of strength runners experienced after prolonged exercise.





12 Hot Peppers

Chili, cayenne, habanero, banana, jalapenos and chipotle peppers all contain a powerful anti-inflammatory compound called capsaicin. In addition to fighting inflammation, capsaicin has been shown to provide pain relief, protect your heart, and fight cancer. As a general rule of thumb: the hotter the pepper, the more capsaicin it contains.

14 Winter Squash

Winter squash is not considered a high-fat food, but does contain high amounts of omega 3s per serving. One cup of winter squash gives you around 340mg of omega 3 fatty acids in ALA form. That is only about 1/3 the concentration of omega 3s in walnuts, but it is still significant considering it's a low-fat food.

13 Flax Seed

When we think of antioxidant foods, the first things that usually to mind are fruits and vegetables. But recent research now reveals that flaxseed is an excellent antioxidant source, containing significantly higher polyphenols than fruits like blueberries. The primary omega 3 fatty acid found in flaxseed is alpha-linolenic acid, or ALA. Another unique feature of flaxseed is its lignans. According to WHfoods.org, lignans are fiber-like compounds but in addition to acting like a fiber, they also provide antioxidant protection due to their structure as polyphenols. Flaxseed can be used in baking, in smoothies or on salads. Flax seeds are high in omega 3s (from ALA). For instance, 1/4 cup of flaxseeds contains about 6.3 grams of omega 3 fatty acids.



15 Tea

If you start or end your day with a cup of tea, you'll be happy to hear that tea (green, black, white, oolong) possesses strong anti-inflammatory properties. Tea leaves contain varying amounts of polyphenols, particularly flavonoids. While black tea and green tea contain similar amounts of flavonoids, they differ in their chemical composition; there are more catechins (simple flavonoids) in green tea than in oolong or black tea. This is because oolong and black teas are oxidized or fermented, so the processing leads to lower flavonoids than in green tea. Green tea therefore has a higher anti-inflammatory effect because of its higher flavonoids (catechin) content. You can enjoy tea hot or cold, blended into a smoothie or any other way you see fit.



16 Red Wine

Drink up! Red wine is OK, even beneficial for your health! A specific polyphenol called resveratrol is an ingredient in red wine that prevents blood vessel damage and blood clots. Studies show that resveratrol could be linked to a reduced risk of inflammation and blood clotting. Most research indicates that 1-2 glasses of red wine per day will optimize its health benefits. Additionally, polyphenols are only found in plants and are abundant in grapes. Studies have also shown that wine can be good for your bone health, too. In fact, one or two glasses can keep the bones strong and stave off the development of osteoporosis.



17 Fatty, Oily Fish

Cold water fish like salmon, sardines, and mackerel are all high in omega 3-fatty acids, which have been shown to reduce inflammation. Choosing wild-caught, cold water fish will give you about 1,000 mg of omega 3 fatty acids in a 3 ounce cooked portion, compared to less than 200 mg of omega 6 fatty acids. It is recommended to eat 2-3 servings of fatty fish per week to reap the benefits. If you're concerned with mercury levels in fish, recent research suggests that mercury levels in fish are not high enough to pose any risks. That's because past research has ignored the importance of selenium. Selenium acts as a protector against mercury because it binds to it, meaning mercury is then unable to bind to anything else in your body. Rule of thumb: if the fish has a higher level of selenium than mercury, it is safe to eat.

18 Turmeric

Turmeric has been used for centuries in Asia and India as a condiment, healing remedy, and even as a textile dye. The active agent in turmeric is curcumin, which has been shown to exhibit anti-inflammatory properties. It is so potent that studies have shown curcumin to be just as effective as prescription drugs and over-the-counter anti-inflammatories. The best part: it produces NO toxicity, unlike its drug comparables.

19 Astaxanthin

Technically, astaxanthin is not a food, but an important part of foods like shrimp, salmon and other seafoods. Astaxanthin is a carotenoid, which are compounds that give certain meats their beautiful color (like salmon and shrimp's bright pink to red colors). Carotenoids also boast potent antioxidant properties. In fact, astaxanthin is arguably the strongest and most beneficial antioxidant! Astaxanthin helps to support a normal inflammatory response, and at the same time helps to protect every cell and tissue from free radical damage.

What do the three foods on this page have in common?

Synergy.

Astaxanthin and turmeric are best absorbed when taken with fats such as those found in fish oil. In turn, these two potent antioxidants help keep fish oil from oxidizing in the body. Together, they create a **triple power formulation** to reduce inflammation directly and naturally!

Turn the page if you want to get clinical doses of each — in one delicious spoonful!

INTRODUCING

The Anti-Inflammatory Fighter to Rule Them All!



Triple Power
Omega 3
Fish Oil
with Added
Curcumin and
Astaxanthin

Douse Inflammation With A Never-Before-Seen Tasty Omega 3 Treat...

Triple Power Omega 3 Fish Oil is three big steps beyond any fish oil on the market.

1 This delicious, naturally mango-infused emulsion contains clinical doses of omega 3 fatty acids. In fact, it has 3 times the omega 3s of your

average fish oil: 750mg EPA; 450mg DHA; and 280mg of other omega 3s.

That means 3 times the anti-inflammatory power of your typical fish oil. And since it's a water and oil mixture, it's proven **3-5 times better absorbed than fish oil capsules**. When you add it up, *Triple Power Omega 3 Fish Oil* is at least 9 times more potent than anything you'll find on the pharmacy shelf today!

But it gets better...

2 Triple Power has 2 of the strongest antioxidants on earth added in:

Astaxanthin:

Astaxanthin is 65 times stronger than vitamin C at killing free radicals, and 800 times as effective as coenzyme CoQ10. Astaxanthin also has the rare ability to cross the blood-brain barrier. That means this potent anti-inflammatory shields your brain from inflammation – reducing brain aging, memory problems, and issues with focus as you age.

Turmeric Curcumin:

Turmeric has been used as a spice for thousands of years, dating back to ancient Chinese and Ayurvedic medicine. Today, the curcumin compound inside turmeric root is well-known for its positive impact throughout your body. **It's not only a powerful inflammation fighter, it's also clinically proven to improve over 800 different medical conditions!**



3 We also offer something no other fish oil supplement on the market dares:

A Triple-Guarantee!



It Is Guaranteed To:

- ✓ Be the best tasting fish oil you have ever tried
- ✓ Be fresh and burp free
- ✓ Improve your omega 3 blood test levels in just 90 days.

Are You Ready To Crave Your Fish Oil?

Try It Risk-Free Today! ▶

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