



Integrative Health Link

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## Anti-Inflammatory Diet

Foods to Avoid	Why?
All gluten containing foods such as: wheat, rye, oats, and barley. These are commonly found in breads, pasta and other products made with refined flour	Gluten is a very common allergy. By avoiding glutes during the bio-detox, your system has a chance to clear itself out. Even if you don't have an allergy, it is good to take a break from gluten during the bio-detox as glutes very often cause some form of inflammation and/or irritation.
Alcohol, caffeine, including coffee, black tea, soda, and soymilk. All soda and fruit drinks are high in simple and refined sugars	Both alcohol and caffeine are hard on the liver and kidneys. Refined sugars are hard on the mechanisms that work hard to regulate your blood sugar. Thus, it will be nice to give your organs a much needed break.
Pork, cold cuts, bacon, hot dogs, canned meats, sausage, and shellfish. Meats that are not organic and/or naturally raised and processed.	These meats can be high in estrogens, antibiotics, and other undesired ingredients utilized during processing.
Corn and tomato sauce	These are common allergens.
Eggs and all Dairy (milk, cheese, butter, yogurt, etc.)	These are common allergens and/or phlegm producing.
Citrus fruits, juices, strawberries and pineapple (this does NOT include, lemon, grapefruit)	These fruits are common allergens and/or phlegm producing. May also adversely affect blood sugar.
Foods high in saturated fats and refined oils, such as peanuts, margarine, and shortening.	May place an extra burden of the system. Thus, during the bio-detox, reducing those foods high in saturated fats, refined and processed oils is preferred.
Any other foods that you know you are allergic to	Reduce allergens in diet.