

What is a common factor in most disease...

INFLAMMATION

The more from the **green** side that you consume=

Faster Healing Time.

The more you consume from **red** side =

Longer Healing Time.

ANTI- INFLAMMATORY

(Alkaline Based Diet)

PRO- INFLAMMATORY

(Acidic Based Diet)

ANTI-INFLAMMATORY



Fatty/Oily Fish

Grass Fed Meat



Fruits



Leafy Greens

Water (100 + oz/day)

Almond Milk

Herbal Tea



Black Coffee

Gluten Free Breads/Pastas

Fresh Herbs/Spices



Nuts

Healthy Fats:

(Olive Oil, Avocados, Coconuts)

INFLAMMATORY

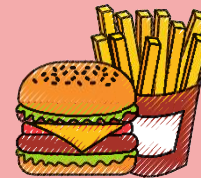


Artificial Sweeteners:

(Aspartame, Saccharin, Sucralose, Neotame, Acesulfame-K)

High Fructose Corn Syrup/Sugar

Diet Soda



Trans-Fats

MSG

Fried Foods

Cow's Milk



Soda & Sports Drinks

Gluten:

(Wheat, Rye, Barley, Oats)

Processed or Grain-Fed Meat



Ready-to-Eat Meals

Refined Carbohydrates