

Eat Your Way

OUT OF PAIN

Anti-inflammatory Food
Charts and Recipe Sampler

by Dr. Ritamarie Loscalzo



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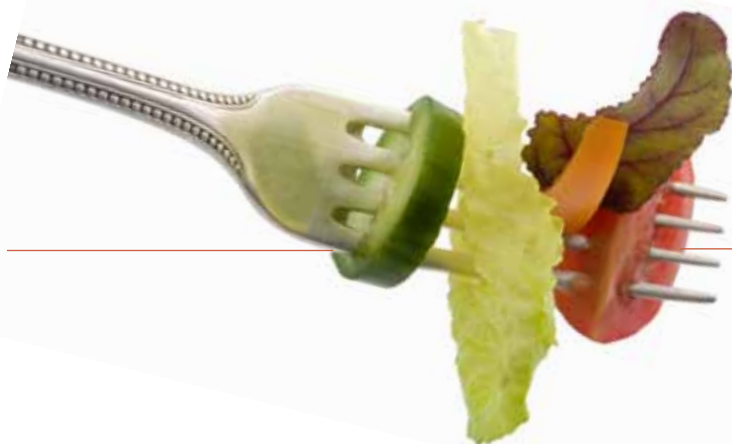
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Eat Your Way Out of Pain

ANTI-INFLAMMATORY FOOD CHARTS AND SAMPLE RECIPES

Anti-Inflammatory Food Charts and Sample recipes

The foods in the table on the following pages have been shown to have an anti-inflammatory effect on your body for a variety of reasons. Some contain high levels of Omega-3 fatty acids, which promote the production of anti-inflammatory prostaglandins. Others are very high in antioxidants and mineral co-factors that sped up the production of the anti-inflammatory prostaglandins from the omega 3 fats. Others interrupt the production of the inflammatory prostaglandins.

All of the anti-inflammatory foods can be thought of as promoting the activity of your body's fire department. If you consider inflammation the fire that causes pain, then it is important to have a strong fire department.

Pro-inflammatory foods, such as heated and processed vegetable fats, partially hydrogenated vegetable oils, dairy products, meat, poultry, caffeine, processed, refined grains, baked goods and snack foods, cause the fire to grow and spread.

Taking medications to put out the fire is only effective short term, and can have negative effects.

When you take Non Steroidal Anti-inflammatory medications (NSAIDs), they do a pretty good job at putting out the fire, but the bad part is that they disable the fire department at the same time. Eating anti-inflammatory foods can help put out the fire and strengthen the fire department.

The foods on the list below are anti-inflammatory, In the Comments column; I indicated the mechanism by which each food is anti-inflammatory.

Go through the list and see which items you currently have and which you might want to get to start your journey. Regular consumption of these foods and avoidance of the inflammatory foods will help you along on the road to an active, pain-free, comfortable life.

Vegetables	
Leafy: lettuce and mixed salad greens, spinach, kale, collard greens, Swiss chard, dandelion, sunflower seed sprouts	Rich in antioxidants and inflammatory flavonoids
Non-Leafy: cucumber, celery, zucchini or yellow squash, broccoli, cauliflower, mushrooms, red bell peppers, cabbage (red and/or green)	Rich in antioxidants and inflammatory flavonoids
Roots: carrots, daikon radish, beets, sweet potatoes (yams), burdock	Rich in antioxidants and inflammatory flavonoids
Fresh, Frozen and Dried Fruits * (choose organic whenever possible especially with berries)	
Blackberries	Rich in antioxidants and inflammatory flavonoids
Blueberries	Rich in antioxidants and inflammatory flavonoids
Cherries	Rich in antioxidants and inflammatory flavonoids
Peaches	Rich in antioxidants and inflammatory flavonoids
Raspberries	Rich in antioxidants and inflammatory flavonoids
Strawberries	Rich in antioxidants and inflammatory flavonoids
Goji Berries	Rich in antioxidants and inflammatory flavonoids

Herbs and Spices, Seasonings and Condiments	
Unrefined Sea Salt (Celtic, Himalayan, pink)	
Apple cider vinegar	Alkalizing
Peppermint essential oil	Soothing and healing to inflamed intestinal tissue
Ginger	Especially good anti-inflammatory
Turmeric	Especially good anti-inflammatory
Basil	Rich in anti oxidants
Onion	Especially good anti-inflammatory, contains quercetin
Cayenne	Rich in anti oxidants
Cinnamon, ground	Rich in anti oxidants
Cumin, ground	Rich in anti oxidants
Curry	Rich in anti oxidants
Dill weed	Rich in anti oxidants
Garlic	Rich in anti oxidants
Oregano, dried	Rich in anti oxidants
Italian seasoning	Rich in anti oxidants
Cardamom	Rich in anti oxidants
Paprika	Rich in anti oxidants
Mint	Rich in anti oxidants
Garam Masala	Rich in anti oxidants

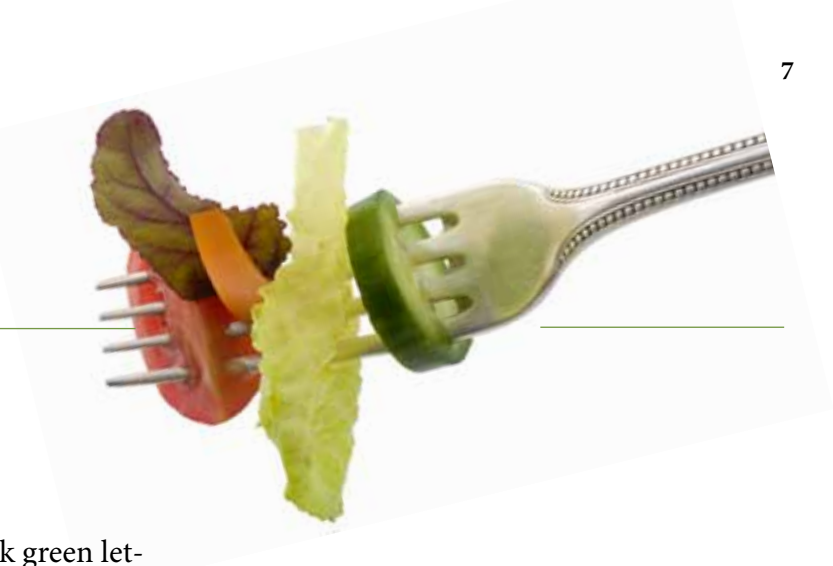
Raw Organic Nuts and Seeds	
Pumpkin Seeds	Good Omega 3 Fat Source
Flax Seed (Golden and/or brown)	Good Omega 3 Fat Source
Sunflower Seeds	Alkalizing
Chia Seed	Good Omega 3 Fat Source
Hemp Seed	Good Omega 3 Fat Source
Sesame Seed	High in alkalizing minerals, especially calcium
Almonds	Alkalizing
Macadamia Nuts	Ideal ratio of omega 3 and 6 fats
Cashews	Good source of minerals, especially zinc
Pecans	Rich in anti oxidants
Walnuts	Good Omega 3 Fat Source
Brazil Nuts	Good Mineral Source, especially selenium
Coconut Flakes	Enhances uptake of Omega 3 Fats
Coconut, shredded	Enhances uptake of Omega 3 Fats
Coconut Butter	Enhances uptake of Omega 3 Fats
Cold Processed Organic Oils	
Flax Oil	Good Omega 3 Fat Source
Coconut Oil Raw, Virgin	Enhances uptake of Omega 3 Fats
Coconut Oil Cold Processed	Enhances uptake of Omega 3 Fats
Olive Oil	Anti-inflammatory, especially to the blood vessel walls
Pumpkin Seed Oil	Good Omega 3 Fat Source
Macadamia Nut Oil	Ideal ratio of omega 3 and 6 fats

Sea Vegetables (very high in minerals)	
Primo Kelp	Very high in minerals which helps alkalize and provide anti-inflammatory benefits
Wild Arame	Very high in minerals which helps alkalize and provide anti-inflammatory benefits
Wakame	Very high in minerals which helps alkalize and provide anti-inflammatory benefits
Hijiki	Very high in minerals which helps alkalize and provide anti-inflammatory benefits
Sea Palm	Very high in minerals which helps alkalize and provide anti-inflammatory benefits
Nori Sheets (raw)	Very high in minerals which helps alkalize and provide anti-inflammatory benefits
Wild Nori	Very high in minerals which helps alkalize and provide anti-inflammatory benefits
Dusle	Very high in minerals which helps alkalize and provide anti-inflammatory benefits
Agar	Very high in minerals which helps alkalize and provide anti-inflammatory benefits
Spirulina	Very high in minerals which helps alkalize and provide anti-inflammatory benefits
Blue Green Algae	Very high in minerals which helps alkalize and provide anti-inflammatory benefits
Kombu	Very high in minerals which helps alkalize and provide anti-inflammatory benefits

Grains	
Quinoa	A rich source of alkalizing protein
Millet	A rich source of alkalizing protein
Amaranth	A rich source of alkalizing protein
Teff	A rich source of alkalizing protein
Wild Rice	A rich source of alkalizing protein
Brown Rice	A rich source of alkalizing protein
Legumes	
Lentils	Low fat protein source, alkalizing
Mung Beans	Low fat protein source, alkalizing as sprouts
Aduki Beans	Low fat protein source, alkalizing as sprouts
Garbanzo Beans	Low fat protein source
Kidney Beans	Low fat protein source
Black Beans	Low fat protein source

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ANTI-INFLAMMATORY RECIPES



Green Drink

Place a handful of green leafy vegetables, such as dark green lettuces, kale, spinach, parsley, or any others, in the blender. Cover with water and blend until vegetables are completely pureed. Add enough water to fill the blender and blend until vegetables are completely dissolved. Pour liquid into a 1 ½ to 2 quart container and fill with water. Shake well before drinking. Sip throughout the day in place of water. Adding fresh ginger root, lemon or mint to the blend adds a nice flavor. The resulting beverage should be a pale green, translucent color.

Lemony-Mint Energy Soup

INGREDIENTS

2 apples
1/2 lemon
2 cups spring salad mix
1 avocado
1 cup fresh mint
4 cups water

DIRECTIONS

Blend ingredients in a blender until creamy. This soup is very refreshing and can be eaten any time of day.

Below is a variation

INGREDIENTS

1 apple
Juice of 1 lemon
1 head of romaine lettuce
Handful of fresh mint leaves
1/2 Avocado
2 cups of water

DIRECTIONS

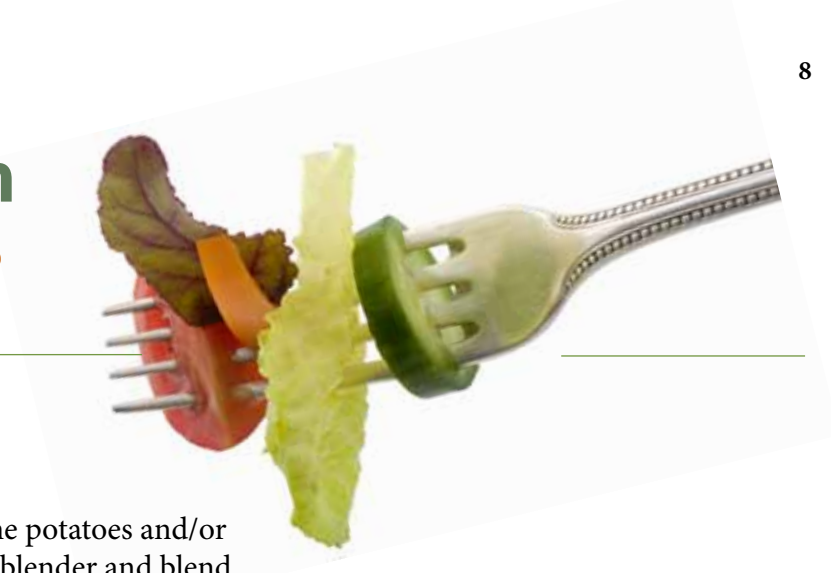
Blend until creamy

Make up your own version. Use different herbs. Add other green vegetables. I have made it without the avocado, without the apple and without the mint. I always find it refreshing and very energizing.

I have made a version of this that is basically a blended salad. Lots of lettuce, tomato, cucumber, celery, flax oil, apple cider vinegar and herbs. It is an easy way to eat lots of fresh, raw vegetables.

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ANTI-INFLAMMATORY RECIPES



Creamy Green Soup

Steam a bunch of favorite vegetables along with some potatoes and/or sweet potatoes. Place vegetables and steam water in blender and blend until creamy. Add flax oil, sea salt, sea vegetables, herbs, additional water until the taste is delicious and texture is creamy. As a starting point, here's a recipe.

INGREDIENTS

1 bunch of broccoli

1 zucchini

1 stalk of celery

1/2 - 1 medium sized onion

1 large potato

A bunch of green leafy veggies, such as spinach, chard, collards, kale or dandelion greens

Water for steaming

DIRECTIONS:

Steam veggies until just tender and place in blender along with steaming water. Be careful not to burn yourself

Blend until creamy

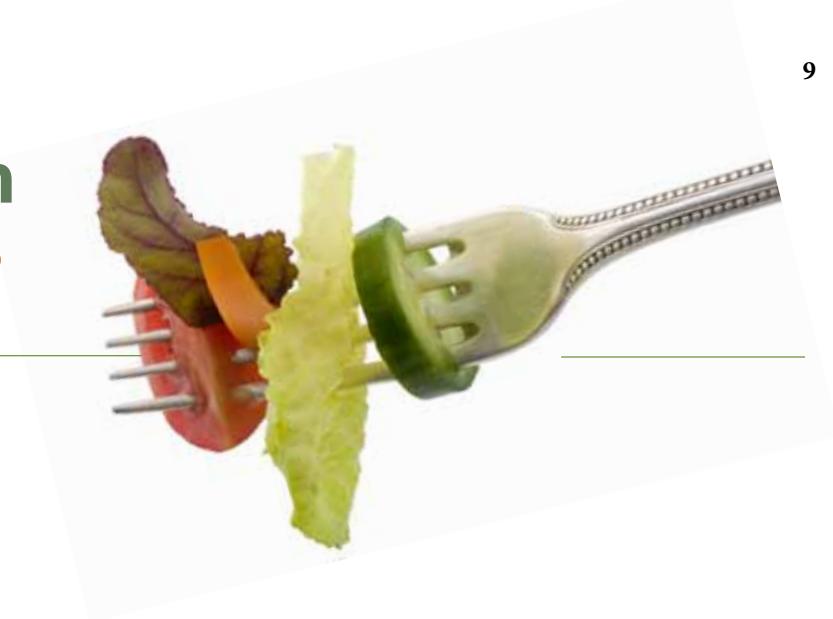
Add additional water if too thick

Add a pinch of sea salt and a tablespoon of flax oil. Season to taste with basil, cilantro or other favorite herbs.

Sweet potatoes and squash give the soup a sweeter flavor

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ANTI-INFLAMMATORY RECIPES



Warm Curried Vegetable Soup

INGREDIENTS

1 cup almonds
2 cup water
2 red bell peppers
2 tablespoons coconut butter
4 carrots
3 cloves garlic
1 inch piece of ginger
1 tsp turmeric or 1/2 inch piece fresh turmeric
1 tsp cumin
1 tsp curry powder
2 lime leaves
1/4 cup lime juice
2 tablespoons Kombu or kelp powder
Your choice of vegetables, pulse chopped or diced: broccoli, kale, cauliflower, zucchini, carrots, cabbage, and other greens.

DIRECTIONS

Place diced vegetables in a large bowl. Sprinkle with salt and massage well until the vegetables begin to wilt and reduce in size. This process breaks down the cell walls and makes the vegetables not only more digestible, but tastier and more tender as well.

Blend all ingredients except chopped vegetables to make soup base

Adjust seasonings to desired level of spiciness

Pour over vegetables.

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MEET DR. RITAMARIE



Dr. Ritamarie Loscalzo is a leading authority on Nutrition and Health. She's an author, speaker and health practitioner with over 2 decades experience empowering health through education, inspiration and loving care. She's a doctor of chiropractic with certification in acupuncture, a certified clinical nutritionist, a Diplomat of the American Clinical Board of Nutrition and a medical herbalist.

Dr. Ritamarie marries ancient healing wisdom with modern scientific research to create your personalized road-map to vibrant health. She's a master at unraveling the mystery of your unique biochemistry and designing diet, lifestyle and nutrition programs that fit your individual needs. She specializes in hormone balancing, detoxification and women's fatigue issues, using a fresh plant based diet, supportive lifestyle habits and food-based and herbal supplementation as needed.

Because most people bite off more than they can chew when they embark on a new health regimen, Dr. Ritamarie focuses on simple, effective ways to optimize your diet and lifestyle to achieve vibrant health. She dishes out simple steps with a dash of fun to motivate you to achieve your health goals.

Dr. Ritamarie's passion for creating delicious foods that support optimum health has lead her to develop recipes that not only taste great, they energize and heal as well. She's been teaching the power of raw and living foods for over two decades and she lives the vibrant life that eating this was creates.

As the mom of 2 energetic boys, raised on whole plant based foods, she has developed routines and recipes that kids of all ages love.

Find out more at www.DrRitamarie.com



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GET THE FULL Eat Your Way Out of Pain course for only \$29

(plus FREE bonuses worth \$69)

Are you tired of being told that pain is something that you can either live with or take a drug to mask?

Have you been diagnosed with one of the “itis” diseases, and are wondering what to do about it?

Are you tired of being unable to engage in the activities that you love because you are just too tired and uncomfortable?

Chronic inflammation is the underlying cause of just about every major disease you can think of. Heart disease is caused by inflammation in your blood vessels. Multiple sclerosis is inflammation of the myelin sheaths around your nerves. Arthritis is inflammation of your joints. Colitis is inflammation of your colon. Do you see the pattern?

Inflammation causes pain and dysfunction. Pain and dysfunction can result in fatigue, depression, sleep disorders, loss of appetite, inability to focus just plain not feeling good. Inflammation costs you...and the price is very high.

The Cost of Chronic Pain and Inflammation is Very High

The recipes and charts in this program are invaluable guides to get you eating the foods that cool the fire of inflammation rather than fuel it, like so many commonly eaten foods do.And there’s so much more to learn. My very special course “Eat Your Way Out of Pain” provides you with every thing you need to Master the Art of Anti-Inflammatory Living.

I HAVE A VERY SPECIAL OPPORTUNITY FOR YOU TO GET THE COMPLETE HOME STUDY SYSTEM TODAY AND SAVE!

Regular Price \$59



FREE BONUSES

Quick Lunch and Dinner Ideas E-book (Value \$23)

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YOUR HOME STUDY PROGRAM INCLUDES

A 2 hour digital recording of a live tele-class during which nutrition and health expert Dr. Ritamarie Loscalzo reveals the secrets of managing pain and inflammation through diet.

A digital transcript of the audio, in PDF format, so you can listen without fear of missing important information and refer back to as many times as you need.

A workbook in which you can take notes

A booklet filled with delicious anti-inflammatory recipes and lists of anti-inflammatory foods

Food Charts that you can hang on your refrigerator and take to the store with you.

Charts and articles to help you put the information into action quickly and easily.

Visit the link below to take advantage of this special offer

<http://DrRitamarie.com/painfree/pain>