

“DeFlame” Yourself !!

Chronic Muscle and Joint Pain, Arthritis, Heart Disease, even Alzheimer’s Disease and some Cancers have been linked to Chronic INFLAMMATION.

Fats and Oils, Spices and Sweets

We need good quality fat in our diet!! Manufactured snacks are made with bad fats.

Do not use Corn oil, Sunflower oil, or mixed Vegetable oils—they are inflammatory. Even butter from organic sources is a better choice—in moderation.

Use Olive oil and Coconut oil as much as possible. Coconut oil is very heart healthy. Coconut oil is a mild oil for many cooking needs. Olive oil of the cold pressed variety is the best.

Get your sweets from fruits. Stay away from refined sugars, excessive honey and artificial sweeteners. Stevia is a natural sweetener available in health food stores.

Turmeric is an excellent anti-inflammatory spice (Indian Curry) and can be taken in capsule form along with bromelain and other digestive enzymes.

Ginger Tea

To half gallon of boiling water add two to three ‘fingers’ of fresh sliced ginger. Cook for about 30 minutes. Turn down to *below boiling* and add your favorite green tea (black is OK), cinnamon sticks, lemon or other flavorings to taste. Let it cool a bit and strain off liquid and bottle. Dilute to taste. Keep in the refrigerator. Put this in your water bottle for the day and sip on this all day for your water source or heat it up for a nice cup’a too. Make enough for several days to save time.

Healthy Snack

Nuts (*not peanuts or peanut oil ; they are legumes*) are very good for you. They are anti-inflammatory, heart healthy, and make it easier to lose weight.

If possible, go to the health food store, for raw nuts without salt or roasting. Try Almonds, Walnuts (particularly healthy), cashews, filberts and any other nut you like. Mix them with raisins (organic preferred) and/or crazins (dried cranberries) and even dark chocolate bits (healthy if dark). Stir it all up and keep in baggies in the freezer to take with you during the day for whenever you get hungry.

This snack is satisfying and will stop the hunger craving while supplying a wonderful source of anti-inflammation foods.