

Learning Objectives By the end of this sentent participants will be exceeded to the production of the production and the production of the production and the production of t











How to decrease inflammation

Do

- Eat plenty of fruits, vegetables, whole grains, lean protein and heart healthy fat
- Exercise
- Sleep
- Relax
- Aide body in removing toxins
- Omega 3 > Omega 6

Do Not

- Stress
- Smoke or other exposure to toxins and irritants
- Leave chronic disease untreated
- Consume excessive amounts of sugar, refined carbohydrates, alcohol, processed meats and trans fats*

*may increase inflammation in those with underling autoimmune disease

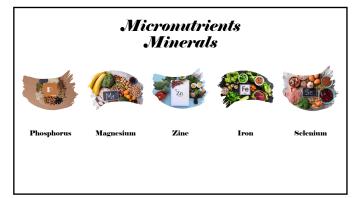
8

Healthy Diet

A healthy diet emphasizes whole foods like fuits, wegetables, nuts, seeds, whole grains, lean proteins and healthy oils. A healthy diet is not a perfect diet: there is no perfect diet! It is an eating style that you can maintain. It should be enjoyable, satainable, and flexible – and include a wide range of whole and processed foods. Healthy diets also need to be practical and consider the limited amounts of time, culinary expertise and budget that many people face.







11

Important in energy metabolism.
Found in
Dairy
Nuts
Seeds
Seeds
Whole grains
Legumes
Meat – like pork and chicken

Phosphorus

1 Rospitor a

٠	Magnesium is important muscle and nerve function.
•	Found in
	Beans
	 Nuts
	 Leafy greens
	 Whole grains



Magnesium

13

- Zinc helps with healing and tissue repair.
 Found in
 Oysters
 Beans
 Nuts
 Oats
 Hemp seeds
 Dairy
 Meat



Zinc

14

- Iron helps blood carry oxygen.
 Found in
 Meat
 Fortified foods
 Leafly greens
 Lenflis
 Sesame seeds
 Soybeans



Iron

- Selenium is important in DNA synthesis and thyroid hormone production.
 Found in
 Brazil nuts
 Organ meats
 Beans
 Rice
 Yellowfin Tuna



Selenium

16

Micronutrients Vitamins VITAMIN B1 E SOWN CAMEA B 12 B 9 folate B 1 thiamine

17

- Vitamin D important in hormone production, absorption of calcium and innune system function.
 Found in Fatty fish
 Egg yolks
 Liver
 Sunshine



Vitamin D

- B vitamins are important in energy production, red blood cell production, central nervous system function, detoxification and production of neurotransmitters.

- Pound in animal foods, fortified foods, legumes, whole grains nutritional yeast and fortified foods

 12 fish, poultry, meat, eggs, dairy

 187/folate leafy greens, nuts, beans, fruit, grains, meat and poultry

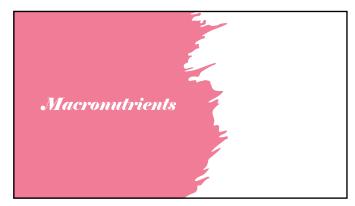
 186 poultry, fish, Potatoes and some fruit

 181/fhlamine fish, pork, legumes, milk, eggs, nuts, seeds, whole grains highest flax seeds, salmon and navy beans

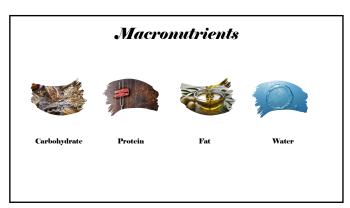


B Vitamins

19



20



Microbiome

Why is it important?

- 4-10 times more bacteria than human cells
- Aides in digestion
 Imbalance as been linked with chronic disease
- Also linked with food cravings
 Hormones and neurotransmitters
- · Bacteria translocation

How do we support it?

- Fiber, Prebiotic foods Fiber
- Plant foods fruits, vegetables beans, nuts, grains

- grans

 30 different plant species a week

 Onions and garlic inulin

 Probiotic foods/fermented foods

 Limit sugar intake

- No artificial sweeteners
 Limited traditional antibiotics
 May be affected by diet in as little as 3 days

22



23

