



# MOSHER HEALTH

## Anti-Inflammatory Diet

**The following foods are recommended to reduce inflammation in the body.** Statistically 2 food categories are eliminated to reduce inflammation. The most common food allergens and inflammatory causing foods. The promise of reduction in inflammation can take place within 1-5 days if you follow this diet plan. Choose only the foods on the list and drink at least 8 glasses of water each day. You must eat salmon or sardines twice a day for the ideal effects from the essential fatty acids in the salmon to take place. *No grains, dairy, red meats, food preservatives, food coloring, artificial sweetener, refined and processed foods* or anything not listed below during the 3 days. 100% compliance produces the most consistent results.

**Eat only real foods.**

### Vegetables

- Romaine lettuce
- Dark Leafy Greens
- Cucumbers
- Celery
- Broccoli
- Brussels Sprouts
- Spinach
- Asparagus
- Arugula
- Cauliflower
- Radicchio
- Endive Spears
- Scallions
- Garlic
- Onion or Red Onion
- Watercress

### Seeds

- Chia Seeds
- Flax Seeds

### Sweetener

- Stevia
- Raw Honey

### Fruits

- Blueberries
- Raspberries
- Blackberries
- Acai
- Cantaloupe
- Honeydew Melon
- Organic Pears
- Organic Peaches
- Organic Apples
- Kiwi
- Coconut
- Avocado
- Lemons

### Spices

- Cinnamon
- Basil
- Parsley
- Dill
- Turmeric
- Ginger
- Sea salt

### Protein

- Wild Alaskan Salmon
- Canned Wild Salmon
- Smoked Nova Scotia Salmon
- Wild Caught Sardines
- Albacore Tuna
- Blue Fin Tuna
- Canned Water Packed Tuna
- Organic Caged Free Eggs
- Turkey Breast
- Ground Turkey
- Sole
- Cod
- Flounder
- Halibut

### Anti-Inflammatory Fats

- Extra Virgin Olive Oil
- Organic Virgin Coconut Oil
- Flax Oil
- Avocado oil

### Beverage

- Spring Water
- Purified Water
- Green Tea