

# Deflame With Nutrition



Dr. Brad Cole

# You Are What You Eat!

We've all heard the phrase, "you are what you eat." Unfortunately, this statement is more accurate than most realize. The human body's bio-chemicals are composed of the foods that we ingest. Subtle bio-chemical injuries (dietary trauma) occur throughout our body when we eat a diet that is deficient in fruits and vegetables, and contains refined sugar, vegetable oils (soybean, corn oil, sunflower oil, safflower oil, peanut oil and cottonseed oil), and trans fats found in nearly all packaged food and deep fried foods. The inflammation associated with a poor diet may initially cause non-specific symptoms such as malaise, fatigue, headache, or intestinal discomfort. It is very subtle. Yet over time, this diet driven inflammation leads to the common, chronic diseases that plague our society.



*Each of us needs to focus on reducing our body's inflammation.*

# Major Pro-Inflammatory Foods to Avoid

- All grains and grain products (bread, pasta, cereal, pretzels, packaged snacks)
- Partially hydrogenated oils (trans fats)
- Corn/safflower/sunflower/cottonseed/soybean oil
- Soda, dairy, soy, and refined sugar.



*Every time you eat pro-inflammatory foods, you create inflammation in your body that will slowly but surely lead to the expression of chronic pain, diabetes, heart disease, Alzheimer's disease, or whatever degenerative disease to which you may be genetically predisposed.*

# So, What *Do* I Eat?

It is distressing to read that so many foods are pro-inflammatory. Yet more distressing is suffering from any of the numerous diseases and conditions caused by inflammation. The good news is that we can decrease inflammation and feel better by enjoying anti-inflammatory foods. Eating both vegetation and animals that ate vegetation promotes an anti-inflammatory body state.



## **Major Anti-inflammatory foods to enjoy:**

- All fruits and vegetables
- Fresh fish
- Lean cuts of meat, chicken, eggs from grass-fed animals or lean cuts of regular meats



# Major Anti-Inflammatory Foods to Enjoy (cont.)

- Wild Game
- Nuts: raw almonds, cashews, walnuts, hazelnuts, macadamia nuts
- Spices like ginger, turmeric, garlic, dill, oregano, coriander, fennel, red chili pepper, basil, and rosemary
- Organic extra virgin olive oil and coconut oil
- Drink water or organic green tea

*With every bite we take, we are either  
Inflaming or de-flaming.*



# Remember These Five Key Points

1. Lean Protein intake at 25% of total diet
2. Eliminate refined sugar and grains
3. Drink  $\frac{1}{2}$  your body weight in ounces of water each day (2-3 L)
4. Enjoy massive amounts of fruits and veggies at 75% of total diet
5. RELAX, don't get hung up on points, rules, or counting calories



# Nutritional Supplements to Fight Inflammation

Nutritional supplements cannot take the place of healthy eating. Research increasingly promotes supplements for preventing disease, and inflammation reduction is a likely mechanism of action for many supplements.



# How Do I Know Which Supplements to Take?

If you want to take:

- 1 supplement, it should be a multivitamin / mineral (less than 50 cents/day)
- 2 supplements, add EPA/DHA (about \$1.10/day)
- 3 supplements, add magnesium (about \$1.50/day)
- 4 supplements, add vitamin D (about \$1.85/day)
- 5 supplements, add calcium (about \$2.70/day)

While precise supplements and exact amounts vary with individual need, the suggestion given is a general approach for inflammation reduction. You need to feel good and be Informed about whatever supplements you choose to take.







***Quite simply, all you need to do is eat mostly fruits, vegetables, nuts, fish, chicken, and lean meat. Eat until you begin to feel full and then stop. Take the key supplements and exercise more.***



# Cole Pain Therapy Group

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