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FOODS THAT FIGHT  
**INFLAMMATION**



Inflammation is an immune response that our bodies use to protect itself from irritants. Although, when inflammation gets out of control -- your body is in a constant state of attack. This is when the damage can happen, and leave us with a host of uncomfortable health issues to deal with.

Some foods can cause inflammation, such as the unhealthy junk foods loaded with sugar and chemicals our bodies don't recognize. There are also foods that can fight inflammation, allowing an anti-inflammatory benefit to sweep through your digestive system. Here are nine of my favorite anti-inflammatory foods for you to enjoy more of on a regular basis!



# LEAFY GREENS

Hearing leafy green vegetables are good for you probably isn't a surprise. We know how beneficial they are, packed with nutrients, vitamins, and minerals that fuel the body optimally.

But in case you didn't know, they're also great for fighting inflammation. They're rich in antioxidants and flavonoids which restore normal cellular balance as well as fight inflammation.



# BLUEBERRIES

Blueberries are an excellent source of anti-inflammatory nutrients. They boast a wealth of quercetin, an anti-inflammatory flavonoid also found in olive oil, citrus, and other dark-skinned berries.

Blueberries are high on the pesticide list, so buying them organic — and local, if possible — will be most advantageous to you.



# BEETS

Beets are chock-full of betalain, a fantastic antioxidant that helps curb cell damage caused by inflammation.

Aside from being anti-inflammatory, beets also assist with natural detoxification and provide the body with a slew of powerful antioxidants.



# PINEAPPLE

Who doesn't love a fresh pineapple on a hot day? Aside from quenching our thirst, pineapples are also rich in two antioxidants that hold anti-inflammatory properties — bromelain and quercetin.

When spring allergies hit, I always reach for some fresh pineapple to soak up the anti-inflammatory properties that help combat my spring allergies.



# CELERY

Having celery on your plate frequently is incredibly beneficial. Not only is celery packed with antioxidants, but also has plenty of anti-inflammatory flavonoids.

Coincidentally, an abundance of potassium, vitamins, and antioxidants in celery can also help fuel your body with the nutrients it needs to thrive.



# OILY FISH

Fatty fish like tuna, mackerel, sardines, and salmon are high in omega-3 fatty acids which studies have shown to help keep inflammation down.

It may be excessive to suggest eating fish on a daily basis, but including these fatty fishes on your plate several times a week will help you reap the anti-inflammatory benefits they provide.





# BROCCOLI

Broccoli is a cruciferous veggie that is teeming with fabulous antioxidants. In addition to magnesium, vitamins, and potassium, broccoli is also a significant source of anti-inflammatory carotenoids and flavonoids.

Other cruciferous veggies that host a bounty of benefits as well are Brussels sprouts, kale, and cauliflower.



# FIGS

Figs contain many beneficial nutrients such as fiber, potassium, calcium -- along with antioxidants that naturally help reduce inflammation in the body.

Along with pineapple and blueberries, figs also contain quercetin that assists with combating inflammation. It naturally reduces the release of histamine, which can stop the symptoms of an allergic reaction and halt inflammation.



# WALNUTS

Nuts are high in unique phytonutrients which come with huge anti-inflammatory and antioxidant benefits.

They are also rich in omega-3 fatty acids.

Other beneficial nutrients you get from walnuts include potassium, copper, and magnesium.

# Meet your coach

Hi, I'm Elaine Gibson.  
You can get lots more great tips on  
my website  
[www.renewedlivinginc.com](http://www.renewedlivinginc.com)

Introducing Foods That Fight  
Inflammation is a great start on  
your journey to better health.

Accountability is also a major factor  
in achieving your goals.  
If are serious about creating the life  
you desire and deserve, let's  
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# WHAT OTHERS ARE SAYING ABOUT US

It is never too late to make positive changes. Open your mind and your heart and allow Elaine's inspiration and knowledge be the catalyst for the progression to a healthy you.

I, like many others, lead a hectic life. I thought I didn't have time to introduce new concepts and activities into my life, it was just too much effort. I was wrong.

With Elaine's assistance and understanding, the small steps of change I took have now become an integral part of my routine. I no longer see the future desired changes as large an unachievable.

Take care of yourself, you deserve it.  
And so do those who love you.

Marianne Baker,  
Annandale, VA. Clinical Project Manager

