

REDUCE INFLMMATION IN 30 DAYS

20 Foods For Healing

Learn more at www.wellwithin.co
Get more resources at [@wellwithin.life](https://www.instagram.com/wellwithin.life)

The science is clear:
when we take care of ourselves from within,
everything on the outside improves.

How are you using food to take care of your
inner self today?





Understanding Inflammation

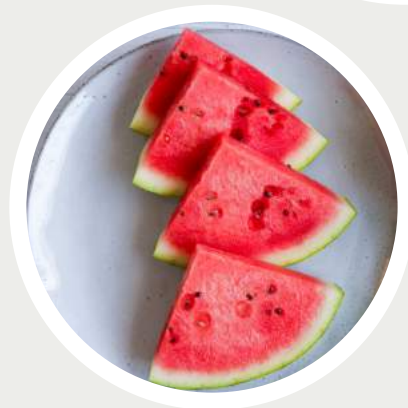
Inflammation is the body's natural response to perceived threats or injuries, initiated by the immune system directing white blood cells to combat issues like bacteria, allergies, infections, injuries, or wounds. This defensive reaction manifests as pain, swelling, redness, heat, and a temporary loss of function.

Chronic inflammation arises when the immune system releases inflammatory cells without a clear threat or illness, a phenomenon observed in various chronic diseases like Alzheimer's, type 2 diabetes, heart disease, and rheumatoid arthritis. This prolonged and misguided immune response contributes to the development and progression of these conditions.

Every time we eat we have the option to choose foods that are inflammatory or anti-inflammatory to the body. Foods that hurt our overall wellness or boost our overall wellness.

Inflammatory foods are sugar, refined carbohydrates, industrial seed oils, alcohol, red meat and processed food (soda, burgers, desserts, etc), to name a few.

Anti-inflammatory foods are single ingredients that are unprocessed and unadulterated in any way. They're the very best from mother nature and well studied for their nutritional value and positive impact on the immune system, cardiovascular system and our bodies and brains in general.



INFLAMMATORY FOOD LIST

FOODS TO LIMIT OR AVOID

FOODS THAT TRIGGER SYMPTOMS OF INFLAMMATION IN THE BODY.

TRANS FATS

Deep-fried foods (e.g. fries, donuts)
 Commercial baked goods
 Processed foods, fast foods
 Non-dairy coffee creamer
 Microwavable popcorn
 Crackers, chips
 Frozen pizza
 Frosting



REFINED GRAINS

White bread Croissants
 White tortillas Crackers
 White rice Pastries
 White flour Waffles
 White pasta Biscuits
 White bagels Chips
 French fries
 Fried rice



OILS & FATS

Seed-based oils Margarine
 Cottonseed oil Shortening
 Grapeseed oil Sesame oil
 Safflower oil Peanut oil
 Sunflower oils Corn oil
 Rice bran oil
 Soybean oil
 Palm kernel oil



SATURATED FATS

High-fat red meat cuts (beef, lamb)
 Fried meats (bacon, sausage)
 Animal fats (lard, butter, duck fat)
 Full-fat dairy products
 Creamy salad dressings
 Poultry with skin-on
 Dark meat poultry
 Deep fried fish



HIGH FAT DIARY

Cheese, full-fat (cheddar, brie, gouda)
 Cream, half-and-half, whipped cream
 Evaporated milk, condensed milk
 Cottage cheese, sour cream
 Whole milk, buttermilk
 Parmesan cheese
 Yogurt (full-fat)
 Ice cream



PROCESSED FOODS

Processed meats (deli, canned meats)
 Fast foods (burgers, hot dogs, pizza)
 Packaged snacks, frozen meals
 Mono-Sodium Glutamate (MSG)
 Artificial Sweeteners
 Aspartame, Sucralose
 Processed cheeses
 Saccharin



HIGH SUGARS

High sugar desserts (e.g. cakes, pies)
 Chocolate bars, candy, muffins, etc.
 Milkshakes, Sundaes, Ice Cream
 Cheesecakes, Pudding
 Sugary breakfast cereals
 Sweetened yogurts
 White potatoes
 Energy bars



BEVERAGES

Fruit juices (orange, apple, pear juice)
 Coffee or tea with cream and sugar
 High-fructose soda drinks
 Alcohol (wine, beer, spirits)
 Mixed alcoholic drinks
 Fruit punch drinks
 Energy drinks
 Sports drinks



ANTI-INFLAMMATORY FOOD LIST

RECOMMENDED FOODS

FOODS THAT PREVENT OR REDUCE SYMPTOMS OF INFLAMMATION.

FRUITS

Strawberries	Pineapple, Mangoes
Blueberries	Honeydew Melon
Raspberries	Grapes, Bananas
Grapefruit	Watermelon
Lemon, Lime	Cantaloupe
Oranges	Avocados
Cherries	Kiwis
Papaya	



OILS & FLAVORS

Olive oil	Apple Cider Vinegar
Avocado oil	Natural Sweeteners
Cinnamon	Balsamic Vinegar
Turmeric	Lemon Juice
Ginger	Flaxseed oil
Garlic	Salsa
Tahini	Miso
Honey	



VEGETABLES

Artichokes	Green leafy vegetables
Bell peppers	Spinach, Kale, Collards
Broccoli	Sweet potatoes
Cabbage	Brussel sprouts
Carrots	Onions, garlic
Eggplants	Squash
Mushrooms	Ginger
Tomatoes	



ANIMAL PROTEINS

Meats high in Omega-3 fatty acids
 Oily fish (wild salmon, trout, tuna)
 Shellfish (oyster, crab, mussels)
 Free-range, organic chicken
 Omega-3 Enriched Eggs
 Grass-fed lamb, bison
 Grass-fed lean beef
 Sardines, Mackerel



WHOLE GRAINS

Whole grain breads (rye, multi-grain)
 Whole grain cereals (low or no sugar)
 Whole wheat pasta
 Quinoa, Quinoa flakes
 Brown rice, wild rice
 Barley, Buckwheat
 Millet, Amaranth
 Oats, Oatmeal



BEVERAGES

Water	Pomegranate juice
Lemon water	Watermelon juice
Coffee	Vegetable juice
Green Tea	Almond milk
Ginger Tea	Kombucha
Hibiscus tea	Red Wine
Chamomile tea	
Coconut water	



PLANT PROTEINS

Black beans	Lentils (brown, green)
Kidney beans	Edamame (soybeans)
Chickpeas	Almonds, Walnuts
Lima beans	Tofu, Tempeh
Navy beans	Chia seeds
Split peas	Flax seeds
White beans	Pecans
Mung beans	



SNACK FOODS

Kale chips	Almond flour crackers
Fruit salad	Chia seed pudding
Berry sorbet	Roasted chickpeas
Dark chocolate	Smoothies
Almond butter	Raisins
Dried fruit	Figs
Yogurt	
Trail mix	



ANTI-INFLAMMATORY DIET

SAMPLE MEAL PLAN

BREAKFAST

- Steel cut or old fashioned oats or cracked grain cereal w/ toppings of your choice: chia seeds, ground flax seeds, nuts or other seeds, fresh or frozen fruit, cinnamon, coconut
- Milk (Your choice of almond, coconut, soy)



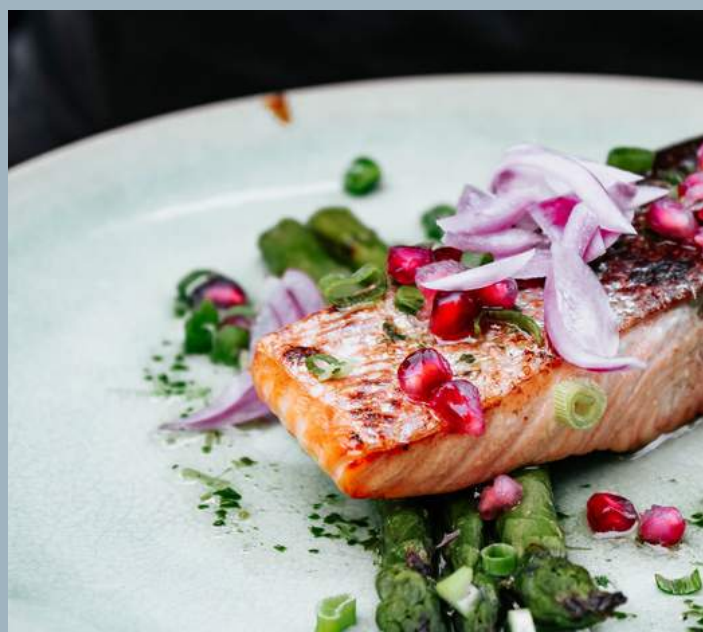
LUNCH

- Salad with greens (spinach, kale, romaine, etc.) leaves
- Chopped veggies: carrots, broccoli, tomato, peppers, purple onion, avocado or other veggies
- Balsamic vinaigrette dressing with 2-4 tsp. extra virgin olive oil
- Kidney beans (or other type of beans) Cottage cheese or chicken or seafood of choice
- Soy nuts, or other type of nut or seeds (limit to 2 Tbsp)
- Fresh Fruit



DINNER

- Salmon or other seafood or lean meat
- Sweet potato or squash
- Broccoli or other veggie
- Salad greens with chopped vegetables (carrots, tomatoes, red peppers, etc.)
- Balsamic Vinaigrette dressing (with 2 tsp. extra virgin olive oil)
- Fruit if desired



Still Struggling?

I will help you get to the root cause of your gut issues using the right testing and help you heal from within.

NEXT STEPS:

- 1) Schedule your free 20-mins clarity call to discover more about what we do, if we are a great fit and determine next steps.
- 2) We'll utilise testing to dig deep and understand what is going on in your overall gut, adrenal and gut health.
- 3) We'll get you started on your personalised nutrition, lifestyle and supplement protocols. We'll make sure you have all the tools you need to heal, reduce inflammation, and feel well again.

[SCHEDULE A FREE 20-MIN CALL](#)

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