

CitrusRoute

PERSONAL TRAINING

How to Prevent Inflammation with Food?

We all have felt the effects of inflammation in our bodies at some point. It could have been from an allergic reaction, infection, or injury, like an ankle sprain. Although acute (short term) inflammation can heal quickly with proper care, chronic inflammation is systemic in nature (affects our whole body). Chronic inflammation has been linked to the cause of many diseases including cancer, obesity, and heart disease.

As more than 70% of our immune cells are housed in the digestive tract, our immune response is greatly affected by the foods that interact with our bodies. While some foods can trigger inflammation, other foods pack a powerful anti-inflammatory punch.

Consider including some of these foods into your meals to reduce inflammation.

1. Water-Being hydrated prevents and heals inflammation.
2. Omega 3 Fats-Try wild salmon, herring, mackerel or take fish oil supplements.
3. Green Vegetables-Kale, spinach, collard greens, Swiss chards, all contain powerful phytonutrients to help protect against cellular damage.
4. Herbs & Spices-Cloves, ginger root, rosemary, turmeric, cinnamon, allspice, parsley, chive, coriander, sage, thyme, mint, and nutmeg. Either they directly reduce the inflammatory response or increase digestion and strengthen the immune system.
5. Green Tea-Rich in Catechins, which prevent ageing, free radical damage, and gene mutations.
6. Garlic & Onions-Promote healing and decrease inflammation.

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Do you or someone you know suffer from Osteoporosis?

Ask me how to take part in a half-day workshop that features, the best exercises for improving strength, the best exercises for balance and fall prevention, the best food to eat to ensure adequate calcium and vitamin D, and feel more confident about moving!

Call Cindy 519-212-6063 or cindy@citrusroutept.com

Spring Boot Camp Class

Only \$100 for 10 awesome sessions!

Mondays 7-8 pm * no class May 18th for Victoria Day

April 13th -June 22nd

Classes will be a mix of indoor and outdoor, weather dependent!

Sign up today! Call or email Cindy!

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Information on preventing inflammation with food was provided by Esther Epp. Esther is a certified nutritionist in Toronto, specializing in preventative health, and women's issues. www.DwellinWell.com

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