

Top 29

GUT HEALING &
INFLAMMATION-FIGHTING
FOODS

+ RECIPES

Disclaimer

Copyright 2022 by Goodness Lover Pty Ltd — All rights reserved.

This book contains information that is not designed to take the place of, substitute, or replace any form and method of professional or medical advice and treatment or medicine. All content is the author's opinion and is not intended to diagnose and remedy. The facts and figures contained in this document are presented solely for informational and educational purposes only.

This book contains materials, statistics, news, and reports compiled from various resources and sources considered accurate and deemed reliable to the best of the Author's knowledge; however, the author cannot assure and guarantee its validity and accuracy and cannot be considered, nor held accountable for any omissions or errors. The contents of this book are periodically updated. You must seek medical advice, treatment, and medicine from a professional or doctor before utilizing any of the information, techniques, advice, and remedies mentioned in this document.

By applying and utilizing the information, techniques, advice, and remedies mentioned in this document, you consent to hold the Author unaccountable against and from any expenses, costs, and damages, including any potential legal fees subsequent from the use of any information presented in this book.

This disclaimer covers any injury or damages resulting from the application and uses, whether indirectly or directly, from any information or advice that are given, whether criminal intent, personal injury, negligence, offence, contract breach, or any action caused.

By reading the information presented in this document, you accept all the risks related with the application of the advice given herein, with a complete understanding that solely you are liable for any result or effect that occurs upon the use of the information and the execution in any manner, as well as regardless of the interpretation you considered of the advice. To ensure your safety and health, consult a medical or professional practitioner before applying any of the information, techniques, advice, and remedies mentioned in this document.

Resolving Chronic Inflammation

When it comes to resolving chronic inflammation, the key lies in the gut. Addressing dysbiosis and healing your gut is how you reduce inflammation and promote optimal health. By consuming a diversity of plant foods, you increase the diversity of your fiber intake, leading to the production of short-chain fatty acids. Short-chain fatty acids such as butyrate are essential for reducing the permeability of the gut barrier and hence, inflammation. Diversity of plants also enhances the diversity of microbes within your gut.

One of the best ways to manage and reduce chronic inflammation is by **changing your diet**. To reduce both acute and chronic inflammation, opt for a diet based on whole foods with an emphasis on organic fruits, vegetables, whole grains, healthy plant-based proteins, and healthy fats. Minimize, or even better, avoid junk food, sugar, white flour, fried foods, processed meats, and high-fat animal products.

If required, a diet that promotes weight loss is also beneficial. Many studies also show weight loss induced by a decrease in energy intake and an increase in exercise reduces systemic inflammation. Even a modest weight loss causes a reduction in inflammatory mediators and an improvement in insulin sensitivity.



Foods that may promote inflammation include:

Dairy

Egg

Alcohol

Red meats, especially pork and pork products

Refined sugar, NutraSweet, all artificial sweeteners, corn syrup, high fructose corn syrup

Fried and processed foods

Trans-fatty acids which can be found in cookies, chips, etc.

High GI (glycaemic index) foods such as white rice, sugar, and highly processed cereals

Gluten*

For some people, citrus fruits and nightshade vegetables such as tomatoes, potatoes, eggplants, and bell peppers can also increase inflammation.



* **A Note On Gluten:**

One of the biggest and most misunderstood culprits of inflammation is gluten. About 2 million people in the US and an estimated 1% of the global population have been diagnosed with celiac disease. And the estimated prevalence of non-celiac gluten sensitivity (NCGS) is 20% of the population.

For those who do not have celiac disease or do not have NCGS, it is not essential to avoid gluten. In fact, gluten-containing products are a good source of fiber which we know is essential for a healthy microbiome and combating inflammation.

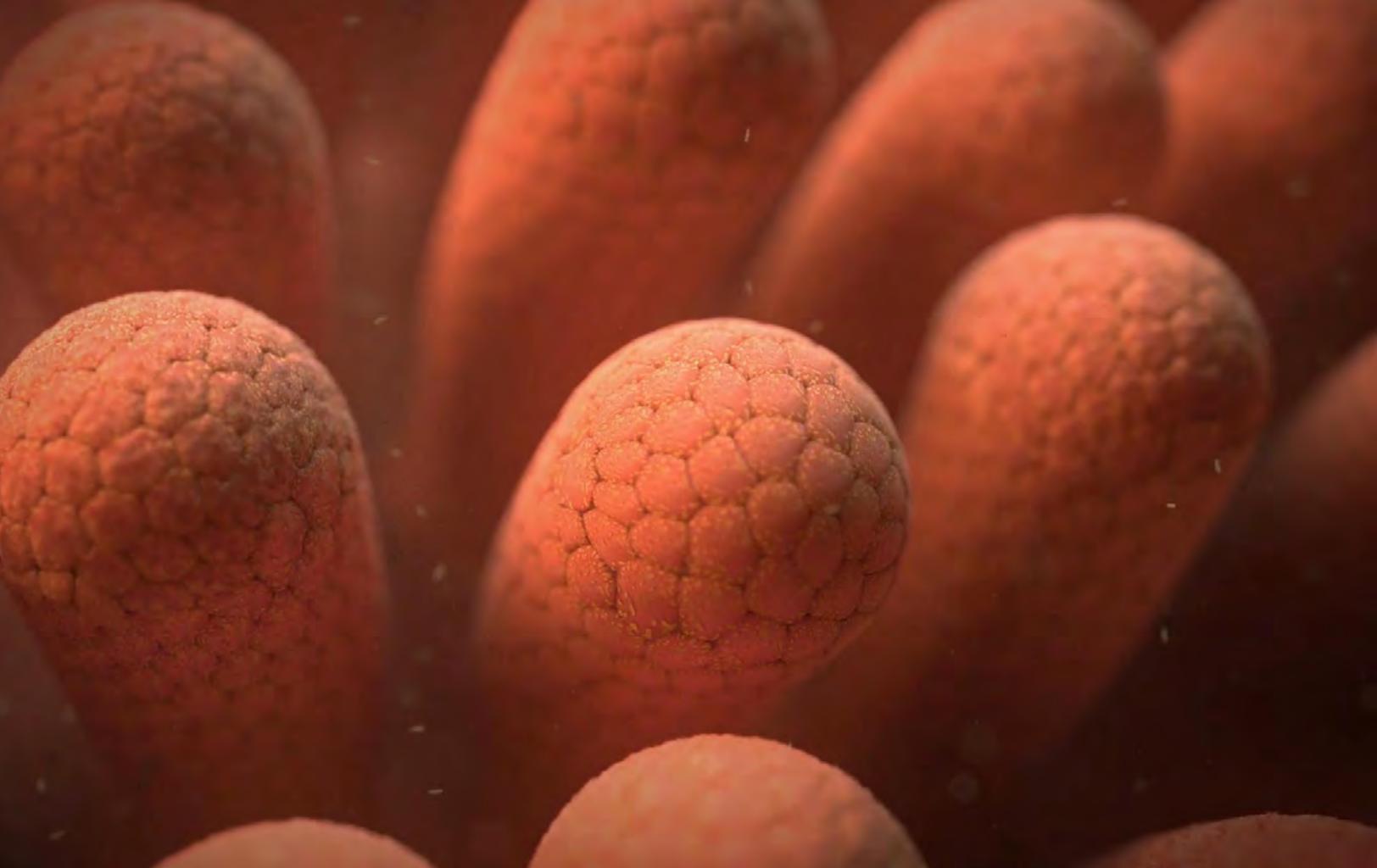
However, it is important to note that even in people who do not have a sensitivity, gluten may induce a temporary leaky gut and increase inflammation. This is because gluten activates zonulin, a protein that regulates the tight junctions of the small intestine. When zonulin is released in the intestines, the tight junctions open slightly and allow larger particles to pass through the intestinal wall. The body then releases anti-inflammatory cytokines which help to heal the leaky gut over a few hours.

The wheat we consume today is very different to what people ate even fifty years ago. What we are now eating is a super-hybridized, chemically and radiologically mutated wheat that is also highly resistant to pesticides. Conventionally-produced wheat crops are treated with noxious chemicals twice, including just before harvesting. When we eat wheat, we're taking those poisons in with every bite. Modern grain processing techniques used in the US and Australia also raise the gluten content in many grains, especially wheat, making it more difficult to digest.

The Gut's Role in Inflammation

2,000 years ago, the Greek physician Hippocrates said, *“all disease begins in the gut.”* It was a bold assertion made by a man who barely knew of the intestinal and immunological physiology or of the complex ecosystem housing over 3 million genes and 100 trillion bacterial cells, known as our gut microbiome.

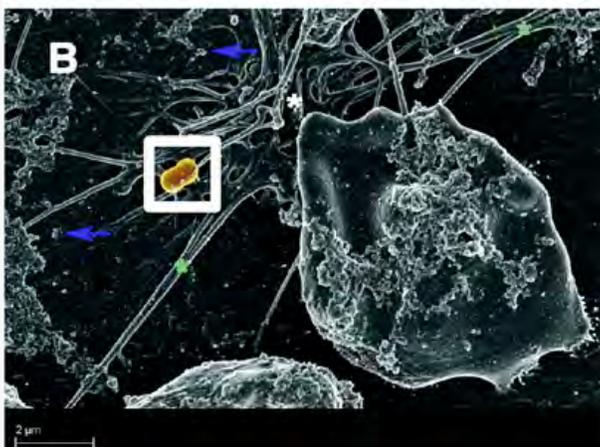
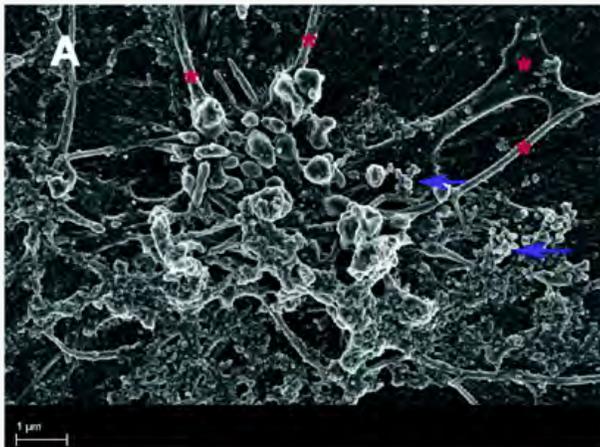
However, since then research has confirmed this statement, revealing that gut health — specifically permeability of **the gut barrier and an imbalanced microbiome** — is a primary trigger of the inflammatory process.



It's simple. When we eat, we feed our microbiome. When we fast, it regenerates. Our diet, lifestyle, and environment determine its biodiversity and resistance to disruptive agents. The Standard American Diet which is high in saturated fat, salt, and refined carbohydrates and sugars, feeds the harmful, pro-inflammatory bacteria in our gut and starves the beneficial bacteria. Excessive alcohol, circadian disruption, medications, and a sedentary lifestyle also influence our microbiome, resulting in dysbiosis. This dysbiosis blunts our immune response and triggers chronic inflammation.

A loss of intestinal barrier function (aka leaky gut) is also a major trigger of inflammation. When an individual suffers from leaky gut syndrome, particles such as bacteria, food proteins, and toxins escape from the digestive system, "leaking" through their gut wall and into their bloodstream. Their immune system then mounts a response, triggering a constant source of inflammation throughout the body.

On top of that, toxins created by pathogenic bacteria also enter their bloodstream. Endotoxins, also referred to as lipopolysaccharides (LPS), are toxic compounds found in the cell membrane of gram-negative bacteria and released into the local environment when the bacteria die. Several factors can cause high LPS levels including a high fat diet, metabolically induced low HDL cholesterol, liver dysfunction, and leaky gut.



LPS are potent stimulators of the immune system and trigger a cytokine response. An excess of pro-inflammatory cytokines develops, while anti-inflammatory cytokines are suppressed. If LPS remains in the gut, the immune system is not activated. The ability of LPS to promote inflammation depends on their ability to enter the bloodstream. LPS activation of the immune system is associated with numerous chronic inflammatory diseases, including autoimmune disease, cancer, chronic heart failure, kidney disease, asthma, COPD, pulmonary fibrosis, and diabetes.

Anti-Inflammatory Diet

The following foods are examples of the type of foods you should be eating to fight inflammation naturally:

Vegetables	<ul style="list-style-type: none">• Eat a variety of vegetables, focusing more on green/dark/leafy/red/yellow/orange vegetables• Aim for five cups of vegetables per day raw, steamed, or baked• Eat organically grown foods as much as possible
Grains	<ul style="list-style-type: none">• Eat one to two cups of cooked grains per day• Limit grains to complex carbohydrates such as quinoa, millet, and buckwheat• Choose anti-inflammatory grains, which include basmati or brown rice, organic, non-hybridised wheat, millet, quinoa, amaranth, kamut, buckwheat, corn, sorghum, and teff
Legumes, Nuts, and Seeds	<ul style="list-style-type: none">• Enjoy a variety of beans and legumes such as lentils, pinto beans, soybeans, mung beans, chickpeas, and adzuki beans• To minimize any potential side effects, soak beans for 12-48 hours prior to cooking by placing in a pot and covering with ample water• Have raw, unsalted nuts and seeds — particularly walnuts, chia seeds, flax seeds, and hemp seeds• Organic nut and seed butters are beneficial too
Fruit	<ul style="list-style-type: none">• Enjoy a variety of whole fruits, consuming at least two pieces/servings a day• Avoid as much dried fruit and canned fruit as possible; frozen fruit is okay to use
Sweeteners	<ul style="list-style-type: none">• Avoid refined sugar and artificial sweeteners• The best sweeteners are fruits and berries, along with dates and date paste. If you want to consume more refined sweeteners, the least problematic ones, generally, are monk fruit sweetener, xylitol, stevia, and erythritol.
Healthy Fats	<ul style="list-style-type: none">• Use extra virgin olive oil for situations requiring oil• Avocado, flaxseed, and hemp seed oil are also good options• Try avocado or flaxseed oil as an alternative to butter on bread

TOP 29 ANTI-INFLAMMATORY FOODS

On top of that, there are 29 foods that are extraordinarily powerful in reducing inflammation. **Nutrient-dense, antioxidant-rich, having detoxifying abilities or gut-health promoting properties** — these are just some of the reasons these foods are so effective in fighting inflammation.





Berries

Don't be fooled by their size, those little berries are loaded with anti-inflammatory nutrients.

Berries are rich in antioxidants like **vitamin C, anthocyanins,** and **ellagic acid.**

They can help with blood sugar balance and improve cardiovascular health. Berries are a low-calorie source of nutrients and they have been shown to improve blood lipid profiles in people who are obese or have metabolic syndrome. Eating berries is associated with reduced risks of several cancers, especially cancers of the esophagus, mouth, breast, and colon. Buying frozen berries is a great way to stretch your grocery budget without sacrificing on nutrition. Get more berries into your diet by adding them to smoothies, using them as toppings for oatmeal, and even tossing them onto salads.



1. BLUEBERRIES

Blueberries are famous for their benefits for brain health. Their consumption has been shown to improve memory and decrease symptoms of depression. Blueberries have also been shown to lower blood sugar and improve cholesterol levels. Plus, they're a great source of prebiotic fiber that nourishes the gut microbiome.

2. STRAWBERRIES

Strawberries are a favorite among those who follow low FODMAP diets. They are so low in sugars that they are considered a zero FODMAP food and can be included in all phases of the diet. Low sugar content also makes strawberries popular among people who avoid sugary foods for the sake of insulin regulation. Strawberries are especially high in vitamin C. Keep that in mind the next time you're looking to support your immune response!

3. BLACKBERRIES

Blackberries are a great source of vitamin K, which means they're good for your bones. Getting more blackberries into your diet could reduce your risk of bone thinning and fractures as well as easy bruising, heavy menstrual bleeding, and bloody stools — all of which are associated with having inadequate vitamin K. Blackberries are also rich in manganese. In fact, one cup contains half the daily allowance. Manganese is important for brain function, hormone balance, and metabolism.

4. RASPBERRIES

Raspberries boast the highest fiber level in the berry family. They're also high in tannins that help us better metabolize starches. Research indicates raspberries can reduce the incidence of fatty liver disease. Additional trials have found that regularly consuming raspberries can improve the symptoms of arthritis, help with weight loss, and reduce the signs of aging.

Veggies

Vegetables are excellent for providing **soluble** and **insoluble fiber** along with a broad diversity of **polyphenols** and **antioxidants**. This means that when you load your plate up with veggies, you are taking care of your gut and giving your body the nutrients it needs to keep inflammation in check. This translates to health benefits for the entire body, as studies verify eating more vegetables corresponds to improved immunity, better skin, and reduced risks of chronic diseases including diabetes, cardiovascular disease, cancer, and autoimmunity. The best part is, you don't have to seek out exotic foods to get these benefits. You can significantly improve your health by eating more of the vegetables you have probably been exposed to your whole life, though perhaps you didn't appreciate how much they can do for you.



5. TOMATOES

Help yourself to an extra scoop of salsa, because you really can't eat too many tomatoes. Tomatoes owe their rich, red color to their high content of lycopene, a powerful antioxidant that may reduce cancer risk and improve cardiovascular health. Lycopene has also been shown to protect the brain from age-related degeneration, promote bone health, and improve vision, especially in older adults. Lycopene belongs to the carotenoid family of antioxidants, which are fat-soluble. That means you can boost your absorption of lycopene by cooking tomatoes in olive oil.

6. MUSHROOMS

Mushrooms technically belong to the fungi family, but today we consider them honorary vegetables. Like true vegetables, mushrooms are low in fat and rich in fiber, minerals, and phytonutrients that support optimal health. Mushrooms are a great source of B vitamins, selenium, and copper. While white button mushrooms are an excellent addition to a healthy meal, try branching out and consuming some of the other varieties that have become widely available, such as maitake, oyster, and lion's mane mushrooms. And don't forget shiitakes! Shiitake mushrooms are a popular culinary variety that have well-established health benefits. Mushrooms should be cooked in order to neutralize toxins like hydrazine and formaldehyde.

7. BROCCOLI

Broccoli is rich in sulforaphane, an antioxidant that decreases inflammation by reducing bloodborne levels of cytokines and other agents that trigger bodywide inflammation. It also contains the antioxidants lutein and zeaxanthin, which are shown to protect the eyes from oxidative stress and cellular damage. Plus, broccoli is a great source of fiber, potassium, and even protein. Broccoli can be enjoyed cooked or raw and can be added to just about any savory dish. If it's not your favorite food, try topping it with a lovable sauce (like the broccoli with hemp cheese featured in the next section!) to see if you can develop a taste for this absolute nutrition powerhouse.

8. BELL PEPPERS

Bell peppers are found in a beautiful array of colors — including red, yellow, and orange — and each color represents a unique profile of polyphenols. Red peppers have lycopene along with beta-carotene, while the yellow have violaxanthin, and orange are the best for lutein and zeaxanthin. All colors of bell peppers are rich in vitamin C, capsanthin, and quercetin. Bell peppers are also great for anemia because they contain not only iron but also the vitamin C that is needed for it to be absorbed properly.

9. SWEET POTATOES

Sweet potatoes help to lower inflammation thanks to their high content of antioxidants like vitamin C and E along with anti-inflammatory carotenoids, alpha and beta carotene. Best of all, sweet potatoes are an excellent source of fiber for the gut microbiome. Sweet potatoes also help to support the brain and immune system. An easy way to get more sweet potatoes into your diet is to bake a couple over the weekend that you can throw into your meals during the week.

10. ONIONS

Onions are often thought of as mere flavor-enhancing ingredients so their significant health benefits tend to be overlooked. Nonetheless, the simple and unassuming onion is loaded with nutrients that can help you stay healthy. Onions contain over 25 different antioxidants and are one of the best sources of quercetin. Red, yellow, and white onions all contain differing amounts of beneficial nutrients, so opt for variety when choosing which onions to include in your healthy meals.

Fruits

Fruits are hydrating, nourishing treats. Don't be afraid of the sugar in fruit: when consumed in its natural matrix of fiber and nutrients (aka eaten whole versus juiced), the sugar in fruit is absorbed without causing the spikes in blood sugar and insulin levels that many fear. A diet rich in fruits is associated with better health outcomes including **healthy weight management, stable blood sugar, and robust immune capacity**, along with lower risks of cardiovascular disease and diabetes. All fruits contain antioxidants, as well as the vitamins and minerals we need to thrive. It's their rich nutrient content along with their high levels of water that make fruits so great for our skin. Incorporating plenty of fruit into your diet can mean healthier, younger-looking skin, fewer wrinkles, and even protection from sun damage.

11. GRAPES

Grapes are rich in anthocyanins, which reduce inflammation by scavenging free radicals. They also contain resveratrol, well-known for its anti-aging and health-promoting benefits. Grapes have the potential to protect the heart from inflammation and reduce the risks of heart disease, diabetes, obesity, Alzheimer's, and vision problems. Grapes can also help with weight management by triggering the release of adiponectin, a hormone that influences metabolism.

12. APPLES

When it comes to anti-inflammatory foods, you can't really ask for a more perfect package than a good ol' apple. Apples contain a lot of fiber, much of which is pectin, an insoluble fiber that has wonderful prebiotic benefits for the gut microbiome. Apples also contain the immune-boosting antioxidant quercetin. Eating apples is associated with lower risks of diabetes, heart disease, and cancer. There really seems to be some wisdom to the old adage about eating an apple a day! To get the most out of your apples, enjoy them with the skin intact, as most of the nutrients are found just beneath the skin.

13. CHERRIES

Cherries are a delicious source of antioxidant and anti-inflammatory compounds. Laboratory testing verifies that eating cherries can reduce inflammation and oxidative stress. Cherries can also improve recovery from exercise, support cardiovascular health, and enhance sleep quality. While there is more research to confirm the benefits of tart cherries specifically, both tart and sweet cherries are considered to be excellent sources of vitamin C and antioxidants.

14. ORANGES

We all know oranges (and other citrus fruits) are excellent sources of immune-supporting vitamin C. That's why when we're not feeling well, often the first thing we reach for is an orange. Oranges also provide folate, which is important for protein metabolism and also for forming DNA and RNA. Flavenoids such as hesperidin and naringenin which support healthy blood vessels and

carotenoids like beta-cryptoxanthin and lycopene which protect us from oxidative stress and chronic disease are also abundant in oranges.

15. WATERMELONS

Watermelon is excellent for hydration. After all, it's 92% water! But that doesn't mean it's lacking in nutrients. Watermelon is a great source of vitamins A and C and it contains 40% more lycopene than tomatoes. It's also rich in potassium and magnesium and its blend of fiber and water makes it an effective, gentle remedy for constipation. Research shows including watermelon in an unhealthy diet even offers protection from the negative effects of poor-quality foods, as measured by lower markers of inflammation and oxidative stress.

16. PINEAPPLES

Pineapple is a great source of vitamin C, manganese, potassium, and fiber — but it's best known for containing bromelain. Bromelain is an enzyme that breaks down proteins and reduces inflammation. Researchers believe it is the bromelain in pineapple that reduces cancer risk and may even help treat existing cancers. Pineapples also contain antioxidants called flavonoids and phenolic compounds that may have protective benefits for cardiovascular health.

17. AVOCADOS

Avocados are a great source of healthy fat. They're also rich in vitamins C, A, E, and B-complex vitamins, along with magnesium, fiber, and potassium. Avocados provide polyphenols that provide prebiotic nourishment for the gut microbiome and act as antioxidants, reducing oxidative stress. Getting more of the healthy fats and nutrients in avocados is associated with stronger mental function and improved heart health.



Leafy Greens

Leafy green vegetables are one of the best food groups to include in an anti-inflammatory diet. They're probably the most nutrient-rich foods you can eat, being high in **vitamins A, C, and K**, which all have anti-inflammatory properties.

18. COLLARD GREENS

Collard greens are a good source of two hallmark anti-inflammatory nutrients — vitamin K and omega-3 fatty acids (in the form of alpha-linoleic acid, or ALA). In addition to these, collard greens also contain phytonutrients called glucosinolates — one key glucosinolate is glucobrassicin, which can be readily broken down to produce a molecule called indole-3-carbinole (IC3). IC3 is a powerful anti-inflammatory agent that can operate at the genetic level, preventing the initiation of inflammatory responses at a very early stage.

19. SPINACH

Spinach is a great source of vitamin E, B vitamins, omega-3 fatty acids, and other nutrients, including lutein, which is loaded with anti-inflammatory and antioxidant properties. Eating spinach in the form of a smoothie or juice is the best way to absorb lutein from spinach in our diet. Chopping the spinach before preparing the smoothie has been found to release the highest amount of lutein.



Legumes

Legumes are a great source of **protein**. Not only are they rich in fiber and minerals, they're also high in antioxidant and anti-inflammatory substances.

One of the reasons legumes combat inflammation is because they're loaded with **magnesium**, and magnesium has been shown to reduce inflammation.

Some people claim legumes contain inflammatory chemicals because they contain lectins, which are hard to break down. However, soaking, sprouting, and cooking legumes neutralizes the lectins and makes them more digestible and safe to eat.

20. BLACK BEANS

Black beans contain antioxidant plant compounds called flavonoids and anthocyanins, which have powerful anti-inflammatory properties. Researchers have found that black beans contain the highest levels of these compounds when evaluating black, Great Northern, pink, and pinto beans. In fact, a study found an acetone extract of black bean hull had even stronger anti-inflammatory effects than aspirin.

21. LENTILS

Lentils contain protective plant compounds called phenols — in fact, they're amongst the top ranked legumes for their phenol content. They're also rich in magnesium, a vitamin that's been shown to reduce inflammation — as well as stress and anxiety — which commonly get overlooked as one of the biggest causes of inflammation and damage to the body.

22. CHICKPEAS

Chickpeas are a great source of antioxidants. They contain phytonutrients that help to lower levels of C-reactive protein (CRP). CRP is a bio-marker manufactured by the liver in response to inflammation — it's often checked in blood tests as our blood's CRP level rises and falls with our inflammation level. Chickpeas also promote the body's production of butyrate, which plays a role in reducing inflammation in the cell wall of the colon.



Whole Grains

Whole grains are full of **bioactive compounds**, including antioxidants, contained within the bran and germ of the grains. Whole grains are rich in **fiber**, which helps slow the digestion and absorption of your food. Therefore, your blood sugar and insulin levels don't spike up as quickly after a meal. This is key to fighting inflammation in your body. One exception is whole grains that contain a protein called gluten, which is associated with increased inflammation in some sensitive individuals. Whole grains are not to be confused with refined grains (i.e., white flour, white rice, white bread), which worsen inflammation throughout the body.

23. OATS

Oats are rich in a soluble dietary fiber called beta-glucans. Beta-glucans are known as prebiotics, which supply nutrients to beneficial gut bacteria, helping to reduce inflammation. Oats also contain a unique class of special compounds known as avenanthramides, which are not found in any other grains. In recent years evidence has emerged that these avenanthramides have anti-inflammatory effects, including reducing inflammation in the cells lining our arteries.

24. BUCKWHEAT

Buckwheat is a gluten-free grain that has been established as an anti-inflammatory food because of its rich supply of antioxidant phytochemicals, particularly rutin and quercetin. Buckwheat's strong antioxidant effects and anti-inflammatory activity is largely due to rutin and other flavonoids that protect the cells against free radicals. Buckwheat is the only field crop that contains rutin — and it's the best-known food source of rutin.

25. MILLET

Millet is a gluten-free ancient grain that actually targets inflammation — research indicates millet decreases the production of inflammatory cytokines. What's even better is that the compounds in millet work selectively — millet doesn't reduce the activity of anti-inflammatory cytokines. Additionally, millet protein may help increase adiponectin, a hormone with an anti-inflammatory effect.





Nuts and Seeds

Healthy nuts and seeds contain high amounts of **monounsaturated** and **polyunsaturated fats** (“healthy” fats), but contain very little “unhealthy” saturated fat. They’re also chock full of **calcium, fiber, zinc, magnesium, omega-3 fats,** and **vitamin E**. As a result, nuts and seeds have major anti-inflammatory effects. Plain nuts, usually labeled “**raw**”, are the beneficial ones — nuts with added oil are not as great.

26. WALNUTS

Walnuts stand out from the rest of the nuts because they have the highest amount of ALA, an omega-3 fatty acid that's well-known for its anti-inflammatory effects. It helps to lower cholesterol and blood pressure, therefore decreasing heart disease and stroke. Walnuts are also a rich source of antioxidants, including vitamin E, melatonin, ellagic acid, and other polyphenolic compounds and flavonoids.

27. ALMONDS

Almonds are inflammation-fighting powerhouses due to being rich in vitamin E, an antioxidant that protects the body from the effects of harmful free radicals. Research suggests the monounsaturated fats from an almond-rich diet can lower the amounts of inflammatory biomarkers in the body, including CRP.

28. BRAZIL NUTS

Brazil nuts contain ellagic acid, which makes it a top anti-inflammatory food source. Ellagic acid has anti-mutagenic properties and can even be neuroprotective. Brazil nuts are also the best food source of selenium, a trace mineral that's very important in fighting free radicals, combating inflammation in the body, and promoting thyroid function. Fun fact: one single Brazil nut provides 100% of the daily selenium requirement!

29. HEMP SEEDS

Hemp seeds are packed with heart-healthy polyunsaturated fats, plus they're also home to the less common stearidonic acid (SDA) and gamma linoleic acid (GLA). These fatty acids double as powerful antioxidants that fight inflammation, protect the heart, and provide support to the immune system. Hemp seeds have proven to be super healthy thanks to their vitamin, mineral, phytosterol, fiber, fat, and protein composition.

Recipes.



The Ultimate Anti-inflammatory Oatmeal _____ Yield: 1 serving



Cozy up with a bowl of the Ultimate Anti-inflammatory Oatmeal — topped with fresh berries, such as blueberries and strawberries. It's the perfect hearty, healthy breakfast — and great to serve for one or many! Make it gluten-free with gluten-free oats.

Ingredients

- ⦿ ½ cup rolled oats (gluten-free if desired)
- ⦿ ¼ tsp ground ginger
- ⦿ ¼ tsp sea salt

- ⦿ ⅔ cup dairy-free milk

- ⦿ 1 Tbsp maple syrup

- ⦿ ¼ tsp vanilla extract

Toppings

- ⦿ Fresh blueberries
- ⦿ Fresh strawberries
- ⦿ Almonds

Instructions

1. Add the ingredients into a pot over low-medium heat and stir for a couple of minutes, until just thickening.
2. Remove from heat and add to a bowl.
3. Chop berries into bite-sized pieces, add toppings — and enjoy!

Chickpea Salad with Tomatoes and Avocado

Yield: 2 servings



So much color and lots of fresh veggies in this easy Chickpea Salad with Tomatoes and Avocado. It's perfect for a quick lunch, dinner, or snack. Ready in 20 minutes!

Ingredients

- ⦿ 12 oz greens of your choice
- ⦿ 1 14 oz can chickpeas, drained
- ⦿ 2 avocados, diced
- ⦿ 1 carrot, sliced
- ⦿ 4 cherry tomatoes, roasted at 375F for 20 minutes
- ⦿ Handful of walnuts, crushed
- ⦿ 1 Tbsp olive oil
- ⦿ Juice of a lemon
- ⦿ ¼ tsp sea salt

Instructions

1. In a salad bowl, toss together all ingredients.
2. Add sea salt to taste.
3. Serve within an hour for best results.

Spinach, Broccoli, and Cilantro Soup

Yield: 4 servings

Quick and easy, this bright green soup is low in calories and chock full of nutrients. Surprisingly hearty, this soup is also totally vegan.



Ingredients

- ⦿ 1 Tbsp olive oil
- ⦿ 1 leek, sliced
- ⦿ 1 large onion, chopped
- ⦿ 6 garlic cloves, minced
- ⦿ 5 cups vegetable broth
- ⦿ 1 head of broccoli
- ⦿ 2 bunches spinach, trimmed
- ⦿ ¾ cup cilantro leaves
- ⦿ Juice of ½ a lemon
- ⦿ Sea salt to taste

Instructions

1. In a pan, heat the olive oil over medium heat, add leek and saute for about 10 minutes or until the leeks are crispy.
2. Add the onion and garlic and cook, stirring, until fragrant, about 2 minutes.
3. Add the vegetable broth and bring to a boil.
4. Add the broccoli, cover, and simmer until the broccoli is tender, 11-13 min.
5. Remove from the heat and add the spinach leaves, half the cilantro, lemon juice and sea salt.
6. Carefully transfer the soup to a blender and puree until smooth, working in batches.
7. Divide the soup among bowls and top with the crispy leeks and remaining cilantro.



Vegan Black Bean Patties

Yield: 6 patties

Black beans are a great base for patties — tasty, protein-rich, and filling. Cook and enjoy these right away or form and freeze for a future quick and easy lunch or dinner.

Ingredients

- ⊙ 1 small sweet potato
- ⊙ 1 15 oz can black beans, drained and rinsed
- ⊙ ¼ cup gluten-free rolled oats or millet flakes
- ⊙ ¼ cup buckwheat flour (or gluten-free flour of choice)
- ⊙ 1 small onion, finely diced
- ⊙ ½ tsp garlic powder
- ⊙ ½ tsp onion powder
- ⊙ 1 tsp smoked paprika
- ⊙ 1 tsp cumin
- ⊙ ½ tsp ground coriander
- ⊙ 1 tsp sea salt
- ⊙ ¼ cup corn kernels, canned or frozen

Instructions

1. Preheat the oven to 400F and cut the sweet potato in half.
2. Bake for 20–30 minutes or until soft and tender to the touch.
3. Carefully remove sweet potato from the oven and scoop out the sweet potato flesh.
4. Add the sweet potato flesh to a food processor with ¾ cup black beans and process to form a mash.
5. Add oats, flour, onion, all spices, and process again for 30 seconds until it forms a moist and moldable batter.
6. Transfer the patty mixture to a medium bowl and stir in the remaining black beans and corn kernels.
7. Lightly grease a baking sheet.
8. Split the patty batter into 6 even balls and place each ball on the baking paper, leaving 4 inches of space.
9. With your palm, gently flatten each ball into patties. The thinner you press them, the crispier and the faster they cook.
10. Bake patties for 25–30 minutes, or until crispy on the sides.
11. Serve in collard wraps or with a salad.
12. Store leftovers covered in the fridge for up to 3 days.

Ready to take the next step?

We know this can be a lot to take in...

So to help empower you with the resources and knowledge to fight inflammation naturally, we've created **[The Inflammation Solution](#)** — a 10-part docuseries masterclass with today's leading doctors, researchers, and educators guiding you through this critical information, one step at a time.

Not only will you discover how to tell if you are inflamed, you'll also learn exactly what you must do now to protect your health.

Plus, you'll walk away with proven and practical natural remedies (including foods!) you can start using at home right away.

[Be part of The Inflammation Solution](#) so you can know how to improve your health, reduce your risk of disease, and upgrade your quality of life... and the lives of those you love.

