

# *Eating & Disease Prevention*

## **Anti-Inflammatory: Foods that Heal**

Aloe Vera	Mustard
Broccoli	Onion
Cabbage	Oranges
Cauliflower	Oregano
Chamomile	Plantain
Chia Seed	Pomegranate Juice
Chicory	Pumpkin Seeds
Daikon Radish	Red Radish
Dandelion	Rosemary
Fennel	Slippery Elm
Flax Seed	Sprouts
Garlic	Tangerines
Ginger	Thyme
Green Juices	Turmeric
Jicama	Turnip
Kale	Virgin Coconut Oil
Lemons	Wheat Grass Juice
	Wild Yam

## **Inflammatory: Foods that Hurt**

Alcohol	Gluten
Artificial Colorings & Flavorings	Processed Meats
Artificial Sweeteners	Refined Foods
Caffeine	Sweets
Dairy Products	Unstable Oils