

# MY TOP 7 LOW CARB ANTI- INFLAMMATORY FOODS

HOLISTIC NUTRITION PRINCESS





## GREEN LEAFY VEGETABLES

Green leafy vegetables like spinach, kale, Silver beet (swiss chard) and rocket (arugula), all contain significant concentrations of vitamins and other nutrients that have been found to reduce chronic inflammation.

They are rich in antioxidants that restore cellular health, as well as anti-inflammatory flavonoids. Make sure you include turnip greens, beet greens and collard greens to your anti-inflammatory food list. They are extremely high in the antioxidants vitamin A and C, as well as vitamin K.

Anti-inflammatory foods can regulate the immune system and impact the way inflammation affects our bodies..



## GINGER

Ginger is an immune modulator that helps reduce inflammation caused by overactive immune responses. Ginger is a warming vegetable that can help break down the accumulation of toxins in your organs. It also cleanses the lymphatic system, which is our bodies sewage system.

## COCONUT OIL

Lipids in coconut oil are full of strong anti-inflammatory compounds. Coconut oil is high in antioxidants that fight free radicals and because the oil is heat stable, it is excellent for sautéing anti-inflammatory vegetables.



## TURMERIC

Turmeric has a powerful anti-inflammatory compound called curcumin. Curcumin may cause a significant decrease in the inflammatory marker CRP in people with metabolic syndrome. Eating black pepper with turmeric can significantly enhance the absorption of curcumin.



By adding in the anti-inflammatory foods that fight inflammation, you can begin to slow down the progression of disease.



## SALMON

Salmon is an excellent source of omega -3 fatty acids EPA and DHA .EPA and DHA reduce inflammation that can lead to metabolic syndrome. Consuming Salmon decreases the inflammatory marker C-reactive protein (CRP).

## BROCCOLI

Broccoli is extremely nutritious, with key vitamins, flavonoids and carotenoids. These work together to lower oxidative stress in the body and help battle chronic inflammation. Broccoli is high in both potassium and magnesium, which are potent anti-inflammatory substances.



## BLUEBERRIES

Blueberries are packed with fibre, vitamins and minerals. Blueberries contain antioxidants and have anti-inflammatory effects that may reduce your risk of disease. They are high in vitamin K, vitamin C and manganese.



Aimee Buchanan is a Clinical Nutritionist, passionate about health, nutrition, and happiness. The main force behind Holistic Nutrition Princess is a deep desire to help women suffering from lipoedema . I want you to be able to live your best life. I understand the struggles you face everyday with this disease and the challenges we all have on the path to self-love and acceptance. Bringing women together to support one another to live life boldly, courageously and free of regrets, resentments, and judgements of others as well as our own.

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