

FREE - TAKE ONE

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Walgreens

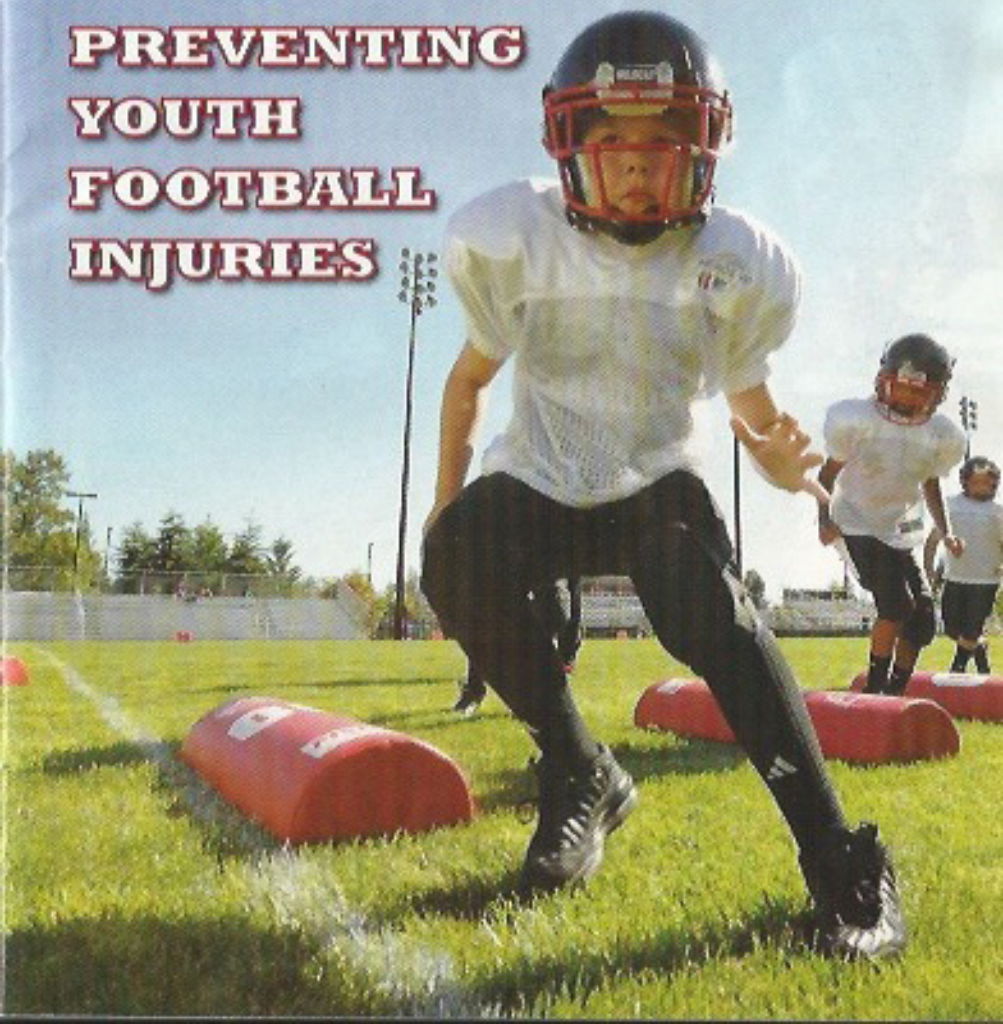


GIANTS

HEALTH & WELLNESS

FALL 2014

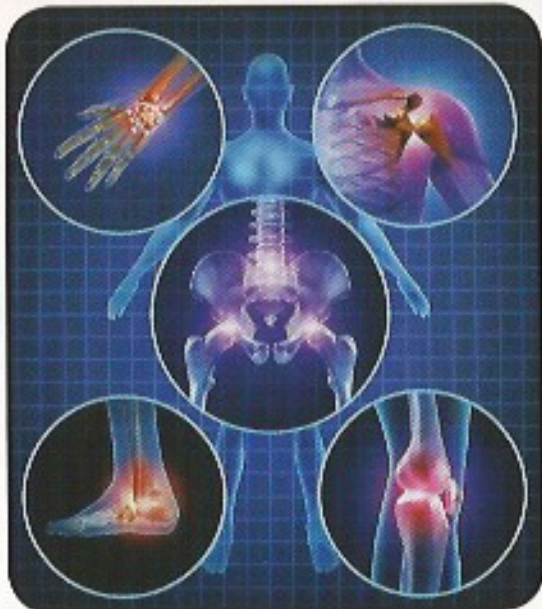
**PREVENTING
YOUTH
FOOTBALL
INJURIES**



NUTRITION FOR LOWERING INFLAMMATION

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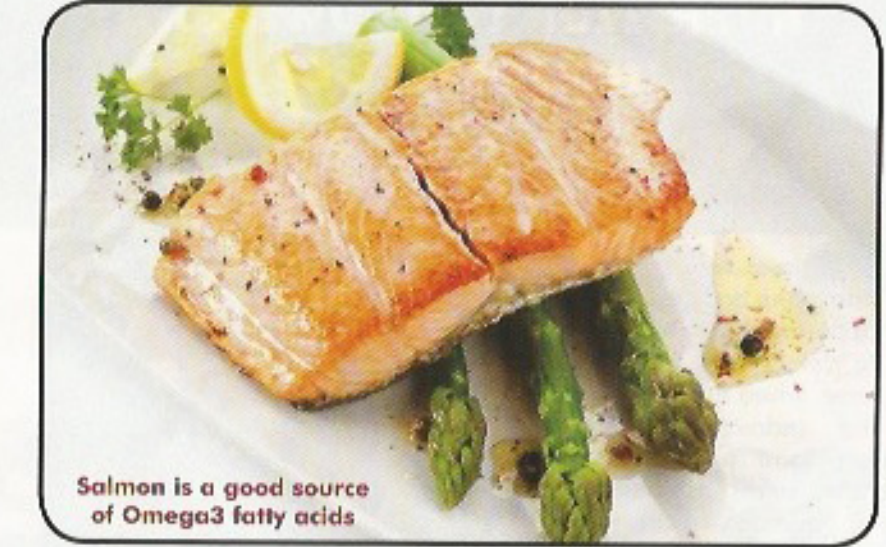
At times, inflammation in the body can be apparent and easier to detect such as the case when experiencing redness, swelling, joint pain, stiffness, heat, itchiness, or stomach distress. However, inflammation can also be less obvious, such as a predecessor of heart disease, diabetes, some cancers, Alzheimer's disease, gastrointestinal distress, and autoimmune diseases. Although inflammation can be an important part of the healing process, when it persists for longer lengths of time or becomes chronic it can cause harm to the body. An unhealthy diet, genetic predisposition, over-training, lack of exercise, smoking, alcohol, injury, illness, and stress can all contribute to chronic inflammation. A healthful diet can play a major role in combatting inflammation, whereas an unhealthy diet can actually promote inflammation. Following the anti-inflammatory nutrition guidelines below can



help you decrease both superficial and internal inflammation.

ANTI-INFLAMMATORY NUTRITION GUIDE: THE TOP 10

- 1. Choose omega 3 fatty acids**
Including a daily intake of omega 3 fatty acids will play an important role in lowering inflammation in the body. Omega 3 fatty acids are found in fish such as salmon, arctic char, black cod,



**Salmon is a good source
of Omega3 fatty acids**

tuna and sardines. Additionally canola oil, pumpkin seeds, chia seeds, flax seeds, walnuts, tofu, and soybeans are also super rich sources of omega 3 fat. Add 1-2 Tablespoons of chia or flax seeds each day to your yogurt, oatmeal, or smoothie to give your body a major omega 3 boost.

2. Avoid high intakes of saturated fat foods

While eating healthy fat can lower inflammation, eating saturated fat foods can promote and prolong inflammation in the body. Therefore, eating less fried food, creamy foods, red meat, processed meat, high fat dairy, chips, pastries, and butter will decrease inflammatory responses in the body and lower disease risk.

3. Eat whole grains

Whole grains naturally contain

anti-inflammatory factors. Aiming to eat at least 3 servings of whole grains a day can majorly lower the concentration of inflammatory markers. Whole grains are also great sources of B vitamins, iron, fiber, protein, calcium, magnesium, phosphorus, manganese, copper, and zinc which all keep your body strong and vibrant. Examples of healthy whole grains to include in your meals and snacks are: quinoa, brown rice, oatmeal, wheatberries, freekah, bulgur, farro, and amaranth.

4. Avoid white, process flour and sugar

The opposite of whole grains decreasing inflammatory factors in the body, refined, white, processed flour and sugar will increase inflammatory factors in the body and can result in greater

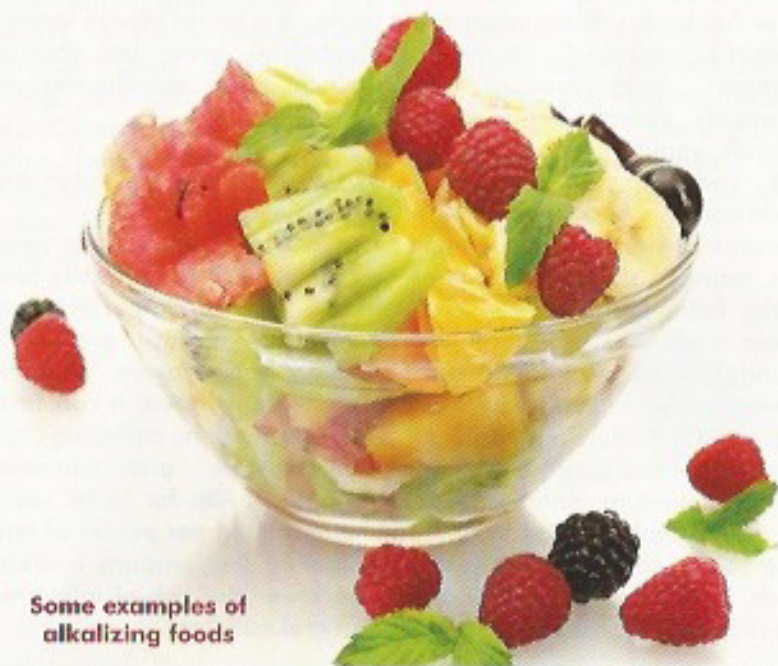
disease risk. Eliminating white bread, white flour, white rice and other refined grains along with soda, candy, sugar cereal and other sweets can reduce joint pain, promote recovery, and help prevent diabetes and heart disease.

5. Eat alkalinizing foods

Following an alkaline diet can help neutralize the acids in your body and thereby promote healing, decrease inflammation, enhance immunity, and improve overall health. Consuming the food in the chart below can make your body more alkaline.

ALKALIZING FOODS

Broccoli	Carrots	Mangos	Vegetable juice
Kale	Collard Green	Avocados	Pear
Beets	Spinach	Apples	Watermelon
Sweet potatoes	Wheat grass	Ginger	Kiwi
Celery	Papaya	Bananas	Asparagus



Some examples of alkalinizing foods



Examples of Vitamin C rich foods, which have anti-inflammatory properties.

6. Eat foods rich in the vitamins, antioxidant, and phytonutrient that have anti-inflammatory properties

The top vitamins, antioxidants, and phytonutrients that decrease oxidative stress and lower full body inflammation are vitamin D, vitamin C, vitamin E, selenium, beta carotene, and flavonoids. Vitamin D rich foods are milk, yogurt, salmon, almond milk, cod liver oil, eggs, and mushrooms. Foods with high amounts of vitamin C are tomatoes, oranges, strawberries, pineapple, kale, bell peppers, kiwi, lemon, and broccoli. Vitamin E is abundant in eggs, almonds, sunflower seeds, avocado, peanuts and peanut butter, apricots, asparagus, wheat germ, and bran flakes. Selenium, another healing antioxidant is found in brazil nuts, oats, shrimp, turkey, flax seeds, barley, bran, and sunflower seeds. Beta carotene is a pow-

erful antioxidant often found in leafy greens as well as in orange vegetables such as sweet potatoes, yams, carrots, and butternut squash. Flavonoids are a type of phytonutrient that helps lower inflammation and promotes well-being. It is found in high levels in blueberries, green tea, cherries, dark chocolate, strawberries, and apples.

7. Drink plenty of water and hydrate well

Water is a vital nutrient needed for most, if not all body functions. It is an important component of disease prevention, healing, and recovery. When the body is dehydrated, it can result in inflammation, cramping, joint pain, fatigue, and decreased immunity. Aim for $\frac{1}{2}$ to 1 oz of water or fluid per pound of body weight to stay properly hydrated and lower the risk of inflammation and soreness.

8. Use powerful seasonings such as cinnamon, turmeric, and ginger

Certain herbs, spices, and roots have been studied and are well known to contain anti-inflammatory properties. Turmeric, a commonly used spice in Indian cuisine, contains a compound called curcumin, which has been shown to contain these properties. Turmeric can be added to food in the powdered spice form, can be juiced, or made into a powerfully healing tea. In addition to being alkalizing, ginger is a root that also contains scientifically proven anti-inflammatory properties. Similar to turmeric, ginger can be added to dishes in the spice form, can be juiced, made into a tea, or added to an entrée during preparation. Cinnamon, a more popular and common spice also contains strong anti-inflammatory factors. Cinnamon can be added to coffee, baked items, fruits, and oatmeal to help decrease inflammation while also enhancing the flavor of a food or drink.

9. Drink tart cherry juice and pineapple juice

Research studies have shown tart cherry juice made from high concentrations of cherries can naturally mediate the inflammatory process and pain. These potent cherries are packed with compounds that modulate a variety of pathways in the body that protect against diseases and conditions associated with inflammation. Pineapple juice which tastes much sweeter and more palatable than tart cherry juice also has been proven to decrease pain, swelling, stiffness, and inflammation. Bromelain, the enzyme in pineapples, along with the high vitamin C content make this fruit a strong promoter of good health and less pain.

10. Get plenty of sleep

During sleep your body recovers, heals, and rebuilds muscle, tissue, and cells. Set a goal of sleeping for 7 to 9 hours a night on a daily basis to aid in lowering inflammation.

