

ANTI-INFLAMMATORY DIET BOOK

TMJ & Sleep Therapy
Centre of Utah

ANTI-INFLAMMATORY DIET



The medical community knows that in order to treat the modern health problems we face today; we need to eliminate and/or reduce the factors that contribute to inflammation in the body. Unfortunately, most diets around the world are very inflammatory and can cause most of the chronic diseases and chronic pain.

The more inflammation you have, the more you will experience pain. Decrease inflammation and the body will start to heal. If you follow an anti-inflammatory diet your body will decrease inflammation and your quality of life will be exponentially better. Most of the dietary diseases orbit around the inflammatory process. Consequently, this diet is good for the entire family.

Eat food that is as natural and clean as possible. Keep away from processed, packaged and canned foods. Avoid white foods like, white sugar, pasta, flour, milk, bread and white potato (one of the most damaging).

The majority of your diet should be composed of fresh, natural, organic fruits and vegetables. The more color your food has the better it is. Spinach, kale, red chard, romaine and red leaf lettuce, broccoli, cauliflower, asparagus, brussels sprouts, collards, arugula, beet greens, red and green cabbage, parsley, raw carrots, berries (blueberries, raspberries, strawberries, blackberries), plums, peaches, apples, oranges (in moderation), red and purple grapes (in moderation), cherries, etc. are all good choices. Paler colored foods are permissible, but not as desirable. Melons, celery, cucumbers, white grapes, bananas and pineapple contain more water and sugar and less anti-inflammatory nutrients but are better than processed snack foods. Sugar is very inflammatory can cause weight gain and actually inhibit your immune system, so it makes you more prone to becoming sick.

A good source of protein is nuts. Walnuts and almonds are preferable, but cashews and pecans are occasionally permitted. When possible, try to eat raw nuts to retain the healthy oils. Limit red meat to one to two meals per week. Eat fish at least twice per week. Tuna is considered fish. It is recommended that people eating two servings of fish per week still need to supplement with omega 3 fish oil. Three to four teaspoons per day.

If you are eating at a restaurant, ask for the starch (rice, potato, pasta, bread…) to be substituted for more vegetables.

Drink six to eight glasses (8 oz) of pure (recommended distilled or filtered) water per day. Adding some freshly squeeze lemon juice to water is permissible. Try not to drink fruit juice because of the high sugar content. Avoid carbonated beverages.

For weight loss, all starch vegetables should be avoided and limit your fruit intake to occasional berries. Until the desired weight is reached.



In combination with the anti-inflammatory diet, it is recommended that adults use the following daily:

- A quality Vitamin/Mineral supplement
- Antioxidant supplements Vitamin C, Vitamin E and/or bioflavonoid supplements
- Omega 3 Fish Oil 34 tsp
- A quality Probiotic supplement
- 5,000 - 10,000 IU of Vitamin D3
- Alkalinizing Salt supplements (NOT Baking Soda)



REMOVE FROM DIET:

GLUTEN
Wheat, rye, oats, and barley. These foods are found in bread, pasta, and other products containing refined flours. Gluten is the most important thing you should eliminate from your diet.

GRAIN
Grains contain other lectins, phytates and oxylates, which can damage the digestive tract. These include corn, rice, oats, quinoa, amaranth, etc. Flax seed are permissible.

DAIRY
Dairy products are inflammatory and also cause an increase mucus production. They can cause allergies and acid that can intensify pain. These include sour cream, milk, cheese, yogurt, etc.

REFINED SUGAR
Refined sugar products are highly acidic and can affects the detoxification process by slowing it down. It weakens the immune system and increase muscle and joint pain.

TOMATOES, PEPPERS, POTATOES, PAPRIKA AND EGGPLANT
These all have common allergens that contain saponins which damage gut. These fruits and vegetables also contribute to pain and inflammation. All of these fruits and vegetables are considered part of the nightshade family.

COLD CUTS, BACON, HOT DOGS, CANNED MEAT, AND SAUSAGE
These meats increase inflammation.

ALCOHOL, CAFFEINE (COFFEE, BLACK TEA AND SODAS) SOYMILK, SODA AND FRUIT DRINKS THAT ARE HIGH IN REFINED SUGAR.
A healthy liver is fundamental in order for your body to start minimizing inflammation, and all the products motioned above are hard on your liver.

VEGETABLE OILS, MARGARINE, SHORTENING, HYDROGENATED OILS
High in Omega 6 fats and Trans-fats that causes inflammation and affects the gallbladder and the liver.

LEGUMES
Beans, peanuts and peanut butter and all soy products. High in lectins you should omit from you diet.

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WHAT IS A LECTIN?

Lectins are naturally occurring proteins that are found in most plants. They are toxins the plant concentrates in the skin and seeds to prevent animals from eating them. They are the plants only defense. Some foods that contain higher amounts of lectins include beans, peanuts, lentils, tomatoes, potatoes, eggplant, fruits, and wheat and other grains. Lectins serve a protective function for plants as they grow. They don't have any nutritional value when consumed in foods.

WHY ARE THEY HARMFUL?

Eating food containing lectins may cause digestive distress in some people. That's because the body cannot digest lectins. Instead, they bind to cell membranes lining the digestive tract, where they may disrupt metabolism and cause damage.

TIPS FOR REMOVING LECTINS IN YOUR FOOD:

1. SOAKING

Dried beans must be soaked for several hours and then boiled for several more to soften and cook completely, which effectively disables and deactivates the lectins.

2. PRESSURE COOKING

Pressure cooking can do a pretty good job with certain veggies and legumes. So, if you must cook with beans, tomatoes, or potatoes, your best bet for destroying the lectins is a pressure cooker. It won't get every last lectin – and it won't come close to knocking out the lectins in wheat, oats, rye, barley, or spelt – so you should still avoid those entirely. Follow your pressure cookers instructions for the best results.

3. PEEL AND DESEED

At a minimum, whenever you cook with high-lectin plant foods, such as cucumbers, eggplant, and squash, you must peel and deseed them. The most harmful part of any plant is its lectin-filled hull, peel, or rind.



FOOD SENSITIVITIES / ALLERGY

If you would like to identify your specific food sensitivities you can order an IGg4 blood test from this site **https://www.meridianvalleylab.com/areas-of-testing/allergies-food-allergy/.** They will send you a kit and you can have your blood drawn by a phlebotomist near you that will send the sample in for evaluation.

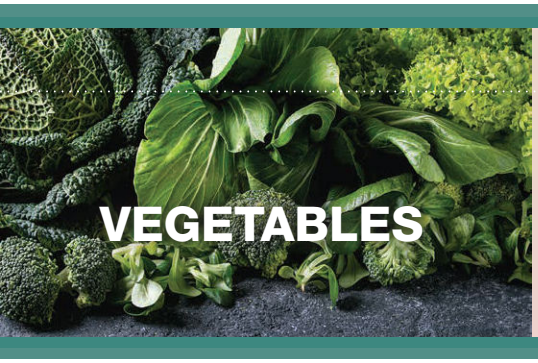


EAT

Fresh, frozen, canned or water-packed

DO NOT EAT

Fruit Juices, dried fruit (low quantities)



EAT

Natural, fresh, clean, raw, lightly steamed, water sauteed, baked, juiced, or roasted. Yams and sweet potato are a great substitute for potato

DO NOT EAT

Corn, creamed vegetables, nightshade vegetables: tomatoes, potatoes, eggplant and peppers



EAT

Ground flax seed

DO NOT EAT

Buckwheat and products made from these and rice, wheat, pastas, potato flour, breads, spelt, brown/white rice, oats, quinoa, tapioca, amaranth, pastries, arrowroot, millet, teff, kamut, barley, corn, rye



EAT

Off -Limits | Not Permitted

DO NOT EAT

All beans, lentils, soymilk, soybeans, soy foods, peanuts, peas, tofu, tempeh

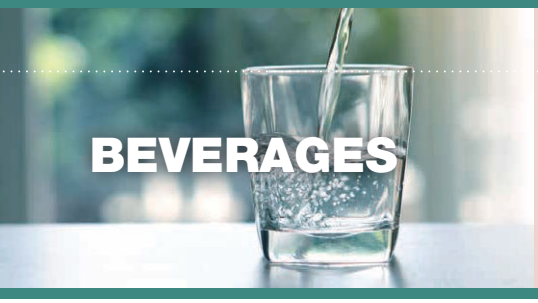


EAT

Pumpkin seeds, sunflower, flax, walnuts, filberts, almonds, pecans, sesame, you can chop nuts to add to meals or try nut butter. (Note: You can grind seeds in coffee grinder)

DO NOT EAT

Pistachios, peanut butter, peanuts

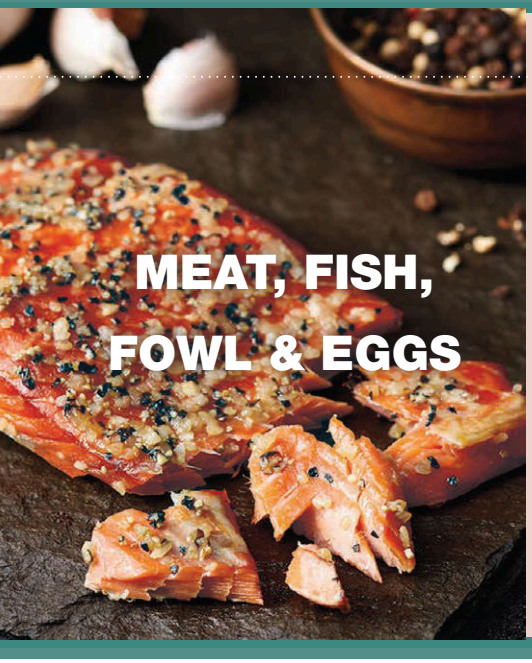


EAT

Seltzer, mineral water, filtered water, herbal teas with no caffeine

DO NOT EAT

Caffeinated beverages, black tea, coffee, alcohol and soft drinks



EAT

Fish is permitted fresh and/or canned (make sure that it is low in sodium). We suggest trout, sardines, pacific wild salmon and mackerel since these are the best sources of omega 3 a great anti-inflammatory. Cook your fish steamed, broiled, poached or baked.

Organic free-range omega 3 eggs

Pork, chicken, quail, wild game, lamb, emu, beef, rabbit, turkey, duck (grass fed, free-range or organic)

DO NOT EAT

Conventional beef, canned meats, cold cuts, sausage, bacon and frankfurters



EAT

Small limited consumption of substitutes of milk (nut milks, coconut milk, almond milk etc…) Butter and Whey Protein Isolate are allowed.

DO NOT EAT

Creamer, margarine, frozen yogurt, milk, ice cream, yogurt, cheese, soymilk, nondairy, cream



EAT

Cold pressed virgin olive oil, pumpkin oils (Note: We recommend making your own salad dressing with cold pressed virgin olive oil and apple cider vinegar)

DO NOT EAT

Canola oil, sunflower, mayonnaise, spreads, safflower, salad dressing



EAT

Most spices are permissible if they don't appear in the DO NOT EAT list (We recommend incorporating turmeric and/or ginger on your diet when possible since they have great anti-inflammatory properties)

DO NOT EAT

Soy sauce, pickle relish, cayenne, ketchup, chutney, paprika, mustard, barbecue
sauce



EAT

Xylitol, stevia, blackstrap molasses, real/pure maple syrup, limited amount of honey

DO NOT EAT

All artificial sweeteners, agave nectar, high fructose corn syrup, all candy, NutraSweet, brown sugar, white sugar, refined sugars, corn syrup

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Date: _____Supplements, Medications and Referral Recommendations for: _____

Supplement	Indication	Dose	Frequency	Available at
☐ Colloidial Silver	Anti microbial	4 10 parts / ppm 2 sprays each nostril HS	4 6 daily	Health food stores / Amazon
☐ ___ Xlear nasal spray Xlear Rescue	Anti inflammatory	1 2 sprays each nostril	2 3 x daily or 2 before bed	Pharmacies / Walmart / Target / online
Essential oils nasal spray	Nasal Dilator Anti microbial	1 2 sprays each nostril	2 3 x daily or 2 before bed	Available in office
☐ _ Flonase ___ Neosynephrine Afrin Xlear 12 Hour	Decongestant Decongestant	1 spray per nostril 1 spray per nostril	___ x per day x per day	Pharmacies/ Walmart / Target / online
☐ ___ Grapeseed extract ___ Turmeric	Anti inflammatory Anti inflammatory	200 mg 500 mg	2 x per day as needed	Pharmacies / Amazon /
Magnesium Glycinate	Muscle and Nerve function	200 mg	1 -2 at bed	Pharmacies/ Walmart / Target/Amazon
☐ Vitamin D3	Musculoskeletal pain, Calcium, Iron, Magnesium, Phosphate, Zinc level maintenance	5,000 IU	Daily	Pharmacies/ Walmart / Target/ Amazon
Vitamin K	Musculoskeletal pain, Calcium level maintenance, Blood Coagulation	120 mcg	Daily	Pharmacies/ Walmart / Target/Amazon
☐ ___Vitamin C Zinc	Immune system health Immune system health	1,000 mg 50 mg	2 x per day 1 x per day	Pharmacies/ Walmart / Target/Amazon
Vitamin B Complex / Folic Acid	Nerve/cardiovascular function	100 mg / 400 mcg	2 x per day	Pharmacies/ Walmart / Target/Amazon
☐ Coconut Oil	Anti microbial, Medium Chain Fat for Nerve Injuries	2 Tablespoons	Daily	Grocery and Health food stores/Amazon
Anti inflammatory Diet	Anti inflammatory		Daily	Patient Handout from office
☐ Omega 3 Krill Oil	Anti inflammatory	1,000 mg	1 x daily	Pharmacies/ Health food/ Walmart / Target/Amazon
Probiotic Renew Life Ultimate Flora	Digestive Health	1 capsule – 30 Billion	2 3 x per day	Walmart/ Pharmacies/ Target/Amazon
☐ ___ Peppermint Oil Lavender Oil	Relieves stress and pain Relieves stress	Topical oil `	As needed	Health food stores/Amazon
Arnica Cream or Gel	Reduces inflammation	OTC Topical	3 x daily	Pharmacies/ Walmart / Target / Amazon
Valerian Root Drops	Sleep Aid	500 2000 mg increase by Dr direction	1 Daily	Pharmacies/ Walmart / Target/Amazon
☐ **REFERRAL(S) NEEDED** **___YES ___NO**	**TYPE: (CIRCLE)** **PSG, ENT, MD, OTHER**	**REFERRAL SENT BY** **___REF FORM ___LETTER**	**DATE SENT**	**NOTED TO CHART** **___YES ___NO**
OTHER				

The following products are by Dr. prescription only: ☐ hard copy given to patient ☐ phoned to Pharmacy at: #_____

Ketamine 10% Ketoprofen 10% Baclofen 2%	Pain Anti inflammatory Muscle relaxer	1 gram per location	3 x daily	Ointment applied topically
☐ Ketoprofen	Anti inflammatory	50 mg 75 mg	One tab tid	Tab taken orally for 7 10 days
Relafen	Anti inflammatory	500 – 1000 mg	One tab bid	Tab taken orally for 7 10 days
☐ Indomethacin	Anti inflammatory	25mg 50 mg,	One tab tid	Tab taken orally for 7 10 days
Naproxen	Anti inflammatory	250mg 375 mg 500 mg	One tab tid	Tab taken orally for 7 10 days
☐ Medrol Dosepak	Anti inflammatory (steroid)	1 Dosepak	As directed	Tab taken orally as directed for 6 days
☐ Tetracaine HCL 2% Phenylephrine 0.5%	Nasal Decongestant, Anesthetic	1ml 2ml per nostril	1 2 sprays per nostril PRN	Inhaled nasally



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33 W 300 South Suite 1, Payson, UT 84651

(385) 446-4947 | (385) 458-3042 (Text Only)

office@tmjsleeputah.com | https://tmjsleeputah.com