



# 5 day Anti-Inflammatory PROGRAM

*with Kerry Harling, Ayurveda Practitioner*

## Introducing this 5- Day plan could revolutionize your battle with inflammation.

What does inflammation have to do with cancer?

Prolonged inflammation can damage your body's healthy cells and tissue, and weaken your immune system and this weakened state can increase your risk of diseases like cancer. However, not all inflammation is bad. Your body's inflammatory response is essential for you to heal. This response tells your body's immune system to send white blood cells and chemicals to help fight off infection or repair an injury.

But when inflammation persists, or when your body triggers a response when you don't have an infection or injury, it's cause for concern. Other causes of chronic inflammation can include obesity, smoking, stress, lack of exercise, exposure to secondhand smoke, exposure to toxins and diet choices.

Sometimes, we are not even aware that we are eating the wrong foods for our metabolic type or living the wrong life-style.

I am convinced that the most effective way to turn back the inflammation clock is simply to change what we eat. After seeing how changes in diet improved the looks and energy levels in my clients, I can easily see the five disease accelerators, the five food baddies and the best foods that will hold back inflammation.

### How it Works

On each day, add the "Best Food," and eliminate the "Bad Food." So on Day 1, add beet root and eliminate sugar. Do the same thing for Day 2 through Day 5. It's simple, and at the end of five days, you will have implemented a phenomenal anti-inflammatory plan that works.



# Five Disease Accelerators

## Five Disease Accelerators

### DAY 1 | SLUGGISH DIGESTION

A well-functioning digestive system is central to the anti-aging process. But when the gut becomes sluggish the body doesn't absorb nutrients very well – skin, hair, nails, muscles and bones become undernourished and you start to look and feel older.

Yeasts such as candida overgrow, causing toxic side effects, such as headaches, acne, chronic tiredness, depression, low energy and high cholesterol. Around 70% of the immune system is located in the gut, so if it's sluggish, immunity can be compromised.

There's also a connection between gut and mood: the digestive system contains more neurons than the spinal cord and more neurotransmitters than the brain. In fact, 90% of the mood-enhancing chemical serotonin is created in the bowels, so this so-called "eliminative slowdown" influences mood and emotional wellbeing, too.



### Best Detoxifier (Add on Day 1)

Beet root is your daily age-defying vitamin and mineral feast. Packed with folic acid, iron, fiber, calcium, magnesium, manganese, phosphorus, potassium carotenoids, vitamins A, Bs and C, it also contains highly antioxidant and anti-inflammatory red pigment.

### The Charcoal Test

To check your gut's transit time, take 5g–10g charcoal (available from health-food shops) two hours before eating and five hours before bed. The perfect time for your bowel movements to turn black is 12–24 hours. Anything more and sluggish gut movement could cause toxic build-up. Anything less and nutrients are not being absorbed properly.

### DAY 2 | INFLAMMATION

This is our fast, natural reaction to injury, allergy and infection – as soon as a splinter pierces our skin, the inflammatory response kicks in to protect us. As we age, this response can become over-reactive, leaving activated immune cells circulating in the body.

Scientists have coined the word "inflammaging" to describe this state of chronic low-level inflammation, and it can take a heavy toll on the body, causing infections, allergies and loss of skin quality.

The immune system starts in the gut, so if it's inflamed (signs are gas, bloating, loose stools, tenderness) your immunity is compromised. Stay away from foods that cause bloating,





or make your eyes or nose run. These are inflammatory responses. Classic inflammatory foods are red meat, sugar, white flour and some dairy products. Instead go for foods containing inflammation-dampening antioxidants (polyphenols), including curcumin (the active ingredient in turmeric), and omega-3 fatty acids.

#### **Best Anti-Inflammatory (Add on Day 2)**

**Turmeric.** Aim for one teaspoon of dried turmeric or a thumb-sized piece of fresh root every day in juices, scrambled eggs, stir-fries or rice during cooking. Be careful as it can stain hands and clothes.

#### **Ease the Estrogen Drop**

Some women first notice joint pain and other inflammatory symptoms during menopause, when estrogen levels drop. Eating a diet rich in plant estrogens (beans, seeds, leafy greens, whole grains) helps lessen inflammation naturally.

### **DAY 3 | OXIDATION**

Every cell in the body needs oxygen, but it is highly reactive and always looking to combine with other molecules. When it does, it produces unstable atoms called free radicals, which then steal electrons from other atoms. This process can result in oxidative stress, which if prolonged can damage cell structure – even DNA.

Our bodies have evolved many ways to manage oxidative stress, but when we are also exposed to high levels of external toxins, such as alcohol, stress, UV light and chemicals in food and

cleaning products, it adds to the load we have to process and potentially increases the number of free radicals.

A diet of colorful foods, such as green leafy veggies, orange fruit and veggies, purple berries, cacao nibs and green tea, can help as they contain high levels of antioxidants, which give up an electron to bond with free radicals so they don't have to steal them from your cells.

#### **Best Antioxidant (Add on Day 3)**

**Red Beans.** Choose from kidney, pinto or aduki beans or small red beans. Their skins are rich in flavonoids such as anthocyanins and other compounds, which pack a big antioxidant punch and reduce eliminative slowdown and inflammation.

### **DAY 4 | HORMONE IMBALANCE**

When you are hormonally imbalanced your body is on an aging roller coaster – you gain weight, your skin starts to wrinkle, you sleep badly, feel stressed and begin to look older and feel older. Hormones counterbalance each other in complex ways, so long-term over- or under-production of a specific hormone (often caused by diet or stress) can cause hormones to overreact.

For example, an imbalance of stress hormones may cause wrinkles, abdominal fat gain, sleep disruption, anxiety, mood swings, allergies, headaches, susceptibility to infection, muscle weakness, sugar/alcohol cravings, gas and loss of libido.



### **Imbalance of Thyroid Hormones**

This may cause fatigue, dry skin, heart palpitations, cold hands and feet, thinning hair, brittle nails, weight gain/retention, menstrual irregularities and loss of libido.

### **Too Much Insulin**

This may cause cellulite, sagging skin, abdominal fat, fast weight gain, fatigue, poor memory, carbohydrate cravings, disrupted sleep, elevated blood fats and diabetes. Diet can help you stabilize your hormones, as will lowering your stress levels with good food and sleep, which will also improve your mood.

### **Key Hormone Balancers**

Pumpkin seeds, asparagus, unrefined whole grains (brown rice, quinoa, barley, oats), nuts (especially brazil nuts), oysters, liquorice (provided you don't suffer from high blood pressure.)

### **Best Hormone Balancer (Add on Day 4)**

Garlic. It contains vitamin B6 which helps with serotonin production and corrects high cortisol levels – a frequent cause of night waking. Garlic is a source of phytoestrogens, which mimic the action of estrogen and so can help perimenopausal and menopausal women. It also helps regulate blood sugar levels. Aim to eat a clove a day.

### **Top Brassica**

Women's testosterone declines during menopause, leading to less muscle and even more fat around the middle. Eat lots of cabbage and broccoli – good testosterone-supporting foods (unless you have an underactive thyroid.)

## **DAY 5 | ACIDIFICATION**

Every cell in the body works best when the fluid inside it is slightly alkaline. But when we eat too many acid-producing foods, such as meat, coffee, cheese, cereal, sugary drinks and snacks, the resulting long-term acid overload – acidification – makes us susceptible to aging processes.

To neutralize excess acid, the body pulls calcium (which is alkaline) and magnesium from bones, weakening them and potentially leading to osteoporosis. Iodine is taken from soft tissue, which negatively affects the thyroid, leading to fatigue and depression, mental fog, weight gain and diabetes.

Chronic acidity may also encourage fatty acids to go from a negative to a positive charge and to stick to artery walls, leading to the risk of diabetes and heart disease. Enzyme function may weaken, creating digestive disorders and food intolerances.

There's a big difference between acidic foods and acid-forming foods. For example, citrus fruits are acidic but have an alkalizing effect on the body. You can reverse acidity by avoiding acid-forming foods and eating an alkaline diet – fruit, vegetables and legumes (such as lentils.)

### **Best Alkalizer (Add on Day 5)**

Lemon. For a powerful alkalizing start to your day drink lemon juice in warm water. It flushes away the liver's by-products. Use a straw so acid doesn't harm tooth enamel.

### **Glug the Greens**

When you eat a meal high in acid-forming foods, balance it later in the day with a big glass of green juice. Try a mix of celery, spinach, lettuce, kale, parsley, lemon and fresh ginger. It'll boost your alkalinity.





# Five Most Inflammatory Foods

## Five Most Inflammatory Foods

### DAY 1 | SUGAR

There is a vast difference between simple sugars – the refined processed kind usually added to foods – and the slow-releasing carbohydrates that the body converts to glucose to use as fuel. One is inflammatory, the other is vital.

Sugar is involved in four of the aging processes – acidification, inflammation, eliminative slowdown and hormonal imbalance. A diet full of highly sugared foods slows the body's ability to regenerate itself and so speeds the disease process. On an everyday level, it causes aching joints, cravings, flabby belly, lack of muscle tone, lowered alertness, mood swings, puffy eyes, spots, tooth decay and wrinkles.

Sugar has been shown to shorten life span, hence its nickname, "white death." It is the most inflammatory food of all.

### Make the Switch

Switch to slow-release carbohydrates (whole grains, pulses, fruit and veggies) instead of refined sugar. Many savory foods are sweet too. Try beetroot, carrots, sweet potato, tomato, almonds or pistachios when you crave a sweet kick. Good fats slow down the metabolism of sugar, so eat fruit with nuts and seeds.

### Don't Join the Sugar Rush

Your brain runs on glucose, but unlike other organs, it cannot store it – the amount it gets is the amount that happens to be traveling round the bloodstream. This makes it vulnerable to fluctuating levels of blood sugar. So a sugary snack or drink is like injecting your brain with glucose. You get an instant hit, which quickly diminishes, and your brain goes into crisis mode: you feel weak, headachey, moody, and unable to concentrate. In short; all the symptoms of hypoglycemia. The answer is to avoid processed sugars and fuel your brain with complex carbohydrates instead.

### DAY 2 | SALT

Sodium and chloride – the two components of salt – are important minerals that, along with potassium, keep muscles, nerves and cells functioning well. Despite being an essential compound, salt is inflammatory simply because we eat too much of it. It's a cheap flavor enhancer as well as a preservative, and is found in over-processed foods as well as in "healthy" foods, such as canned beans, cold meats, cheese, bran cereals and soups. Look for anything that says "sodium" on the label, including



sodium sulphite (in dried fruits) and sodium alginate (in ice cream.) Overconsumption accelerates the aging processes of acidification, eliminative slowdown, hormone imbalance and inflammation.

You should consume no more than 3g salt (1g sodium) per day. The easiest way to do this is to stop adding salt to your food and avoid processed foods that have more than 0.2g sodium per 100g.

### **Make the Switch**

Switch to herbs and, if you must have salt, use Himalayan rock salt or Celtic sea salt, which contain more minerals than table salt and taste “saltier” so you need less.

### **Halt the Salt**

A high-salt diet causes inflammation: the cells swell with water, which upsets the sodium/potassium balance that generates the energy needed to move muscles and nerves, causing weakness and fatigue.

### **DAY 3 | COW'S MILK**

Although cow's milk is full of calcium, vitamins and protein, it also triggers four of the aging processes – eliminative slowdown (causing bloating, constipation or diarrhea), inflammation (mucus, stiff joints, and inflammatory bowel disorders), hormonal imbalance (affecting blood sugar and estrogen levels) and is acid-forming.

Therefore it needs to be balanced by alkalizing foods such as vegetables; otherwise calcium (an alkaline) is leached from bones and teeth, negating the effects of this so-called calcium-rich food in the first place. It's also been linked to serious health conditions, including diabetes, osteoporosis and some cancers, and can be a major allergen linked to asthma and eczema. Look out also for milk derivatives (casein and lactose) in breads, cakes, biscuits, processed meats and crisps.

### **Make the Switch**

Switch to goat's, sheep's or buffalo milk, which are richer in many vitamins and minerals and contain anti-inflammatory oligosaccharides, which boost friendly gut bacteria and are easier to digest, especially as yogurt. Try cheeses such as feta and mozzarella, which are not from cow's milk. For calcium, switch to dark green leafy veggies, beans, nuts and seeds, grains and nut milks.

### **DAY 4 | MEAT**

We need protein to build muscles, ligaments and skin. But meat is not the only protein. As well as triggering all five of the ageing processes, it is loaded with saturated fats and is also very calorie heavy.

Meat is one of the most acid-forming foodstuffs and because of its high levels of saturated fats, it causes chronic inflammation. Processed meat is high in cancer-causing sulphites and nitrites.







It irritates the gut and frying, grilling or char-grilling causes DNA-altering, cancer-causing compounds. It also causes free radicals and leads to oxidative stress.

### **Make the Switch**

Switch to fish, which is a good source of protein. Other youth-making proteins include eggs, grains (especially amaranth and quinoa), legumes (beans, lentils, tofu), nuts and seeds. If you do eat meat limit it to one portion once a week, preferably free-range chicken/turkey or organic lamb (once a month.)

### **Meats to Avoid**

Sausages, bacon, ham, burgers, and hot dogs. Barbecued, grilled and roasted meats should be avoided if possible as they are acid-forming cause inflammation. Most of these are high in cancer-causing sulphites and nitrites too.

## **DAY 5 | BAD FATS**

Fats are essential for maintaining cell structure, helping the body to absorb fat-soluble vitamins and for healthy-looking skin, brain function, mood and energy.

Every cell in our body has a protective outer coating of fat and protein. If that coating is fluid (i.e., made of good fats), it can help cells absorb nutrients and water, as well as process chemical messengers. If it is not fluid (because of a diet of bad fats), this process is impaired. It's thought that lack of fluidity is a trigger for many aging symptoms, including decline in skin quality,

inflammation, allergies, depression, PMS, joint pain and osteoarthritis.

Bad fats are trans fats or hydrogenated fats and, even though American producers are phasing out trans fats, they are still widely found in processed foods such as cakes, fast food, ice cream and oils for deep frying. They interfere with cell function and cause inflammation, acidification, oxidation and hormonal imbalance.

Trans fats have also been linked to depression, coronary heart disease as well as they tend to raise bad cholesterol and lower good cholesterol; they also increase the risk of degenerative diseases. They may lead to blood sugar disorders as they disrupt the action of insulin.

### **Make the Switch**

Switch to fats from unprocessed oily fish, avocados, goat/sheep products, soya and nuts. It's better to eat full fat than processed low-fat foods and cold-pressed rather than refined oils.

### **Don't be Coconut Shy**

Coconut oil is a saturated fat — a phrase that usually rings alarm bells. But because it is plant-based, it contains short- and medium-chain triglycerides, which are healthier for you than the long-chain triglycerides found in saturated animal fats. The liver burns shorter-chain triglycerides as energy so, despite coconut oil being highly calorific, it can help with weight loss — one study shows that women aged 20 to 40 have smaller waists after eating coconut oil for 12 weeks. It may lower blood cholesterol too, making it a top youth-making choice.

If you would like more information about how a customized plan could help you, please contact me for a complimentary 20 minute phone call at 717.508.4011.

In health, *Kerry Harling*