

Anti-Inflammatory Diet & Supplements

What do chronic fatigue syndrome, fibromyalgia, arthritis pain, some headaches, malaise, obesity, inflammation, intestinal bloating, cancer and mental disorders have in common? It's not a virus or germ, it's not a vitamin deficiency, nor is it a case of bad genetics. What the common denominator is will surprise you—grain-based foods and beverages!

David Seaman, DC, MA in nutrition studies the world of nutrition, researches the major nutritional journals, and runs a nutrition-based practice, and his premise is that “you eat inflammation” that causes these degenerative disorders that he blames on eating grain-derived foods—breads, cakes, cereals, beer, pizza, pretzels, cookies, etc. These “food-driven” symptoms also include fatigue and headaches and, as he said, “grains make you crazy.” He preaches an “anti-inflammatory” lifestyle to “eat yourself out of pain” by avoiding breads other grain-derived foods.

Meat, fowl, fish are fine; even great if you can get fresh sea fish and grass-fed beef, eggs as well, and you can get omega-3 eggs from the supermarket and health food stores. His assessment at present is that we can eat meat to the same degree as now; we just need to reduce the breads and flours that creep in everywhere.

Dr. Seaman, backed by solid biochemistry from many experts and journal references, explained that these grain products produce high amounts of omega-6 fatty acids in your system, the culprits of the inflammatory process. He recommends a diet of mainly fruits, veggies, organic meats, red wine, cooking with olive oil, and key supplements like omega-3 fish oils, magnesium, a good multiple vitamin/mineral, digestive protease enzymes, and garlic (“If we all stunk, no one would stink!”). His favorite beverage is made from green tea and ginger, which provides phytonutrients, inhibits liver enzymes and kills oxidized LDL.

Dr. Seaman mentioned his father went on this diet, green tea, and the anti-inflammatory supplementation and lost 15 pounds in two months, plus his chronic pain ended. He suggested that for two weeks we all give up bread, regular/diet beer and grains of any type to see what happens, and you'd prove it to yourself. As Dr. Seaman said, “It's really a little scary when you think that people are literally eating themselves into an inflamed state that causes pain, heart disease, cancer, and the like.”

This anti-inflammatory diet explains why the Adkins diet works so well, but Dr. Adkins went too far when he suggested eliminating all carbs in your diet because fruits and veggies are good carbs that aren't derived from grains. Plus, if you do eat a lot of meat protein, be aware there's no soluble fiber in meat, so you may develop constipation and colon disorders

Here's a sample diet plan:

For Breakfast:

Fruits in season, eat as much as you want and take some to work for snacks

Omega-3 eggs/omelets, No cereal, pancakes, waffles

For Lunch

Soups, salads, or fruit smoothies

No breads, croutons, breadsticks

For Dinner

3/4ths of your plate should be veggies and potatoes

1/4th is omega-3 meats like free range chickens, grass-fed beef, or fish from the deep blue sea

Like salmon or tuna.

For Snacks or Dessert

Dark Chocolate. Fruit, Real nuts (no peanuts)

Dr. Blum's Favorite (raw walnuts, dried cherries, & dark chocolate in a mixture)

For Drinks:

Clean, filtered water, Fruit juice. Guinness Stout beer, Red wine

Check out www.deflame.com (focus on dietary suggestions not the vitamin/nutritional supplementation)