



HOPE within the *Storm*

# Struggles to TRIUMPHS

Health & Wellness Coaching LLC

“Don’t let anyone walk on your mind with their dirty feet.”

Mahatma Gandhi

## INFLAMMATORY FOODS SUPPRESS YOUR IMMUNE SYSTEM WORSEN STRESS & PAIN

**Sugar, Corn Syrup, High Fructose Corn Syrup...**

**Hydrogenated Fats/Oils/Trans Fats**

**Veg Oils Rich in Omega 6 Oils:** Soy Corn Canola Sunflower Safflower Cottonseed Peanut

**Corn & Soy** (except organic fermented soy)

**Processed Foods:** Highly Processed Flours Processed Deli Meats Sugar Preservatives Ingredients You are Unable to Read or Understand on Labels

**Gluten:** Wheat Rye Barley Spelt Couscous Farina Matzah Kamut...

**Artificial Sweeteners: Splenda, Nutrasweet...**

**Dairy** (Best Option—Organic Grass Fed)

**Night Shade Vegetables:** White Potatoes Goji Berries Peppers Eggplant Tomatoes Paprika Tomatillos...

**Alcohol, Diet Sodas, Regular Sodas & Energy Drinks**

## ANTI-INFLAMMATORY FOODS

IMMUNE BOOSTERS - REDUCE STRESS & PAIN

**Herbs:** Turmeric & Ginger Root Calendula Cloves Oregano Basil Rosemary Tarragon Thyme Garlic Cinnamon Parsley Holy Basil

**Fruit:** Montmorency Cherries (Red Tart) Apples Peach Papaya Lemon Orange Lime Mango Pineapple Coconut Blueberries-Black-Goji-Acai-Aronia Berries (no added sugar) Watermelon

**Veggies:** Dark leafy greens - Spring Mix Kale Swiss Chard Spinach Collard Greens Mache Lettuce Bok Choy Broccoli Arugula Cauliflower Cabbage Beets Zucchini Cucumber Asparagus Dandelion Avocado

**Nuts, Seeds & Alternative Sources:** Raw Nuts: Walnut-Brazil-Almond-Pistachios... Pasture Raised Eggs Raw or Sprouted Flax-Hemp-Chia-Black Cumin Seeds Shiitake-Maitake-Reishi Mushrooms

**Meat/Fish Sources:** Wild Caught Fatty Fish: Salmon Sardines Mussels Rainbow Trout Atlantic Mackerel Oysters Pollock Herring Pacific Cod Flounder/Sole Haddock Clams Scallops Grass Fed Beef-Chicken-Turkey-Lamb-Bison-Elk-Deer

**Fats/Oils:** Cold Pressed Extra Virgin Olive & Coconut Oils Dark Chocolate Avocado Grass Fed Ghee Grass Fed Butter

**Teas:** Turmeric-Ginger-Licorice-Marshmallow Root Yerba Mate Tulsi (Holy Basil) Rooibos Green-Matcha-Sencha-White Oolong Raspberry Calendula Peppermint...

\*This list is a guide, not a complete list. Always consult your physician for recommendations prior to making any dietary changes.

Thank you for signing up! In appreciation, here is a special offer for you: Receive \$50 off ANY Package Over \$150!