

Seven Foods To Avoid To Reduce Pervasive Inflammation



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Seven Foods To Avoid To Reduce Pervasive Inflammation

When it comes to “Stage 3, Pervasive Inflammation”, there are seven foods and beverages we recommend you avoid at least until the inflammation subsides.

These seven things are very common in the Standard American Diet -- and sadly, they're also the “usual suspects” nutritionists and allergists first test for because they are so well known for causing sensitivities.

When you first learn what they are, you may feel like it's impossible to quit them all, let alone all at once.

I encourage you to look at this as an experiment and try it just for a little while, temporarily. Give me six weeks and I promise you'll feel a whole lot better.

After the six weeks, if you'd like, you can continue consuming them.



A word of advice though: if you decide to continue with one or more of them once the six weeks are up, I suggest you add them back to your diet one at a time.

That way, you can isolate what, if anything causes issues that could trigger inflammation beyond healthy levels.

And if you really want to lock in your results, I encourage you to avoid processed foods and sodas all together for the next few weeks as well.

Focus on eating a wholesome diet made of healthy, whole foods so that you can exclude inflammation caused by artificial colorings, conservatives and more.

So, what are these seven foods to avoid?





1. Gluten

Gluten is a very common ingredient in most readily available foods and snacks.

According to Harvard Medical School, “in people with celiac disease, gluten triggers an immune response that damages the lining of the small intestine. This can interfere with the absorption of nutrients from food, cause a host of symptoms, and lead to other problems like osteoporosis, infertility, nerve damage, and seizures.”

Interestingly, removing or at least reducing the amount of gluten in the diet of people who do not suffer from Celiac disease often seems to be beneficial as well.



The exact causes are unknown in people with food sensitivities.

It's possible that some sources of gluten (e.g. barley) have no adverse effects, while other sources (e.g. wheat) cause bloating, breakouts, stomach aches and more.

My recommendation is to at least avoid wheat and excessive indulgence in bread type products (bread, pasta, cookies etc) for the next few weeks, and only allow any gluten intake in tiny amounts that may be present in health supplements or other preparations where the benefits would outweigh the potential negative effects.





2. Dairy

I know, you like your coffee with half and half, and maybe cheese sticks for snacks... But if you really think about it, where does milk come from?

Nature designed milk for babies -- and when we consume cow milk, we're basically "steal" the food intended for little calves. I get that this might sound extreme but bear with me here. I promise you'll be happy you did. You see, in today's day and age, farm animals are kept under industrial conditions to produce as much milk and meat as possible.



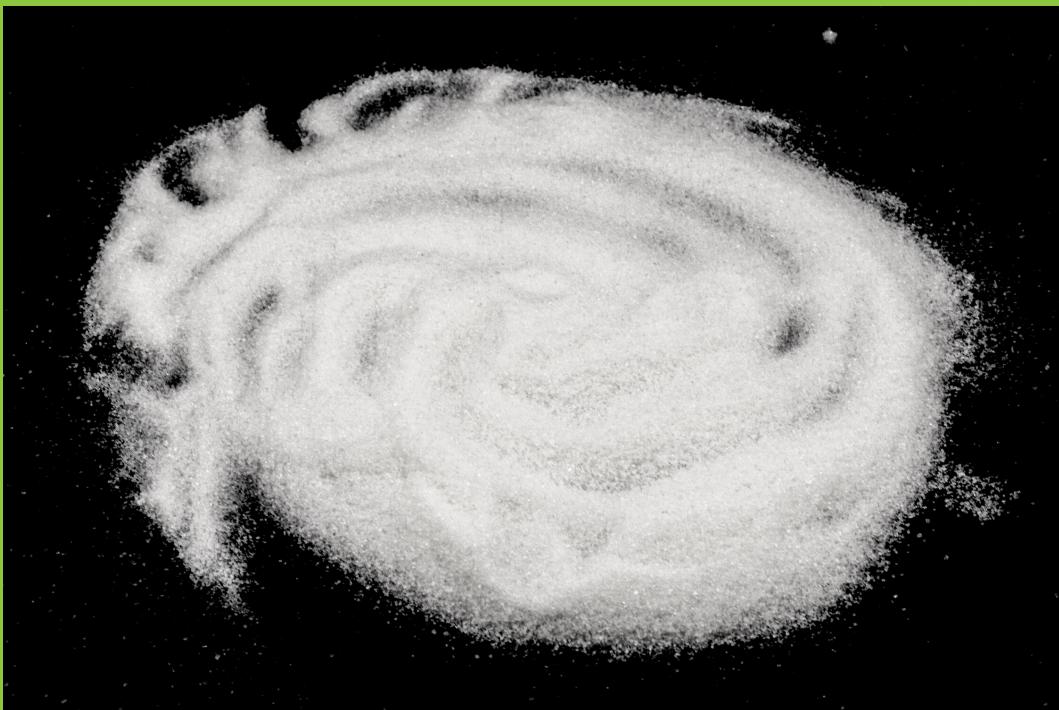
They no longer roam around free on farms during the day -- and because they're kept in very small compartments indoors, they can't exercise the excess food they get fed. What's worse, cows are naturally supposed to eat grass (ever heard the term grazing?) -- but instead, these days they get fed corn.

What happens next is important. Because their stomachs can't handle the corn naturally, it gets inflamed inside -- which forces the farmers to give them large quantities of antibiotics. These antibiotics get into the cows' system and then - you guessed it, into your milk! But there's more...

Since these cows are not naturally pregnant on an ongoing basis, they get hormone shots to trick their system that they ARE pregnant - which will make them produce milk!

And all that excess hormone - you guessed it, it ends up right inside your cup of milk. I implore you -- at least as an experiment for the next few weeks, avoid milk and dairy products. If you don't see a difference, you can go right back... but at least you'll have the basis to compare what it feels like to live without these hormonal and antibiotic residue clogging your system.





3. Sugar

This one actually sounds harder than it is, once you try it out.

And don't worry, if you have a strong sweet tooth like me, I'll even give you suggestions on how to still have some sweet flavors in your meals and beverages, without resorting to sugar or harmful chemical sweeteners.

Now then... what you need to realize is that sugar is present all around us. It's not just the white table sugar or brown sugar or even coconut sugar for those making an effort to live more healthfully...

Sugar in this context is anything and everything that breaks down to "sugar": pasta, bread, white rice and more.



Of course, sugar shows up as high fructose corn syrup in almost all processed foods – but did you know that there's often also shockingly high sugar content in supposedly healthy foods and beverages such as orange juice?

What's worse, sugar zaps the collagen in your skin. According to an article in Prevention Magazine, "overeating sugar can make skin dull and wrinkled".

This due to a natural process called glycation, in which "the sugar in your bloodstream attaches to proteins to form harmful new molecules called advanced glycation end products (or, appropriately, AGEs for short). The more sugar you eat, the more AGEs you develop.

"In fact, an article on Healthline says "sugar can be even more addicting than cocaine"... and it makes you crave more food!

Experts from all over the world agree that the bottom line is, sugar makes you look and feel tired, old and fat. Just the opposite of what we want, right?

For this reason, I encourage you to cut out all sugary things (including fruits) just for the next few weeks, and if you're absolutely, positively craving sweets, try sweetening your foods and beverages with a sweet tasting an all natural, low glycemic index alternative.

You might try xylitol, agave nectar or stevia instead.

These are all commonly available at health food stores and you never know... you might just like it!





4. Caffeine

A-ha! This is a big one. I know many people can't imagine starting the day without coffee, and some have as many as 8-10 cups a day!

But the thing is, if you're relying on caffeine to boost your energy, you don't even know where your true energy levels actually are at...

Chances are, after consuming caffeine mindlessly for years on end, you probably drink it multiple times a day without giving your body a chance to follow its own natural rhythm of moving through phases of high and lower levels of energy.

Also, caffeine disrupts your circadian rhythm.



A study led by researchers from the University of Colorado Boulder and Cambridge University shows that “caffeine in the evening causes a delay in the human biological clock -- rhythms that coordinate a healthy sleep-wake cycle”.

This is not to be taken lightly because according to Yale School of Public Health professor Yong Zhu, “disruptions in circadian rhythms can increase the risks of depression and hormone-related cancers”.

Now I know that quitting coffee or energy drinks cold turkey may seem very difficult, if not impossible... But think about it, what's the alternative?

And, wouldn't you like to give your body a fighting chance to return to its own, natural sleep-wake cycles to help you better manage your energy at a steady pace?

Again, I'd like to remind you that this doesn't have to be something you do forever. But just try it for a few weeks and see how you feel. Chances are, you'll notice you're beginning to wake up more rested, have less stressful reactions to unexpected challenges, maintain a more positive mood and more even levels of energy throughout the day, and fall asleep easier at night as well.

Worth a try, right?





5. Eggs

Eggs are a bit tricky... While it's best if you can completely avoid the foods we've discussed so far, the situation with eggs is not that straight forward.

Why?

According to Harvard health Publishing, "for most people, an egg a day does not increase your risk of a heart attack, a stroke, or any other type of cardiovascular disease."

No more than three eggs per week is wise if you have diabetes, are at high risk for heart disease from other causes (such as smoking), or already have heart disease.



However, you have to consider that eggs come from chickens... and chickens eat what factory farmers feed them. Which, ultimately ends up in your body, if you can't live without eggs.

Of course, you may fare better than others... or, perhaps you have a genuine sensitivity to eggs and should avoid them completely.

How do you know which category you fall into?

As celebrity nutritionist JJ Virgin explains, "symptoms of food intolerance can occur up to 72 hours after you eat and can include headache, fatigue, joint pain, bloating, weight gain, or cravings."

She recommends that in order to get a clear picture of how your body reacts to eggs, cut them from your diet for at least seven days, and then test them back. That way, you'll start seeing "whether your system says yes or no".





6. Soy

If you eat soy only occasionally, in my opinion, you're probably fine.

But, if you've substituted lots of foods and drinks in your diet with soy based alternatives in the name of health (hello, soy milk, tofu, soy based cheeses and other monstrosities...) - you might want to read on...

According to an article on Paleo Leap, "soy contains plant estrogens in the form of isoflavones which effectively raise your estrogen levels and therefore lowers your testosterone levels. Those hormones are in competition so more of one means less of the other."



The article on Paleo Leap goes on to say that the effects in men could include “Improper balance of testosterone to estrogen in men can lead to a lower libido, fat accumulation around the waist and loss of energy, stamina and virility and even man boobs (gynecomastia).”

And, in women, “having abnormally high levels of estrogen doesn’t mean you’ll be more of a woman. It could disrupt your periods, fertility and put you at risk for breast cancer.”

Now the decision is of course up to you. My advice is just watch out for soy and try cutting it from your diet completely for the next few weeks.

See how you feel.

You can always add it back later if you really miss it, and if adding it back doesn't seem to have any harmful effects.





7. Alcohol

I recognize that there's a difference between having a drink occasionally and drinking hard liquors until you pass out every weekend...

In fact, some people still believe that having a glass of red wine daily is good for the heart.

But, as the Mayo Clinic warns us: "even moderate alcohol use isn't risk-free. For example, even light drinkers (those who have no more than one drink a day) have a tiny, but real, increased risk of some cancers, such as esophageal cancer."

And that's just concerning moderate drinking.



An article on Harvard Health Publishing references several large scale studies that analyzed the overall health impact related to alcohol consumption. This includes death and disability due to automobile accidents, infectious diseases, cancer, and cardiovascular disease.

Their conclusion?

"The best option for overall health was no drinking at all.

"It's also interesting to note that "the definition of "a drink" in this study was 10 grams of alcohol -- that's 30% less than a standard drink in the US".

What this spells for the health conscious amongst us is just avoid it if you can. And if "social drinking" is a non-negotiable part of your life, perhaps run an experiment for a few weeks of just saying no.

In addition to helping you avoid the seven things we need to reduce Pervasive Inflammation, saying no to alcohol when offered in social situations is also a good exercise in setting healthy boundaries.

And for those of us who suffer from constant people pleasing and always putting ourselves last, starting to set boundaries with others might just be a game changer.



So give it a try. I believe in you.

To your health,

John Galen



PS. I have a bonus tip for you!

Once you've implemented this experiment and committed to cutting these seven foods from your diet for at least a few weeks, I recommend you also look at these easy, fun resources to kickstart your weight loss:

Improve your sleep - [This guide will help.](#)

How to stay hydrated - [Read this report to learn more](#)



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