

Anti-Inflammatory Diet

Weight Loss - Week 1



Anti-Inflammatory Diet

The diet for the Metabolic Code® Weight Loss Program is an anti-inflammatory eating plan. Inflammation can be promoted by the bad food choices we make, as well as by not including foods that fight inflammation. Fruits, vegetables and beans are anti-inflammatory because of the high antioxidants they contain as well as their minimal influence on blood sugar and insulin levels. Refined flours and sugar are pro-inflammatory because they require high amounts of insulin, which is the most inflammatory hormone in the body.



The Metabolic Code® Diet helps controls inflammation in 3 ways. 1. By being lower glycemic, which also promotes weight loss 2. By promoting intake of high antioxidant foods and 3. By being low in allergenic foods, which can also promote inflammation if they are causing your immune system in the gut to react in some way. Immune cells put out inflammatory substances called cytokines, and these are damaging to our bodies, when we make them chronically. Foods that contain a lot of allergenic proteins (like wheat, milk/cheese, and soy) tend to be the main culprits.



Defined:

An·ti·ox·i·dant

n.

1. A chemical compound or substance that inhibits oxidation.
2. A substance, such as vitamin E, vitamin C, or beta-carotene, thought to protect body cells from the damaging effects of oxidation.

In·flam·ma·tion

n.

(a protective tissue response to injury or destruction of tissues, which serves to destroy, dilute, or wall off both the injurious agent and the injured tissues. The classical signs of acute inflammation are pain (dolor), heat (calor), redness (rubor), swelling (tumor), and loss of function (functio laesa).

Inflammation is from Your Immune System

In layman's terms, inflammation is caused by your body's defense response to an injury. When our immune cells are called to action, they can help heal wounds, but are also dangerous because of the cytokines they produce, when we have chronic or prolonged immune activity beyond an acute response to an injury. Chronic inflammation can damage cells and cause permanent metabolic changes which have been linked to a variety of medical conditions such as cardiovascular disease, diabetes and cancer.

As an example, one of the biggest factors triggering inflammation in our bodies is a diet that includes too many high glycemic foods. When high carb, high sugar foods are eaten, insulin is overproduced and causes extremely high amounts of free radicals to form. These free radicals damage the linings of the arteries. LDL cholesterol then comes along with immune cells, trying to repair that damage. However, the immune cells and cholesterol form unstable plaques inside the arteries, and parts of the plaque can break off and circulate to other parts of the body, and can cause a heart attack, a stroke, or a clot in a vein or lung. Fortunately, we have a lot of control with the choices we make with our foods, and we can dramatically reduce our risk for this type of heart disease and other chronic diseases caused by inflammation.



What are Antioxidants?

Antioxidants are chemicals that plants produce and use to protect themselves from damage. Antioxidants taken in in our foods and supplements inhibit damage from free radicals (molecules that cause damage to DNA) therefore helping to keep cells healthy.

Foods that are described as "superfoods" typically earn this title because of their high antioxidant content.

Achieving good health comes down to limiting factors that promote free radical damage (high calorie diets, high sugar diets, smoking, toxins etc...) and including high antioxidant foods that prevent the damage we are all exposed to daily.



Good Sources of Antioxidants:

- **Spices** (rosemary, cloves, cinnamon, oregano, turmeric, mustard seed, black pepper, chili powder, cilantro...)
- **Very Dark Chocolate**
- **Flax Seeds**
- **Artichokes**
- **Black Beans**
- **Nuts** (pistachios, pecans, almonds, walnuts etc.)
- **Fruit** (blueberries, goji berries, blackberries etc.)



Anti-Inflammatory foods are generally high antioxidant foods:

Anti-Inflammatory Foods	Pro-Inflammatory Foods
Wild Caught Salmon	Sugar, from any source, candy, soda, etc
Fresh Whole Fruits and Vegetables	Processed foods
Bright Multi-Colored Vegetables	French Fries (fried foods)
Green Tea	Fast Foods
Olive Oil	White Breads
Nuts and Seeds	Pasta
Spices, especially Rosemary and Turmeric	Ice Cream
Beans and Legumes	Oils processed with high heat:
	inexpensive oils like corn, soy, vegetable



Metabolic Code® Diet Disclaimer:

Any diet or nutrition program can affect your health and may carry risks. Always consult a qualified healthcare professional before changing your diet or beginning any exercise routine. Anyone with an existing disease, medical condition and/or on medication should consult with a qualified physician or health practitioner to make sure a change in diet or lifestyle can be safely undertaken. Use of a Metabolic Code program or information implies that you take responsibility for all risks inherent to nutrition and lifestyle programs.

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