

## 5 tips for fighting inflammation with nutrition

Dozens of foods, herbs, and spices may help the body douse inflammatory hot spots. Try these basic tips:



### 1. GET FRIENDLY WITH FISH:

Stick to fresh or frozen cold water fish, including mackerel, salmon, and tuna. Avoid oil-packed tuna, since the omega-3s tend to leach into surrounding oil.

### 2. CHOOSE FATS WISELY:

Seek out fatty cold water fish, extra-virgin olive oil, walnuts, and flax. Avoid safflower oil, sunflower oil, corn oil, and all partially hydrogenated oil.

### 3. EMBRACE YOUR INNER HERBIVORE:

Fruits and vegetables are packed with antioxidants and other anti-inflammatory compounds. Eat brightly colored fruits and vegetables, such as blueberries, strawberries, bell peppers, and spinach.

### 4. CUT BACK ON WHEAT & DAIRY:

For people who suffer from lactose intolerance, celiac disease, or gluten sensitivity, the stomach treats dairy and wheat products as hostile invaders.

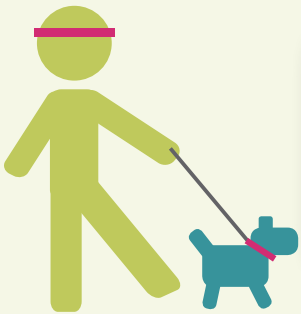
### 5. SAY NO TO SUGAR:

Sugary foods can also be a problem, especially when eaten between meals, since they cause a surge in blood-sugar levels.

*Visit your Activate Health & Wellness Center or other health care provider for helpful tips on how to manage inflammation.*

## Moving more may decrease inflammation

Here are some helpful tips to make the most of movement and its inflammation-fighting effect:

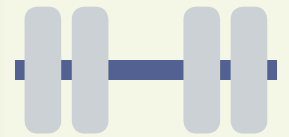


### 1. MAKE IT A HABIT.

Aim for 30 minutes daily of moderate physical activity, such as walking, running, swimming, or even yard work.

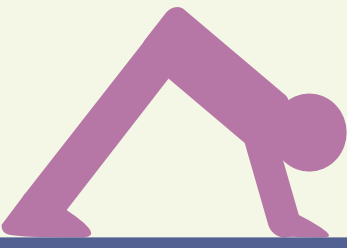
### 2. MIX & MATCH ACTIVITIES.

Get a mixture of both aerobic exercise, such as walking, running or riding a bike, and moderate strength training.



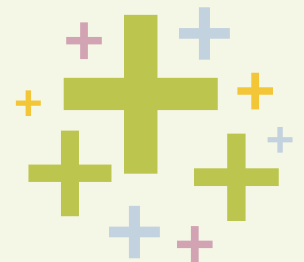
### 3. DON'T OVERDO IT.

If you find yourself hobbled for days after each trip to the gym, dial down your workout.



### 4. RECRUIT YOUR MIND

Activities that calm the mind, such as meditation and guided imagery, are good options.



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Note: Medical researchers are learning more about this topic every day. Stay tuned as we learn how inflammation affects our bodies. Source: [Experience Life](#)