

## Anti-inflammatory Dietary Approaches

The information below provides information about several anti-inflammatory dietary patterns and elimination protocols known for healing and reducing inflammation.

### Low-Carbohydrate

A low-carb approach is beneficial and anti-inflammatory. It looks similar to the Ketogenic way of eating in terms of what to include and exclude but may include more starchy vegetables and fruit. The daily carb intake with this approach is more like <130 versus <50 with the ketogenic approach. You don't get the benefits of nutritional ketosis with this approach, but you would gain some of the other numerous benefits of an anti-inflammatory diet.

### Very Low-Carbohydrate or Ketogenic

This way of eating is a very low carb (<50 grams a day) high fat diet designed to lower insulin levels and get the body into a state of therapeutic and nutritional ketosis. It can be an anti-inflammatory way of eating designed to calm inflammation, burn fat as fuel, and provide the brain and body with ketones for energy. It is not for everyone and you should consult with your doctor or a dietitian before you decide to adopt this approach. However, most people do very well on a very low carb diet when it is done correctly and includes some carb cycling.

**Includes:** meat, fish, eggs, dairy (if tolerated), berries, non-starchy vegetables, nuts, butter, certain oils (olive, coconut, avocado), minimal alcohol (for some), and certain sweeteners (monk fruit, xylitol, erythritol, stevia).

**Excludes:** sugar, legumes, gluten, grains (rice, corn, oats, wheat), fruit (except berries), and limits starchy vegetables.

### Paleo

The paleo way of eating is essentially eating like our ancestors and how we ate before modern day processed food production. This is how most of our bodies were designed to eat and it excludes processed and refined foods. The paleo approach to eating can be sustained for the lifetime and is associated with profound health benefits.

**Includes:** meat, fish, eggs, nuts, fruits, vegetables, honey, certain oils (olive, coconut, almond, avocado) and certain approved alcohol.

**Excludes:** gluten, grains (rice, corn, oats, wheat), soy, legumes, dairy, sugar, artificial sweeteners, MSG, and certain oils (canola, soybean, corn, palm, and vegetable).

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### Auto-Immune Protocol (AIP)

The auto-immune protocol is similar to Whole30 in what it excludes but it also excludes other things such as eggs, nuts, and night shades. It is a very strict protocol meant for people with auto-immune or other chronic health conditions. People with auto-immune conditions such as hypothyroid, Hashimoto's, IBS, celiac, etc. can often find relief from the AIP protocol. It can be used a tool to determine what your specific food sensitivities are then once you determine which foods are problematic for you, you can reintroduce the others. For example, some people find they need to always leave soy, dairy and/or gluten out, but eggs and rice are okay.

**Includes:** meat, fish, fruit vegetables (except night shades), and certain oils (olive, avocado).

**Excludes:** sugar, artificial sweeteners, dairy, alcohol, legumes, grains (rice, corn, oats, wheat), certain oils (soybean, corn, and vegetable), night shade vegetables (eggplant, tomato, peppers, potatoes, paprika), nitrites, sulfites, MSG, nuts, seeds, eggs, and carrageenan.

### Whole30

Whole30 is a 30-day nutritional reset designed to calm inflammation, help you identify food sensitivities and reset your relationship with food. It is a 30-day self-experiment where you eliminate the 5 food groups we know to be associated with inflammation and then reintroduce them back very methodically to see how your body responds to each food after having no exposure for 30+ days.

Whole30 is not meant to be used forever. It is meant to be a 30+ day elimination protocol with a specific purpose. Once you finish Whole30 and determine your food sensitivities and triggering foods, you can move on to a paleo, low-carb or ketogenic way of eating for longterm sustainability. Whole30 can be used a reset anytime you feel you need to clean the slate and calm inflammation.

**Includes:** eggs, meat, fish, fruits, vegetables, nuts, seeds, ghee (clarified butter), and certain oils (olive, coconut, almond, avocado).

**Excludes:** sugar (in all forms), artificial sweeteners, dairy, butter, alcohol, legumes, grains (rice, corn, oats, wheat), certain oils (soybean, corn, and vegetable), nitrites, sulfites, and carrageenan. It also excludes recreation of baked good using approved products such as paleo pancakes or avocado brownies.