

The Anti-Inflammatory Diet

(The Real Food Diet)

The following will help balance blood sugar, optimize hormone levels, help with adrenal fatigue, prevent ups and downs in energy and mood, improve auto-immune conditions and promote weight loss. This is also an extremely heart-healthy diet plan.

HOW TO EAT

1. Eat every 3-5 hours. This relieves the stress handling glands from the job of maintaining normal blood sugar levels between meals (via epinephrine and cortisol).
2. Do not eat carbohydrates alone; always add protein and fat to your meals and snacks. It is especially important **not** to eat a **carbohydrate only breakfast**. 30 grams of protein in the first 30 minutes of waking is a great way to supercharge your metabolism to burn fat. A fist size of animal protein is roughly 30 grams of protein!
3. Minimize stimulants like caffeine, sugar, alcohol, etc. Stimulants work by provoking the stress handling glands into releasing epinephrine and cortisol to raise blood sugar and release energy. If you consume them, make it organic, and do it after a meal. This will help protect you're your G.I tract.
4. Avoid dead, devitalized and junk food. These foods cannot re-build a healthy body. They are also anti-nutrients; they rob any remaining nutrient stores from your body.
5. Avoid trans-fats and rancid fats. Cell membranes, nerve tissue, and steroid hormones (Healthy-aging hormones) all require healthy fats. Unhealthy fats interfere with these functions and structures.
6. Eat real, whole, fresh food. Minimize fruits and avoid fruit juices. Ideally eat 3 times more veggies than fruit. If you are currently overweight, you may need to remove fruit from your diet till you become leaner and healthier.
7. Salt your food liberally with sea salt. Stress handling glands need plenty of salt for normal function. Research has proven that eating salt does **not** cause high blood pressure or heart disease. Only people with organ damage, like kidney disease, need to be concerned with keeping a low salt diet. In fact, low salt diets contribute to adrenal fatigue.
8. Sea salt contains trace minerals and can be obtained from a health food store near you. My favorite brands of high quality sea salt are: "Real salt", "Himalayan sea salt" and "Celtic sea salt"
9. Drink plenty of water (filtered, or a reliable source of spring water, **NOT** tap water). Check out www.JustinHealth.com/shop for a recommended water filter.

WHAT TO EAT

1. Eat foods rich in Omega 3 fatty acids such as fatty coldwater (not farm grown) fish, including salmon, tuna, trout, herring and mackerel. Eat walnuts, flaxseeds and green leafy vegetables. Or, if you prefer, take an Omega 3 supplement please see your health care provider for recommendations.
2. Use saturated oils and monounsaturated oil especially coconut oil, extra virgin olive oil cold pressed, ghee, MCT oil, butter or tallow. **Note: Canola oil and Soy oil are highly refined, genetically-engineered and have none of the benefits of the oils mentioned above.**
3. Eat five or more servings of vegetables and fruits every day. Fruits are minimized until your goal weight is achieved. Vegetables & fruits should be fresh or frozen (not canned). Vegetables can be slightly cooked, steamed, or eaten raw. Remember 3 times more vegetables than fruit.
4. Eat natural sources of good protein, ideally pasture fed (not man-made deli meats), and preferably organic meats (raised without estrogenic hormones and antibiotics).
5. No Grains, Legumes or Dairy for at least 1-2 months because they are highly irritating to the G.I tract. If you have an auto-immune disease it is incredibly important to be grain (corn, rice, wheat, spelt, kamut, oat etc.), legume (peanuts, soy, and beans) and dairy free. For more serious cases an **“Autoimmune Diet”** is needed: Removing eggs, nuts, seeds and nightshade vegetables (potatoes, tomatoes, eggplant and peppers) may also be necessary.
6. Minimize oils that are high in Omega 6 fatty acids, including corn, safflower, sunflower, soybean, and cottonseed oils.
7. Reduce or eliminate intake of trans-fatty acids (all hydrogenated oils), which are prevalent in margarine, vegetable shortening, and almost all commercially prepared packaged foods. Anything that says “Partially hydrogenated” or “Hydrogenated” contains trans-fat, regardless what the label says.
8. Avoid artificial sweeteners like splenda (sucralose) and aspartame. Healthier options include stevia, hoodia, xylitol, and lohan. Please use in moderation.
9. The unhealthier or more over weight you are, the stricter you need to be in regards to adhering to the dietary guidelines set forward. You may or may not be able to introduce certain foods back into your diet, the only way we can be sure is if you eliminate the recommended food for a period of time and then introduce one at a time.
10. Use the “Food Matrix” to create meals. There are many food options you can use to keep you from becoming bored with your meals.
11. Please do not use gluten free food as an alternative to binge on junk food. Clear these foods with your healthcare provider first.

The Food Matrix

PROTEINS	VEGETABLES	FATS	HERBS AND SPICES
Chicken Breast	Asparagus	Olive Oil	Allspice
Chicken Thigh	Avocado	Avocado	Basil
Flounder	Artichoke Hearts	Butter	Cardamom
Snapper	Brussels Sprouts	Ghee	Cinnamon
Trout	Beets*	Coconut Oil	Celery Seed
Halibut	Carrots	Fish Oil	Dill
Mackerel	Celery	Almonds	Fenugreek
Bass	Daikon	Macadamia Oil	Garlic
Eggs	Zucchini		Ginger
Salmon Filet	Fennel Root		Curry-Red
Shrimp	Kale		Curry-Green
New York Steak	Chard		Curry-Yellow
Rib Eye Steak	Dandelion Greens		Oregano
Round Steak	Spinach		Cilantro
Ground Beef	Mixed Greens		Nutmeg
Ribs	Acorn Squash*		Rosemary
Rump Roast	Butternut Squash*		Thyme
Beef Stew Meat	Yam*		Garam Masala
Pork Loin	Sweet Potato*		Bay Leaf
Pork Chop	Peppers		Salt
Bacon	Cabbage		Herbs De Provence
Pork Roast	Onions		Chili Powder
Lamb Chops	Broccoli		Paprika
Lamb Rack	Salad Mix		Cumin
Venison			
Veal			
Turkey			

Most of these meals can be prepared in the following manner:

1. Put some oil in a pan.
2. Brown some meat in that oil for a minute
3. If you are using a hearty herb or spice like ginger, add it before the meat, if it's delicate like basil, add it when the dish is almost done.
4. Add veggies.
5. Stir it a time or two, cover and set a timer for 5-10 min.
6. If it's done, eat! If not, set the timer again.