

QUESTION OF THE WEEK

Q: Is an anti-inflammatory diet right for me?

The anti-inflammatory diet, so named by Dr. Andrew Weil, is right for everyone. Inflammation is the cause of most serious illness including heart disease and stroke, many cancers and arthritis. Our diet is one of the leading sources of these chronic illnesses, and changing that diet is the key to prevention and cure. The hallmark factors in consuming foods that are anti-inflammatory include removing any food that comes in a box, decreasing or eliminating refined sugar, eating wild-caught fish and range-free game, and increasing consumption of Omega 3 foods found in nuts and deep, cold-water fish. Of course, don't forget lots of organic vegetables and fruit.

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