

**Dr. Laura's Guide to
Eat Your Way Out
of Inflammation**

DR. LAURA PARIS

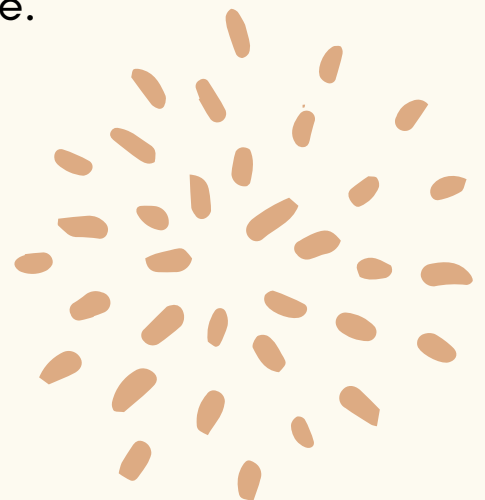
Introduction

This is a step-by-step actionable guide to literally eat your way out of inflammation. We distill the components of anti-inflammatory eating into four evidence-based steps. The first three steps are general principles that apply to everyone, and the fourth step is where it gets personal.

If you want to read the theory behind this guide, please read our article called **Dr. Laura's Evidence-Based Guide to an Anti-inflammatory Diet**, which explains the *why* behind each step. Take your time working through these steps. Slow changes tend to stick as lifelong habits. Each step WILL bring great results over time.

I promise!

Dr. Laura





Balance Your Fatty Acids

Fatty acids are the most important inflammation-regulating component of your diet. You can literally control your inflammation by the types of fats you eat! This is all about the balance and types of Omega-3 and Omega-6 fats. These fats make hormone-like messengers called prostaglandins (PG), which either raise or resolve inflammation.

Dr. Laura's Prescription:

- Take 3000 mg (and up to 6000 mg) of a good-quality EPA and DHA fish oil supplement.
- Take 1000 mg (and up to 3000 mg) GLA from borage, evening primrose, or black currant seed oil.
- Eat one small handful of nuts or seeds each day.
- Replace vegetable and seed oils (corn, canola, safflower, sunflower, etc) with olive, avocado, and coconut oils.
- Replace conventional meat, dairy, and eggs with 100% grass-fed, pastured, or wild game sources. Conventional is grain-fed and high in AA (arachidonic acid, an inflammatory Omega-6 fatty acid).

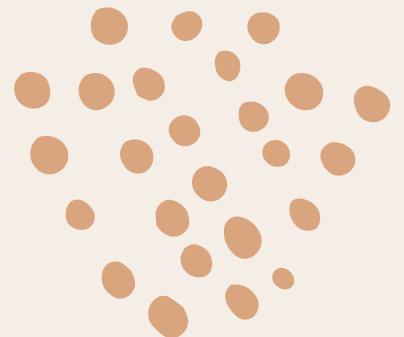


Eat Deeply Pigmented Vegetables and Fruits

Deeply pigmented purple, blue, dark green, red, orange, and yellow foods moderate inflammation in a myriad of ways: they are rich in antioxidants and low glycemic, contain fiber to feed your beneficial gut microbes, and are full of phytonutrients.

Dr. Laura's Prescription:

- Eat 7-10 servings of deeply pigmented (purple, blue, green, yellow, orange, red) vegetables and fruit each day.
- A serving size is 1 cup raw or 1/2 cup cooked.
- Start with five servings a day
- Work up to 2 servings with breakfast (in an omelet or smoothie), 3 with lunch, 3 with dinner, and 2 with snacks.





Reduce or Eliminate These Inflammatory Foods

These "foods" are inflammatory for every person:

- **Refined carbs and sugar** block the enzymes that make anti-inflammatory prostaglandins, and also raise blood sugar and insulin.
- **Alcohol** blacks the enzymes that make anti-inflammatory prostaglandins, damages DNA, causes oxidative stress, and is a liver toxin.
- **Transfats** cause oxidative stress.

Dr. Laura's Prescription:

- Reduce, limit to special occasions, or avoid these "foods."
- Use monk fruit, stevia, allulose, or xylitol as sweeteners - they do not raise blood glucose or insulin.



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Identify What You React To Personally

This is where it gets personal. Toss the anti-inflammatory diet one-size-fits-all books out the window and find out what YOU react to (no, gluten is not a problem for everyone!). The gold-standard way to do this is by an elimination diet where you cut out suspect foods for a period of time (10-30 days) and then reintroduce foods one by one and tune into how they affect you. There are different elimination diet approaches that we discuss in our post **Food Sensitivities: Debunking the Myths**.

In our practice, we start with a **Food Inflammation Blood Test (FIT)** which measures IgG antibodies and an inflammatory marker called complement factor. We use these results, plus your symptoms and history, to design a personalized elimination diet just for you.

There's no reason to follow a rigid diet or restrict foods that aren't proven to be a problem for YOU.

Want Some Help With Your De-Inflammation Project?

I work with women with inflammatory conditions on a regular basis in my one-to-one functional medicine appointments. We even have a special program called “Road to Remission” for women to break free from the grip of autoimmune conditions and chronic inflammation.

You can work with me in person in Monterey or Capitola, California. Or work with me remotely from anywhere in the United States.

Contact me directly by clicking [here](#), to inquire about working with me and ask any questions you may have.

Dr. Laura

