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REDUCE INFLAMMATION BY AVOIDING THE

# Most Common Inflammatory Foods



## Hidden Inflammation

Many people aren't aware that even if you aren't "allergic" to a certain food group, it could still be causing high levels of inflammation throughout your body. This can cause short term symptoms as well as more severe long term consequences like chronic health conditions.





Inflammatory food can impact your body in many different ways. One way is that these foods can damage your gut lining and barrier, and even contribute to leaky gut. When this happens, food particles can travel outside of your gut and into your bloodstream (where they aren't supposed to be). Your immune response gets signaled that invaders are present and *even* more inflammation occurs as a result. So really, its a vicious cycle of bad news!

While chronic inflammation can impact your immune system, it can also activate genetics leading to disease. Your genetics play a role in determining what disease process will or will not be activated by the chronic inflammatory response.

Scientifically put, certain foods can affect inflammatory markers in the body, namely C-reactive protein found in the blood.

While functional medicine testing can give you an insight as to what *exact* foods YOUR unique body is most sensitive to (and causing that inflammation), here are the most common inflammatory foods that people are sensitive to.

## Symptoms of Inflammation

- Fatigue
- Pain
- Difficulty Concentrating
- Cognitive decline
- Brain Fog
- Joint Pain





## Gluten

It's probably no surprise that gluten is on this list: while only about 1 percent of the population has Celiac disease, it's believed to be greatly under diagnosed.



Gluten intolerance is actually believed to be genetically inherited and with an estimated 25% of the population having a genetic predisposition to gluten intolerance.

People may have a more mild form of celiac disease, causing inflammation of the body with less significant gut symptoms. A protein called amylase-trypsin inhibitors can cause inflammation even in those people without Celiac.

Cutting out gluten (and amylase-trypsin inhibitors) not only means cutting bread, pasta, and beer from your diet but also some processed foods including soy sauce. Be sure to read labels carefully to ensure that gluten isn't sneaking its way onto your plate.

**Many foods you might have thought of as grain-containing can be made with grain-free options such as coconut flour, arrowroot starch, tapioca flour, plantain flour, and almond flour.**

## Dairy

Dairy is another food that very commonly causes inflammation. Research has linked the consumption of dairy to the increased risk of certain types of cancer including breast cancer and prostate cancer.

Pasteurizing milk converts lactose into beta-lactose, which can spike blood glucose levels; when glucose levels are elevated over a long period of time, this can lead to general inflammation and metabolic disease.





## Dairy (Con't)

Not only that, but casein is a protein found in milk, as is whey. Casein makes up 80% of a dairy product and whey comprises the other 20%. Casein is particularly hard to break down in the digestive system, and because of this, can cause a strain that leads to digestive trouble and inflammation.

Bloating and gas are just two of the symptoms of an inflammatory response to dairy.

**Try nut cheese, or nut-based milks and yogurts instead!**

## Eggs

Eggs and their consumption can affect different people in different ways. To put it simply, research does suggest that eggs can cause inflammation based on factors like weight and presence of disease.

When it comes to eggs, pay attention to your body and avoid eating them if doing so causes a negative effect like bloating.







## Soy

While soy was a popular health food for years, it turns out that it may not be the superfood we once thought it was. Not only is most soy produced in the U.S. genetically modified, but soy – especially unfermented soy – is linked to a number of health issues and inflammation.

**Instead of soy sauce, try coconut aminos**



## Corn

Corn has long been a staple food for Native Americans, but it can also be inflammatory, given its high sugar content. When corn was being consumed as a staple food among indigenous communities, it was soaked in lye first. This process, known as nixtamalization, makes the B vitamin niacin and other nutrients more available for assimilation. However, that isn't the case anymore and corn intake can contribute to inflammation. Corn is also one of the *most* genetically modified foods.

**Be on the lookout for corn additives as well in your processed foods.**

## You will also want to avoid:

- Excess Sugar
- Processed Foods
- Alcohol
- Caffeine



## Top *Anti-Inflammatory* Foods

I won't burst your bubble and only tell you things you **SHOULDN'T** have. Here are some foods you **SHOULD** include in your diet to help reduce inflammation within your body.

- 1 Turmeric (Curcumin)
- 2 Organic Berries
- 3 Fatty Fish (salmon, sardines, herring, mackerel, anchovies)
- 4 Avocado
- 5 Flaxseed Oil
- 6 Chia Seeds

