

A Simple Guide to Anti-Inflammatory Eating

Eat to reduce inflammation. Feel better.

Welcome!

Most of us don't feel "sick" — but we don't feel great either.

It's something I hear all the time:

"I'm fine. I don't feel ill. This is for people who already have health problems."

But here's the truth.

No one develops diabetes overnight.

No one has a stroke out of nowhere.

No one wakes up one morning with dementia. Etc.

These conditions don't appear suddenly — they build quietly.

Year after year.

Choice after choice.

Meal after meal.

Not because we want to harm ourselves, but because we're navigating a food system and health advice that is overwhelming, contradictory, and often misleading.

The real question isn't:

"Am I sick?"

The real question is:

Are my cells thriving – or slowly struggling?

Because long before disease shows up, imbalance shows up.

Subtle signs:

- Feeling more tired than you should
- Energy dips during the day
- Slower recovery
- Brain fog
- Digestive discomfort
- Weight that won't respond
- Mood swings
- Hormonal fluctuations

Nothing dramatic.

Just “not optimal.”

And that's where cellular health comes in.

True health begins at the membrane of your cells – where inflammation, nutrient absorption, hormonal signaling, and metabolic balance are determined.

In this guide, we'll break down what promotes cellular balance, what quietly drives chronic inflammation, and what small daily adjustments can completely shift your long-term health trajectory.

Because prevention is not dramatic.

It's about patterns.

And patterns shape your future.

Food plays a central role in either amplifying or reducing this inflammatory load. Let's see how you can make better choices for your cells.

Cooking Techniques for Maximum Benefit

Gentle Cooking Methods:

- Steaming: Preserves nutrients better than boiling.
- Baking: Avoid high temperatures that can create AGEs.
- Poaching: A gentle way to cook delicate foods like fish.
- Slow Cooking: Breaks down tough fibers and enhances flavor.
- Sautéing: Use olive oil or coconut oil at medium heat.

Smart Food Preparation:

- Marinating: Helps tenderize meat and enhance flavor with anti-inflammatory herbs and spices.
- Proper Storage: Store fruits and vegetables properly to maintain their nutrient content. For example avocado in water, bananas out of fridge, greens in fridge..
- Mindful Portions: Enjoy a variety of foods in moderation. Use your hands to measure proteins and carbs, and your thumb for oils/fats
- Fresh vs. Processed: Opt for fresh, whole ingredients whenever possible.
- Hydration: Drink plenty of water to support detoxification and reduce inflammation.

Cooking Techniques to avoid

- **Grilling:** High surface temperatures can promote the formation of AGEs and HCAs, especially when meat is cooked until dark or charred. Frequent high-heat grilling may increase oxidative stress and inflammatory load over time.
- **Deep-frying:** High temperatures and repeated oil heating create oxidized fats and advanced glycation end products (AGEs), which increase inflammatory signaling and oxidative stress in cells.
- **Charring / Burning / Barbecuing:** When food is charred, especially meat, it forms compounds such as heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs), which are linked to cellular stress and long-term inflammation.

Occasional BBQ is not a problem, but frequent charring may contribute to cumulative inflammatory stress.

- **Reheating oils:** Reheated oils become unstable and form lipid oxidation products that can damage cell membranes and promote inflammation.
- **Roasting:** While moderate roasting is acceptable, consistently cooking at high heat can shift food toward a more pro-inflammatory profile.
- **Long Boiling in Excess Water:** Prolonged boiling can leach water-soluble vitamins (like vitamin C and some B vitamins), reducing the nutrient density of the meal.

Sample Anti-Inflammatory Meal Plan

Here's a sample meal plan to get you started:

- Breakfast: Oatmeal with berries, nuts, and a drizzle of honey.
- Lunch: Salad with steamed salmon, mixed greens, avocado, and olive oil dressing.
- Dinner: Baked chicken breast with roasted vegetables (broccoli, carrots, sweet potatoes).
- Snacks: A handful of walnuts, a piece of fruit, or Greek yogurt with berries, goat yogurt or a thumb of dark chocolate

The goal is not to label foods as “good” or “bad,” but to understand their overall inflammatory load and how they influence cellular balance over time.

What matters most is your pattern, not a single meal, not a single ingredient.

When the majority of your choices support stable blood sugar, healthy fats, antioxidant intake, and proper recovery, your body shifts from constant low-grade stress toward resilience and repair.

The following guide gives you a practical visual overview of which foods to prioritize, which to moderate based on context, and which to reduce if you want to lower long-term inflammatory burden.

Eat More Of / Eat Less Of

(For Cellular Health & Lower Inflammation)



EAT MORE OF

(Foundation Foods)

Fruits (high in antioxidants):
All red fruits, all black fruits, all purple fruits

Vegetables:
Broccoli, cabbage, spinach, collards, kale, onions, carrots, mushrooms, peppers, sweet potatoes, zucchini, celery, avocado

Herbs & spices:
Garlic, turmeric, ginger, chilli powder, cayenne, black pepper, cinnamon, oregano, rosemary, nutmeg

Fish & seafood:
Wild salmon, herring, tuna, mackerel, sardines, oysters

Tofu, hummus, dal

Nuts & fats:
Peanuts, coconut, fresh extra virgin olive oil

Vegetable juices, green tea, herbal teas

Sweeteners:
Stevia



EAT IN MODERATION

(Quality + Context Matter)

Meat (better quality):
Grass-fed beef, free-range chicken

Vegetables:
Potatoes

Other:
Eggs (preferably free-range, pasture-raised if possible)

White rice, traditional pasta (non-frequent base)

Dried fruits

Honey, molasses

Canola oil

Red wine, fresh fruit juices, coffee, milk



EAT LESS OF

(High Inflammatory Load)

Meat:
Intensively farmed meat, cured meats (salami, sausages, ham)

Nuts:
Salted nuts, roasted nuts

Oils & fats:
Sunflower oil, corn oil, soy oil, palm oil, margarine

Grains & refined carbs:
Refined flour products, ultra-processed carb foods

Sugar & drinks:
Sugar, syrups, sugar-sweetened soft drinks, spirits, milk alternatives containing palm or other oils



The goal is not perfection. The overall pattern of eating matters more than individual foods.

A Final Thought

This guide is not about extremes.

It's not about cutting everything out or chasing perfection.

It's about **pattern, not perfection.**

Cellular balance takes time.

Small daily decisions compound.

What you eat most often matters far more than what you eat occasionally.

Your body is designed to heal when you remove what burdens it and provide what supports it.

When you consistently lower inflammatory load, stabilize fats, and support recovery, your biology shifts.

But general advice can only take you so far.

If you want to move from general recommendations to personalized data about your own biology, **measurement is the next best step.**

The Balance Test allows you to see what is actually happening at a cellular level, so your strategy isn't based on trends, guesses, or assumptions, but on real information about your body.

If you'd like guidance interpreting your results or building a structured correction plan, I offer a free conversation to help you take the next step with clarity and confidence.

You don't have to change everything overnight.

You just need direction. **And direction starts with awareness.**