

ANTI-INFLAMMATORY FOODS

oasis
HEALTH & WELLNESS

BY RITA MUSTAFA

HOLISTIC NUTRITIONIST, ACUPUNCTURIST & DOWSING PRACTITIONER

1

Disclaimer

- ▶ The information provided is intended for educational purposes only.
- ▶ It is not meant to diagnose, treat, or cure disease and is not a substitute for medical care.

2

Inflammation

- ▶ Inflammation is a physiological process involved in the defenses of our body and the repair of tissues.
- ▶ It is acutely activated by infections, trauma, toxins, or allergic reactions.
- ▶ However, when it becomes chronic, it can end up stimulating the development of diseases such as cardiovascular disease, autoimmune disease, arthritis etc.

3

Acute Inflammation

- ▶ **Pain:** This may occur continuously or only when a person touches the affected area.
- ▶ **Redness:** This happens because of an increase in the blood supply to the capillaries in the area.
- ▶ **Loss of function:** There may be difficulty moving a joint, breathing, sensing smell, and so on.
- ▶ **Swelling:** edema can develop if fluid builds up.
- ▶ **Heat:** Increased blood flow may leave the affected area warm to the touch.

4

Chronic Inflammation

- ▶ diabetes
- ▶ cardiovascular disease (CVD)
- ▶ arthritis and other joint diseases
- ▶ allergies
- ▶ Psoriasis
- ▶ Gout
- ▶ Lupus
- ▶ rheumatoid arthritis

5

Western Diet

- ▶ Since the industrial revolution 150 years ago, the population of industrialized countries has gained unlimited access to refined grains and sugars, processed meat, factory farmed eggs, artificially sweetened drinks, high consumption of salt



6

Food is Medicine

- ▶ Doctors are learning that one of the best ways to reduce inflammation lies not in the medicine cabinet, but the grocery store.

<https://www.health.harvard.edu>

7



gluten



eggs



Inflammatory foods

10

Triggers

Chemicals used in industrial production and farming, water treatment, dry cleaning, home cleaning and body-care products

Metals including mercury, lead, aluminum, arsenic and cadmium, which are found in water, fish, soil and the air we breathe

Medications, prescription drugs, antibiotics and vaccines

Gluten, dairy, eggs - especially toxic to people prone to A.I. issues

Air pollution, second-hand cigarette smoke and vehicle exhaust

Mold, mycotoxins, parasites, candida, viruses etc.

chemicals formed when you use high-heat cooking or char grill meat, poultry or fish

Chronic or heavy exposure to electromagnetic frequencies (EMF) and "dirty electricity" — high frequency voltage variations/spikes on electrical wiring

nonstick pans like Teflon®, contain PFOA, a chemical shown to harm the immune system, liver and thyroid

hormones, like estrogen or xenoestrogens may bind to estrogen receptor sites, blocking normal hormone function

Heating food in plastic leaches chemicals into your food

11



Anti- Inflammatory foods

12

Foods to Focus on

- Organic
- More fiber
- Filtered water
- Fatty fish / High Omega 3 foods
- Nuts and seeds – raw or sprouted
- Avocados, Olive oil
- Fruits & Vegetables (especially dark leafy greens)
- Legumes (sprouted)
- Lean proteins
- Whole grains- (sprouted)
- Sprouts / Microgreens
- Herbs and spices

13

CLEAN FIFTEEN™

EWG's 2023 Shopper's Guide to Pesticides in Produce™



* A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.

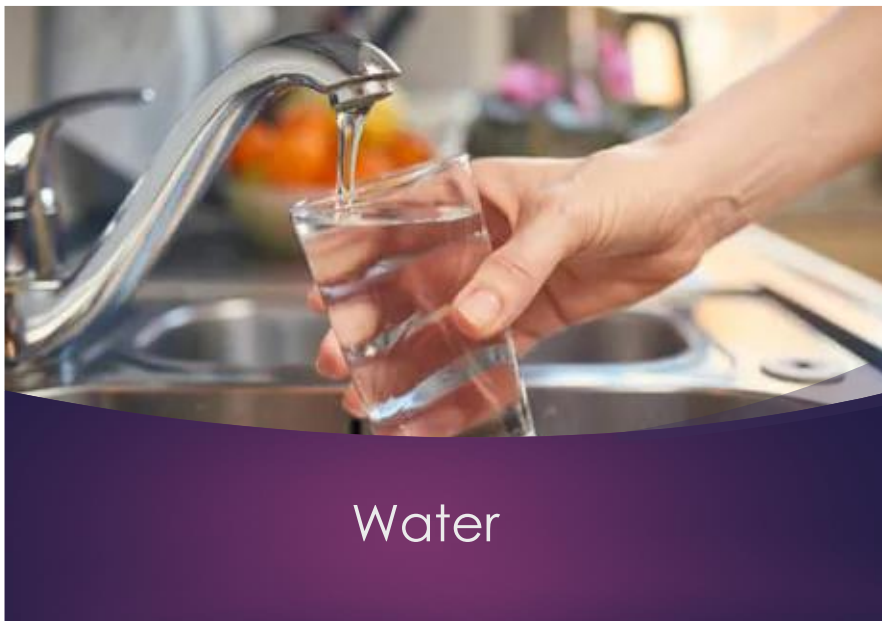
@theingredientguru

Organic Foods

14



15



16



17



18



Sprouts and MicroGreens

19



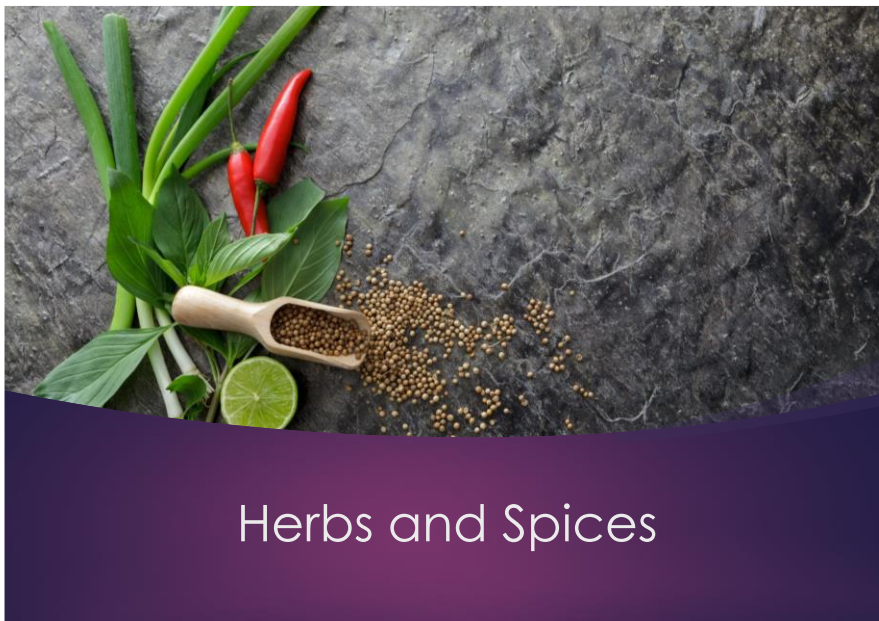
Legumes

- ▶ Soaking helps break down phytic acid, an antinutrient and improves mineral absorption

20



21



22

Supporting the Body

- Use chemical-free body care products
- Sauna or exercising support detoxification safely.
- Acupuncture and other modalities for inflammation
- Consider having your mercury amalgam fillings safely removed and replaced with non-toxic composites.
- Use non-toxic cleaning products.
- Minimize your electromagnetic (EMF) exposure.
- Start the day with warm water and lemon, minimize alcohol and caffeine, and increase hydration with pure water
- Minimize alcohol, caffeine, and excess protein

23

DISCUSSION

24

Upcoming events

OCT 12



Thermography
Day

OCT 21



Pumpkin Pinwheel
Cookies (online cooking
class)

25

Rita Mustafa

Holistic Nutritionist, Registered Acupuncturist
Dowsing Practitioner, Cookbook Author

oasis

HEALTH & WELLNESS

Ask me about dowsing for people and pets!



26