



ALCHEMY
IN MOTION

Anti-Inflammatory Diets

Anti-inflammatory eating patterns focus on whole, nutrient-rich foods that nourish your body and support your body's natural healing processes. This type of diet is associated with reduced chronic inflammation.

Chronic, systemic inflammation is a serious health concern that can be worsened or improved with the foods you eat. Some foods and eating patterns have anti-inflammatory properties while others have proinflammatory effects. Following an anti-inflammatory eating pattern may help reduce body wide inflammation.

What is Inflammation?

Inflammation is your body's way of protecting itself from infection, illness, or injury. Acute inflammation is a short-term response (hours to days) to an injury or infection which helps initiate healing and typically causes visible symptoms like swelling and redness. However chronic inflammation is a long-lasting response (months to years) which can persist even after the harmful stimulus is gone. Chronic inflammation has been linked to a wide range of health conditions like cardiovascular disease, diabetes, persistent pain and arthritis.

Anti-Inflammatory Diet Benefits:

- **Reduces inflammation:** The primary benefit is a potential reduction in chronic inflammation, which can help manage pain and improve overall health.
- **Improved pain management:** For individuals with persistent pain / chronic pain, an anti-inflammatory diet may help to reduce pain sensitivity and improve pain management. Anti-inflammatory diets can help reduce joint pain and stiffness in rheumatoid arthritis and osteoarthritis and can help manage pain and inflammation associated with endometriosis and lipedema.
- **Chronic disease prevention:** By reducing inflammation, an anti-inflammatory diet may help lower the risk of conditions like heart disease, type 2 diabetes, and certain cancers.

Anti-Inflammatory Diet Principles:

The core of an anti-inflammatory diet is to prioritise whole, colourful, unprocessed foods that are rich in nutrients. While no single food can eliminate inflammation, adopting long-term, balanced eating patterns is key to supporting overall health.

Emphasise:

- **Colourful fruits and vegetables** rich in antioxidants and phytochemicals
- **Whole grains** such as oats, quinoa, and brown rice
- **Omega-3 fatty acids** from fish, flaxseeds, chia seeds, and walnuts
- **Lean proteins** including legumes, tofu, fish, and skinless poultry
- **Healthy fats** like extra virgin olive oil and avocado
- **Herbs and spices** such as turmeric, ginger, cinnamon, and garlic.

Limit or avoid:

- **Red and processed meats** including beef, bacon, sausages and deli meats
- **Fried foods** such as fried chips, fried chicken and donuts
- **Refined carbohydrates** including white bread and pastries
- **Processed snack foods** like chips, cookies, cakes and pies
- **Added sugars** found in soft drinks, flavoured milks, lollies, desserts and many packaged foods
- **Alcohol** especially in excess quantities
- **Highly processed or ultra-processed foods** found in fast food outlets and packaged foods high in added sugars, saturated and trans fats, and salt

Consult With a Nutrition Specialist

Whether you're managing chronic pain, lipedema, endometriosis, arthritis or working on long-term health goals, an individualised anti-inflammatory diet pattern can be a valuable part of a nutrition approach.

An accredited dietitian will assess your individual health history and goals to develop a tailored dietary plan that addresses inflammation, corrects nutrient deficiencies, and provides practical meal tips backed by evidence-based advice.

Ready to take the next step in your journey? **Book a consultation today** to receive practical, compassionate support tailored to your stage of life and unique needs.