

REDUCE PAIN FROM INFLAMMATION BY ELIMINATING FOODS THAT CAUSE YOUR BLOOD SUGAR LEVELS TO RISE QUICKLY.

SUGAR

One of the quickest ways to reduce your pain from inflammation is to eliminate processed sugar and refined carbohydrates from your diet. These things cause a sudden rise in blood insulin levels, which contributes to tissue inflammation. Anything that says glucose, sugar, brown sugar, high fructose corn syrup, fructose, or corn syrup solids etc.... is a processed sugar. Refined carbohydrates are white flour, whole wheat flour, any processed flour, white rice, pasta made from flour, bread made with processed flour, even bagels are made with processed flour etc... get rid of it.

After some time reading labels it becomes obvious that most packaged food has processed sugar added. Therefore, it is best to avoid processed packaged and fast foods. Even grocery store whole wheat breads are a processed food. Bagels are made from processed flour.

Make a dramatic change in what you eat for 30 days and see if you don't feel better! The good news is you can eat complex carbohydrates. These are whole foods, non-processed.

Some of the best examples are:

Whole fruit,

Real whole grains. Ezekiel bread and tortias (made from 100% sprouted grain – no flour- Ezekiel breads are also complete proteins which also contribute to keeping your blood sugar levels stable).

Whole grain cereals like grape nuts, shredded wheat, or other whole grain cereals. If the label doesn't say whole grain, it is not whole grain. When buying cereal make sure all the ingredients are whole grain, not just some. Triscuit crackers are real whole grain wheat crackers.

Some fruits will cause a rapid rise in blood sugar and again contribute to inflammation.

Examples of fruit that causes a rapid rise are those fruits that have low fiber contents...like grapes and bananas, and fruit juice.

Sugar craving will stop in a few days, your mood will elevate and you will have more energy as your body adjusts to the change.

You can eat as much whole fruit as you like, no sugar added, you must read labels. Berries are the best. Be careful with frozen fruit. Some add processed sugar. Avoid fruit juice, bananas and grapes for now. They raised the blood sugar too quickly and contribute to inflammation.

CAFFEINE

Another culprit that contributes to tissue inflammation is CAFFEINE. Caffeine raises insulin levels and keeps you from burning fat. Again; the sudden rise in insulin levels is what contributes to inflammation.

30 DAYS

Avoid sugar and caffeine for 30 days. If you have had a recent injury, avoiding sugar and caffeine will help speed healing. You will feel so much better; you will probably want to make a lifestyle change. The choice of whole foods also provides nutrients to your system that refining and processing removes and don't get added back.

*** For a detailed explanation of insulin levels and inflammation; read Dr. Nicholas Perricone's book: The Wrinkle Cure