

## A GOOD DIET SHOULD REDUCE INFLAMMATION

The types of carbohydrates and fats we bring into our system also establishes whether we thrive or become inflamed. We all have genes, but how these genes are read (transcription) is how they become activated.

A high glycemic index causes more inflammation. If your carbohydrates are too high, insulin increases and if they are too low, ketosis (breakdown of fat for energy) occurs. PUFA (polyunsaturated fatty acids) are rated by the number type, i.e. Omega 3 (good) and Omega 6 (not so good).

Some General recommendations would be:

1. Reduce your glycemic load by using foods that have a low glycemic index or better a low glycemic load, i.e. beans instead of corn or bananas.
2. Increase Omega 3's, 2-3 grams of EPA/DHA fatty acids daily will help to stabilize insulin. Additional 5 ml of extra virgin olive oil will reduce hunger and improve mental clarity for 5 hours.
3. Add polyphenols. Polyphenols are chemicals that give fruits and vegetables their color. They activate transcription factors (PPAR-gamma), block major inflammatory pathways (NFkB) and activate AMP kinase (the major switch that controls metabolism). We need 500-1000mg polyphenols per day or 400 grams of fruits and vegetables.