

What is the Anti-inflammatory Diet?

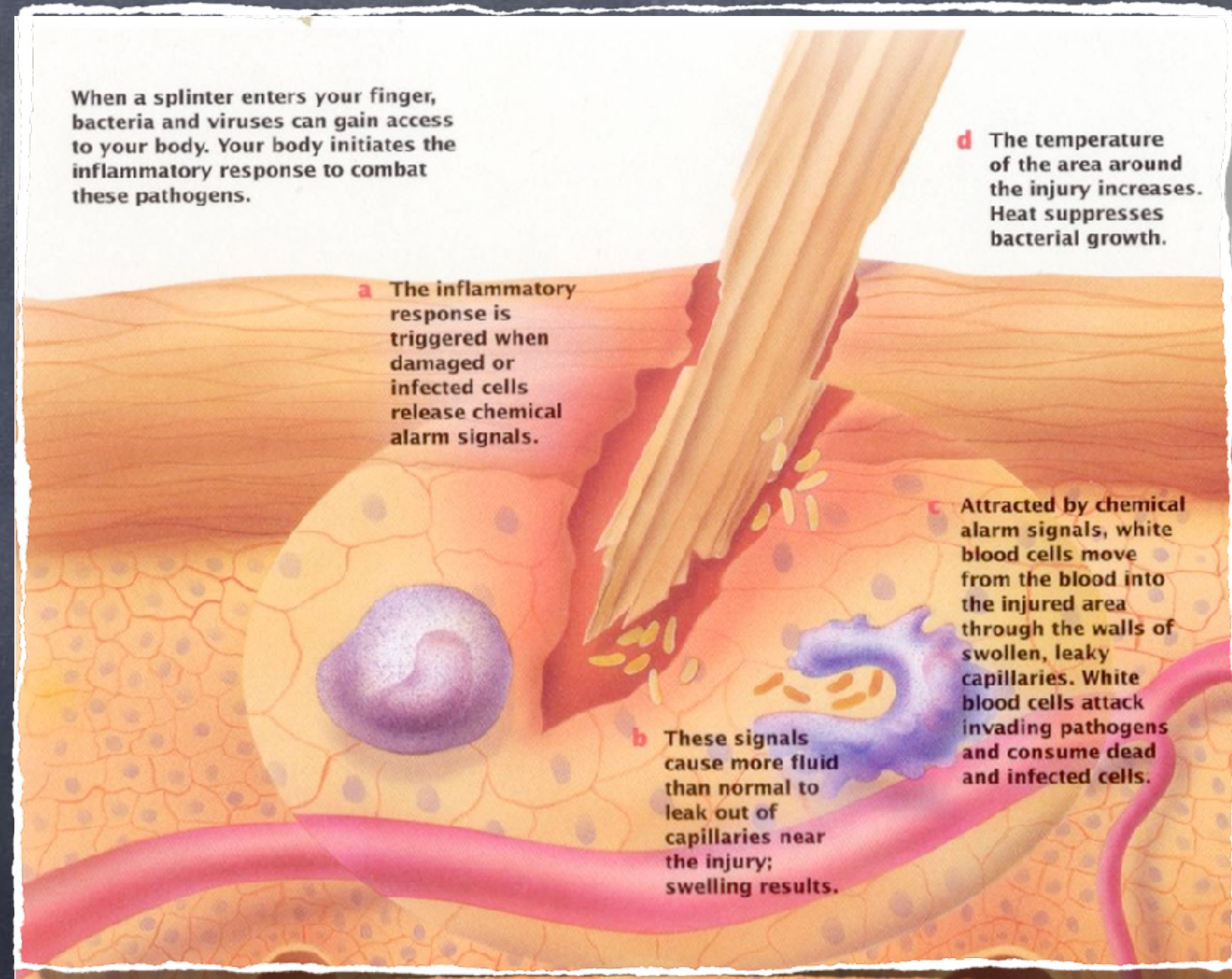
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Inflammation

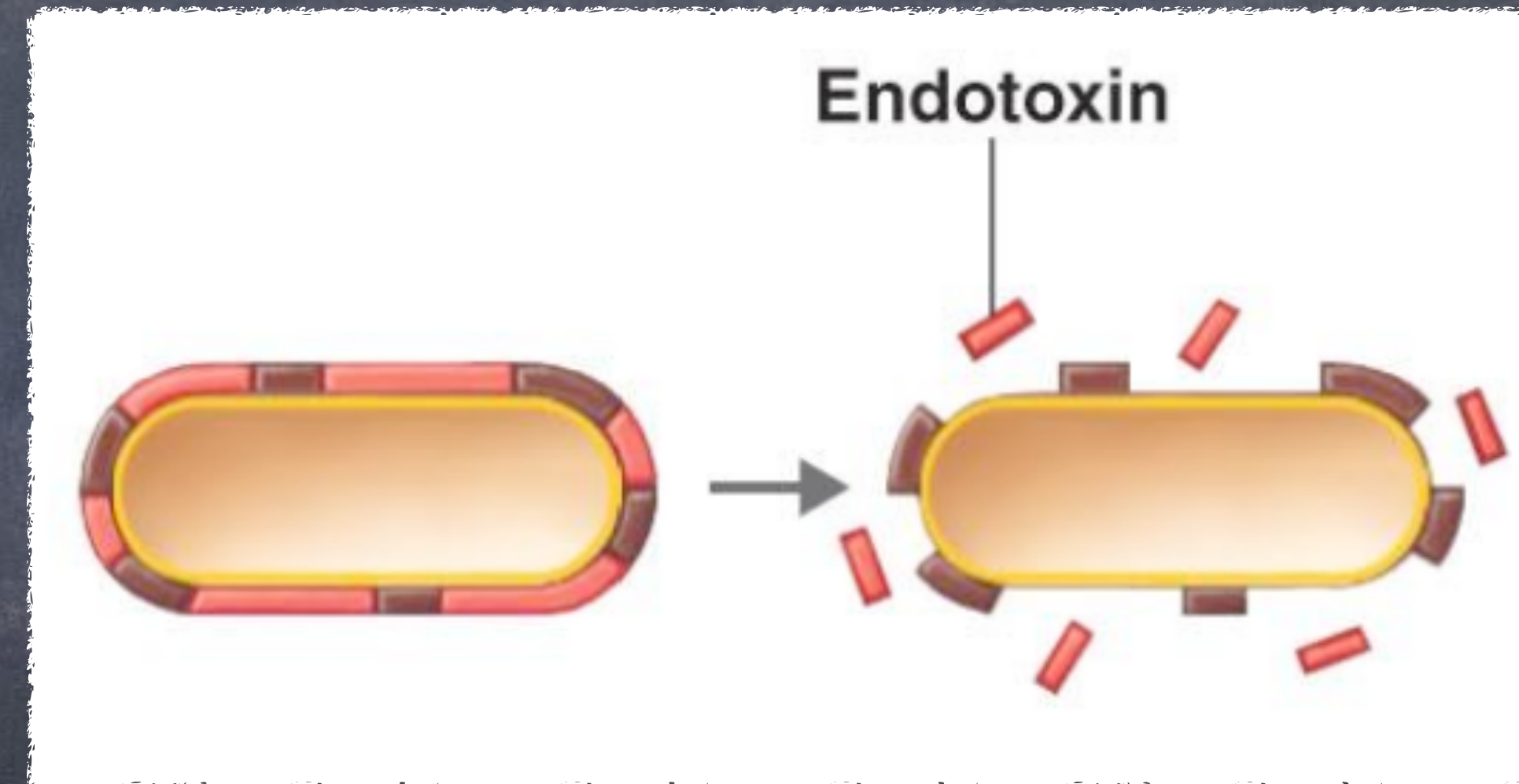
Normal Response
to Injury or
perceived threat

Acute or chronic



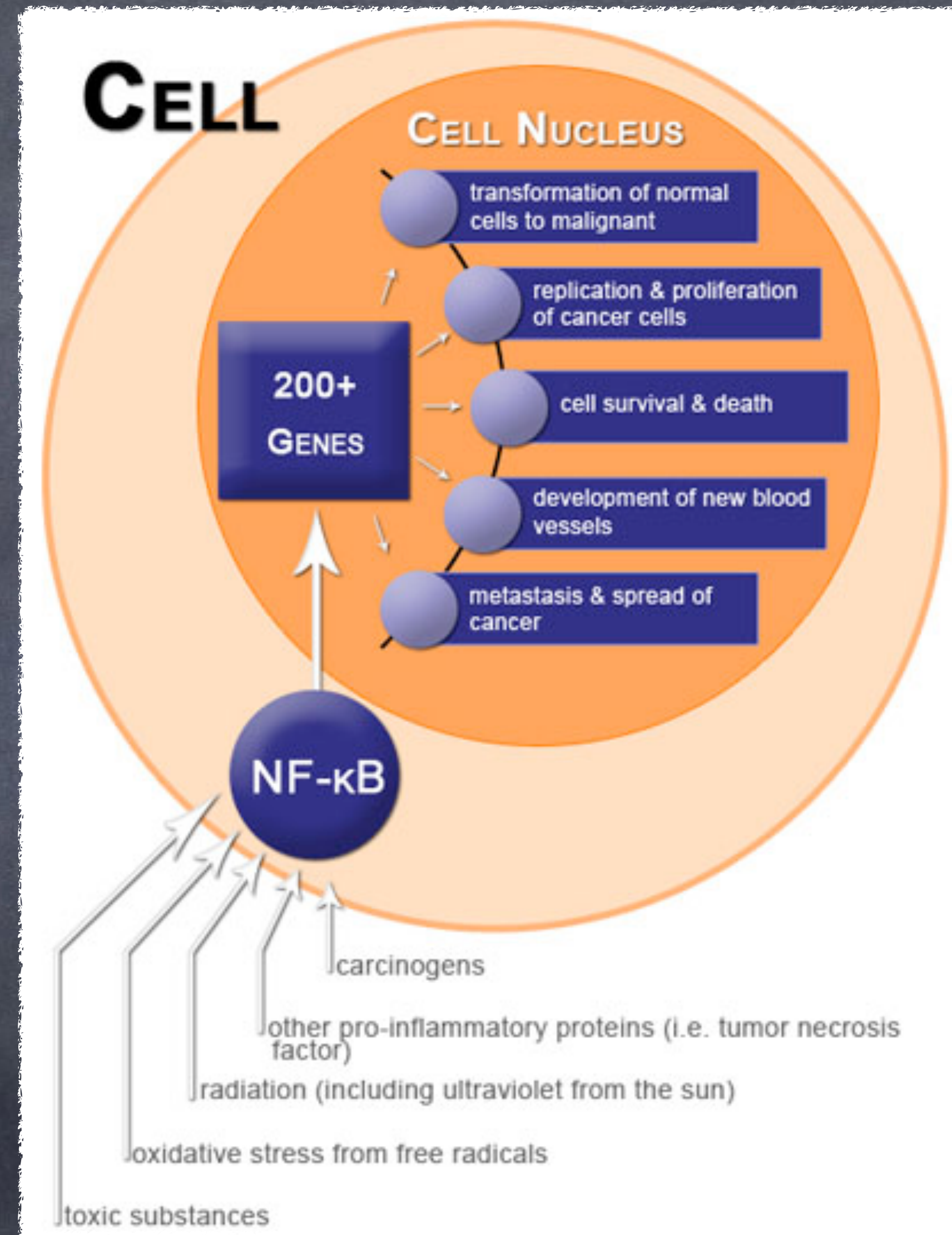


What is in
Western Diet
that Causes
Inflammation
Endotoxins/Neu5Gc
from AP
Oils—Omega 6 FA
Sugar
Pesticides/Chemicals
Preservatives/dyes etc



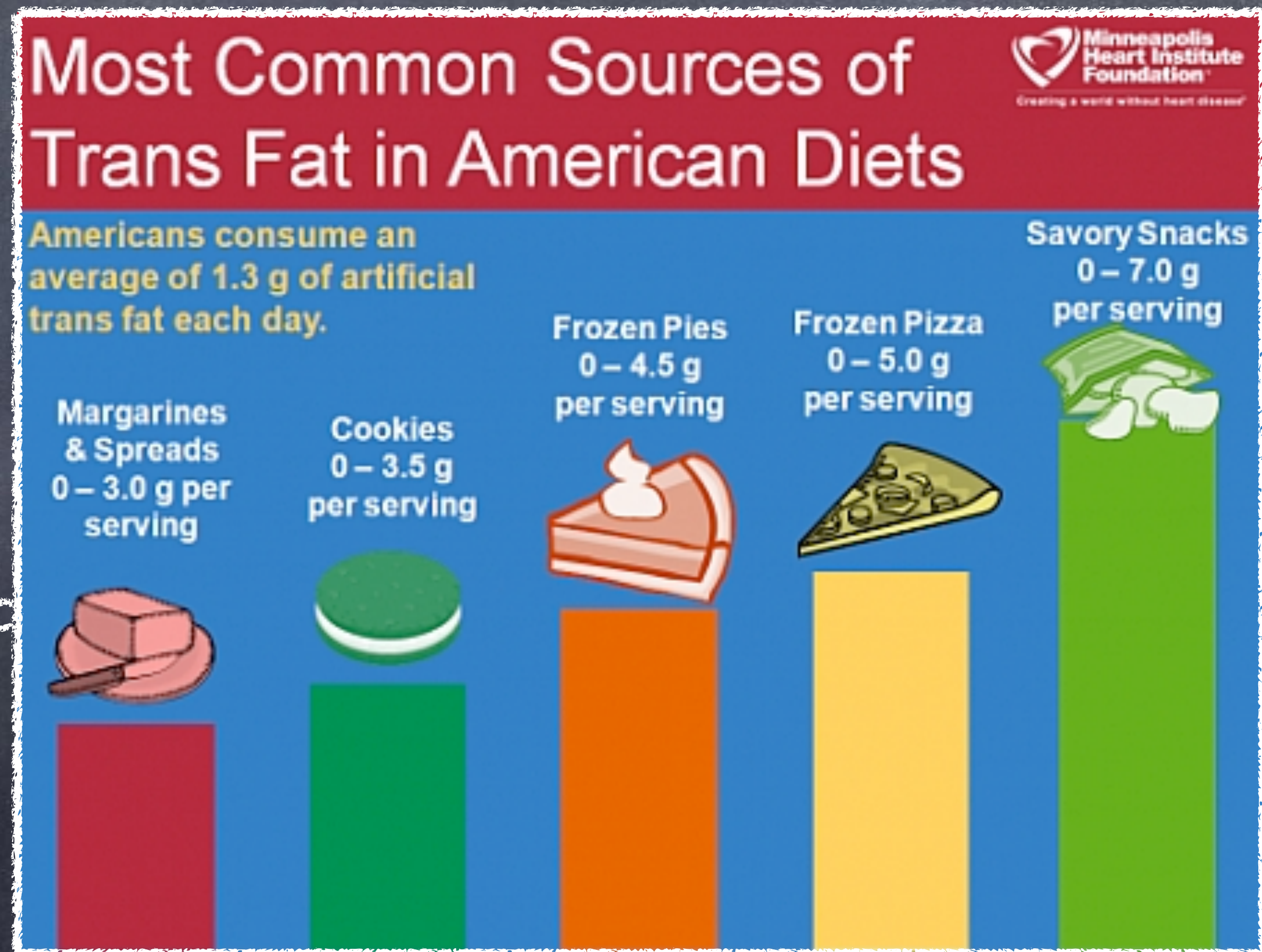
Sugar/HFCS

Promotes free radicals and activates NF- κ B (turns on 400 genes in inflammatory pathway)



Fats

- Trans fats aka partially hydrogenated vegetable oils
- Inflammatory, increases LDL
- Saturated fat Story-Arachidonic Acid



Wheat

- 10 exposures of pesticides and chemicals
- Type of wheat-production
 - glyphosphate interrupts Shikimate pathway
- affects microbiome
 - production of vitamins, neurotransmitters, SCFA etc

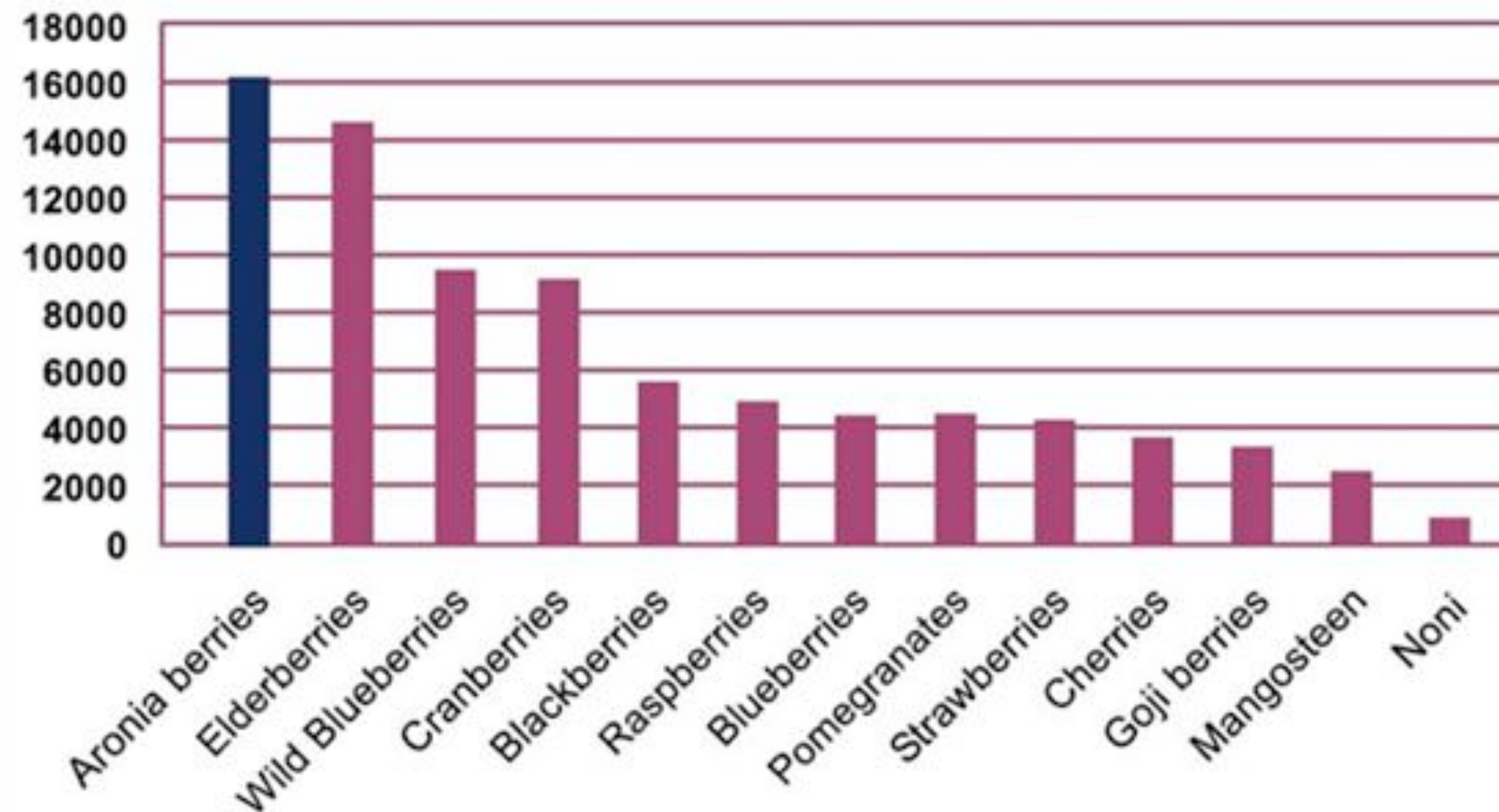


Mechanisms

Antioxidants
Omega 3 fatty acids
Phytochemical's
Polyphenols etc
Fiber feeds the
microbiome

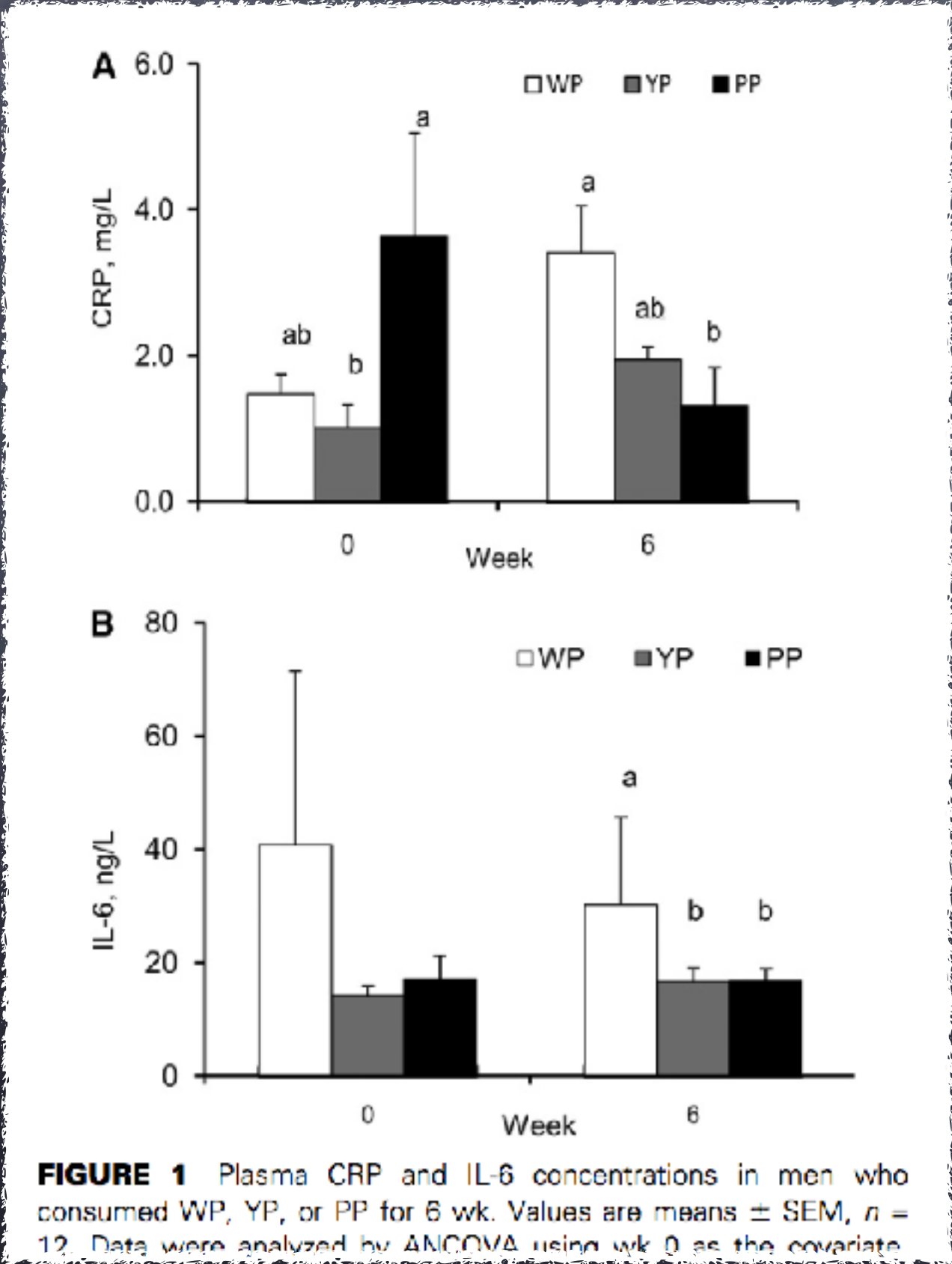


Comparison of Antioxidant Capacity of Berries (ORAC)
(ORAC values from USDA Published Data & Nutrient Database. Values based upon 100g of raw berries)



Antioxidant capacity of berries

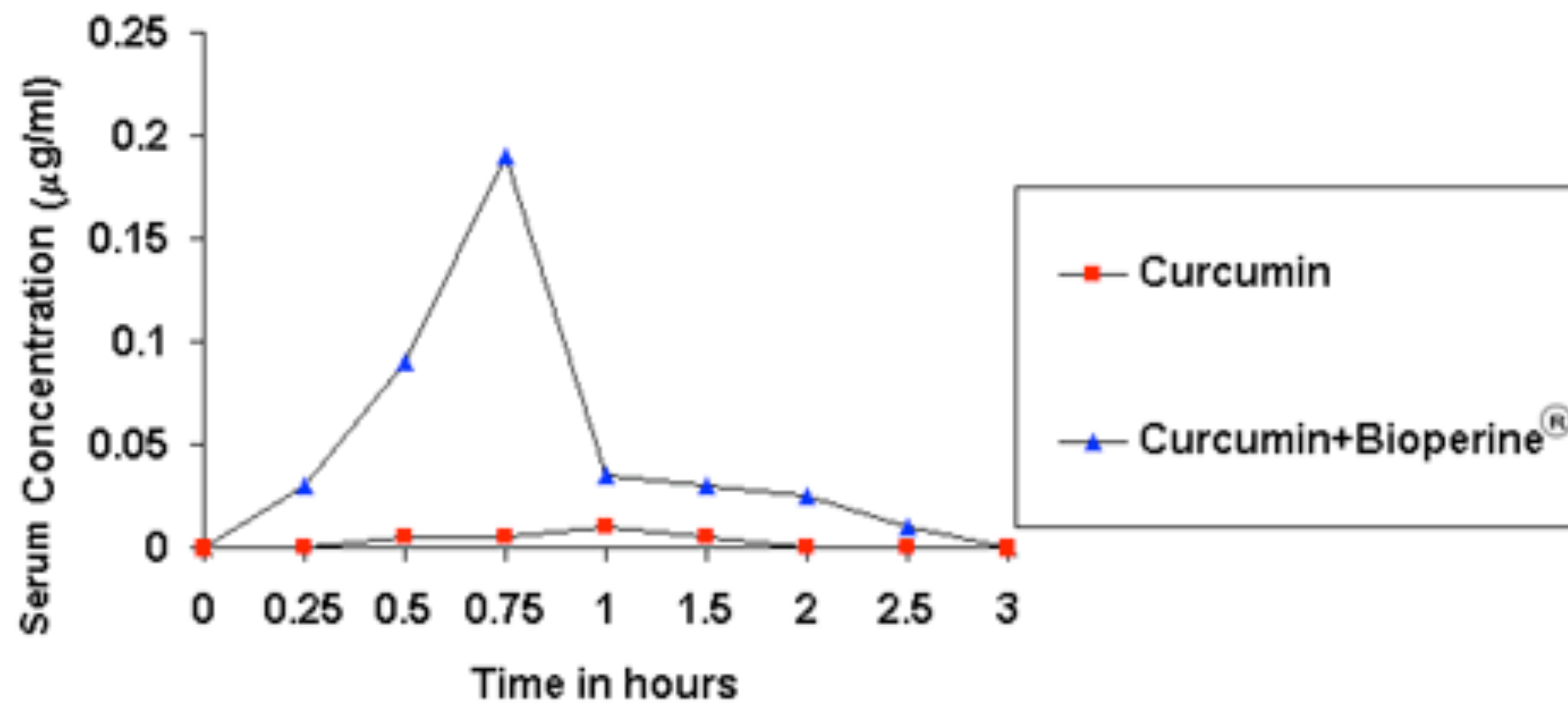
Quality Matters



HT instructions	HT food list	LT instructions	LT food list
Five medium-sized portions a day	Fruit: red berries, oranges, grapefruit, plums (red), Vegetable: spinach, beet, Swiss chard, pepper (red bell), Brussels	Five medium-sized portions a day	Fruit: apple, pear, banana, grape (white), melon Vegetable: aubergine, leek, potatoes, courgettes, French beans, carrots,



Spices/Herbs
Ginger, Turmeric, Garlic, Basil,
Rosemary, Cinnamon, Cloves, Boswellia



Nutrient Synergy
variety!

Lifestyle to reduce inflammation

- Whole Food Plant Based Diet
- 7-8 hours of sleep
- Regular exercise/activity
- Stress reduction
- Avoid toxic exposures