

18 Ways to Reduce Inflammation and Feel Younger

Ongoing inflammation can cause or worsen several conditions — from Alzheimer’s disease and asthma to chronic pain and type 2 diabetes, just to name a few.

What you eat and drink can tamp down — or flare up — the fires of inflammation. With a few simple choices, you can start feeling better, but it takes practice. Hone your new habits for six weeks to see the biggest benefits.

Do’s and Don’ts for taming inflammation with your diet

EAT MORE:

Brightly colored fruits and vegetables



Dark leafy greens



Whole grains



Fatty fish (2-3 servings): salmon, mackerel, herring, lake trout, sardines, albacore tuna



Beans



Olive oil



Tea



Ginger



Turmeric



EAT LESS:

Dairy



Red meat



Refined flours: wheat or rice



Refined sugar



Charred food



Alcohol



Soy



Hydrogenated oils and saturated fats



Seed oils: soybean, corn, sunflower, safflower, grapeseed, cottonseed, and wheat germ



Other habits to reduce inflammation:

Moderate exercise



Reducing stress and meditating



Getting to your recommended body weight



Getting consistently good sleep

