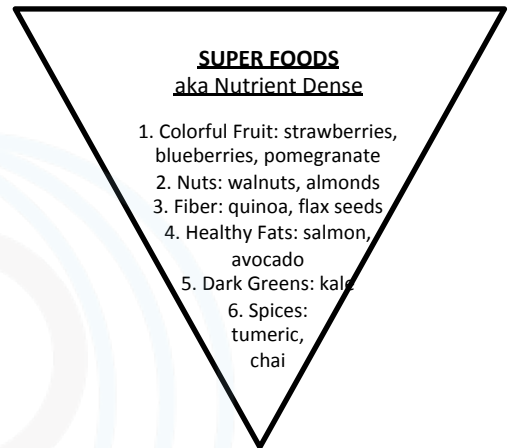
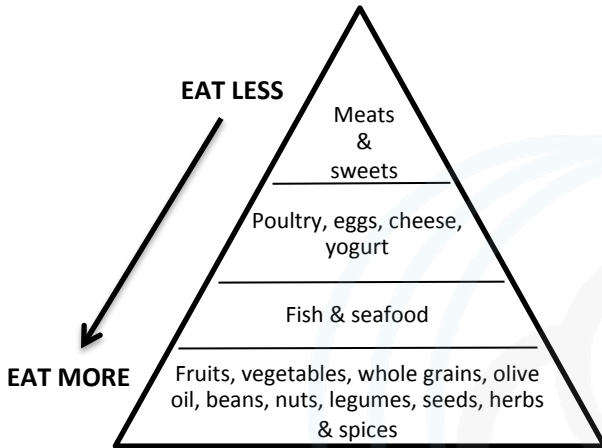


MEDITERRANEAN DIET

www.wecare-chiro.com



**EAT MORE
ANTI-INFLAMMATORY**

**EAT LESS
PRO-INFLAMMATORY**

COLORFUL WHOLE FRUITS AND VEGETABLES.	TRANS OR HYDROGENATED FATS
NIGHT SHADES SUCH AS PEPPERS TOMATOES, AND EGGPLANT.	REFINED OILS SUCH AS SAFFLOWER, CORN, AND CANOLA OIL.
HEALTHY FATS SUCH AS SALMON, MACKERAL, AVOCADOS, OLIVE OIL, AND RAW NUTS & SEEDS.	HIGH GLYCEMIC OR PROCESSED FOODS SUCH AS BREAD, PASTA, CAKE, CANDY, FRUIT JUICE AND CORN SYRUP.
INCORPORATING FIBER, SUCH AS FLAX SEEDS, DAILY CREATES A HEALTHY GUT.	RED MEAT SHOULD BE AVOIDED WHEN POSSIBLE.
MODERATE AMOUNTS OF ORGANIC MEAT SUCH AS GRASS-FED BEEF AND FREE-RANGE CHICKEN.	ARTIFICIAL SWEETENERS AND PRESERVATIVES
SEASONINGSSUCH AS GARLIC, GINGER,CUMIN, AND TURMERIC.	IF YOU HAVE A FOOD ALLERGY EX. DAIRY, EGGS, GLUTEN, OR PEANUTS.
LOW FAT DAIRY OR MILK SUBSTITUTES	HIGH FAT DAIRY