

# 7 Delicious Foods That Will Help You Reduce Inflammation

+9

Holistic Ways to Heal and Balance  
Your Body, Mind, & Spirit



---

Your immune system is dynamic and vast, constantly working overtime to prevent illness from taking a foothold in your body. This sophisticated network, made up of cells, organs, proteins, and tissues, is essential to your health. When this system is out of balance for any reason, health problems such as autoimmune conditions can develop.

An effective strategy for improving symptoms of autoimmune conditions such as multiple sclerosis (MS) is to focus on balance and regulation. This helps re-establish the immune system's critical biological cycles. And one of the keys to this is targeting chronic inflammation.

Inflammation can secretly smolder in your body — unnoticed — for years. When this happens, the aging process is accelerated and a range of degenerative diseases like autoimmune disease, cancer, and heart disease, can take root. To stop unhealthy inflammation and heal, you need to nourish your health from every angle — mind, body, and spirit — to find calm from the inside out.

From acute to chronic inflammation, here's how to nourish and heal your body with anti-inflammatory foods and other natural therapies.



# Inflammation-Fighting Foods to Add to Your Diet



## 1. Cherries

Cherries are made up of anthocyanins, a phytonutrient that naturally reduces inflammation. Other dark-colored fruits like blueberries can have the same effect. Multiple studies have shown that tart red cherries and tart cherry juice, particularly Montmorency cherries (a variety of sour cherries), help alleviate pain, reduce inflammation, and ease sore muscles, common with many autoimmune conditions.

## 2. Turmeric

This popular Indian spice contains a potent healing weapon called curcumin. This multi-action extract has been shown to work in a comparable way to ibuprofen to stop pain and inflammation. Research shows that curcumin works as a COX-2 inhibitor to help combat inflammation, pain, and related symptoms.

## 3. Fresh Ginger

Ginger is in the same family as turmeric, and it works in a comparable way to reduce inflammation. It has also been shown to help ease migraine pain and reduce future migraine attacks. Scientists report that ginger blocks enzymes associated with inflammatory chemicals.

## 4. Blueberries

Blueberries boast high levels of anti-inflammatory nutrients including flavonoids, anthocyanidins, quercetin, and vitamin C — the latter, in particular, supports antioxidant and collagen production. Your body loses joint-cushioning collagen with age, so it is important to get enough vitamin C-rich foods (oranges, strawberries, papaya, broccoli, etc.) for optimal immune function and longevity. Vitamin C also enhances healing from illness, surgery, etc.

## 5. Olive Oil

Extra virgin olive oil is one of the few cooking oils that does not create inflammation. It also boasts oleocanthal, an anti-inflammatory compound that has been shown to work similarly to non-steroidal anti-inflammatory drugs (NSAIDs). Be aware: there are certain plant oils that have been linked to increased inflammation, among other negative health impacts. The worst offenders include soy, corn, canola, sunflower, and cottonseed oil. In addition to olive oil, avocado and coconut oil are clean healthy fat choices.

## 6. Chia Seeds

Chia seeds are a great source of magnesium, which helps promote relaxation, induce sleep, ease aches, and more. One study showed that MS patients who took magnesium, calcium, and vitamin D reported fewer relapses. Researchers theorize that magnesium helps support the growth and stability of myelin. Some research shows that low levels of magnesium can cause the body to make too much substance P, a chemical associated with feelings of pain.

## 7. Salmon

High in omega-3s, this protein-packed food assists with the health of bones and could prevent splintering. It is also renowned for its ability to squelch inflammation and ease pain. Salmon is also rich in vitamin B12, an increasingly common nutrient deficiency. Signs you may need more B12 include muscle cramps, muscle weakness, and inflammation of the mouth and tongue.



# Foods That Can Make Inflammation Worse



## Salt, sugar, refined grains, & gluten

These highly processed ingredients often lurk in prepackaged foods. They have been shown to promote inflammation, thereby worsening aches and pain. Eating whole, unprocessed food and cooking at home can help cut out these annoying ingredients. For some, gluten — even whole, organic forms — can trigger inflammation and autoimmune reactions. Experiment with a gluten-free diet to see if it makes a difference.

## Hydrogenated, trans-fat foods

These unhealthy fats fuel inflammation, raise bad cholesterol levels, and more. They are common in junk food like chips, cookies, and fast food. Convenience food also has preservatives that are made up of hydrogenated trans-fats.

## Nightshade foods

Some experts suggest cutting out nightshade vegetables (e.g., tomatoes, potatoes, bell peppers, hot peppers, paprika, eggplant) if you suffer from autoimmune and inflammatory-based conditions. Foods from this family are thought to cause inflammation in some people, although most of the research is anecdotal. Try removing them from your diet for a week or two to see if your health improves.

## Too much of any food

Certain types of pain, particularly arthritis, are linked with the amount of strain that is put on the body, joints, and cartilage. That's why obesity and extra weight plays such a key role in joint degradation. The hips, spine, and knees are particularly vulnerable.



# Holistic Therapies to Ease Inflammation & Bolster Immune Function

## 1. Gentle movement

Yoga, tai chi, qi gong, and other forms of movement help improve MS symptoms such as fatigue and problems with balance and walking. Exercise also helps boost mood and reduce depression, common in MS patients.

## 2. Meditation

Meditation enhances your awareness and your ability to remain clear, calm, and focused on your life, while enriching your health and wellness. Clinical trials show that meditation helps reduce inflammation, improve cellular immunity, and support antibody response to infectious microbes. Sitting quietly for 10–15 minutes per day is enough to experience benefits.

## 3. Visualization

Alone or as part of guided meditation, visualization has been shown to help relieve inflammation, and reduce stress and depression in patients with chronic conditions.

## 4. Tibetan Herbal Formula

[LEARN MORE](#)

Padma Basic is a research-backed formula based on a classic Tibetan herbal preparation. This proprietary blend has been used for generations to address inflammatory conditions and improve circulation, joint health, mobility, cardiovascular health, dental health, and immune function. It is backed by more than 30 clinical studies — for example, research shows that it helps boost pain-free walking distance in patients with chronic leg pain. And one study showed that this unique herbal blend improved symptoms in MS patients.\*

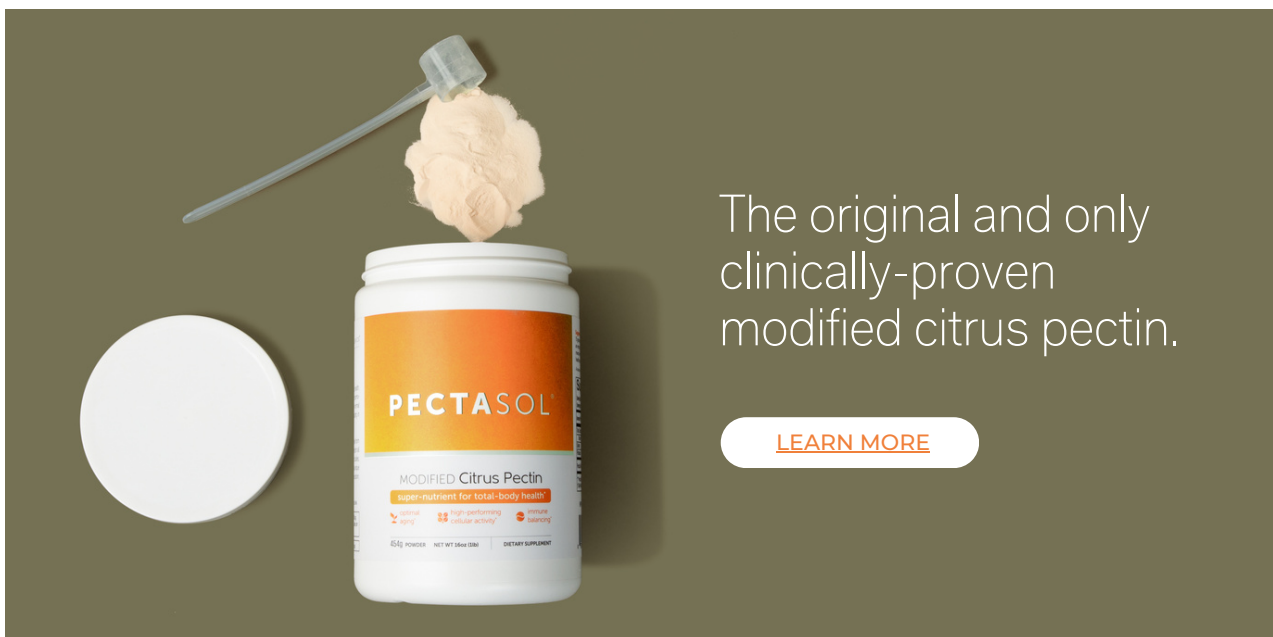
## 5. Honokiol

[LEARN MORE](#)

This is a highly active extract purified from the bark of the magnolia tree. Honokiol plays multiple roles in healing: reducing inflammation, supporting neurological wellness, and calming pain signals for effective inflammatory relief.\*

## 6. Modified Citrus Pectin (MCP)

This super nutrient has been extensively researched and shown to block a protein in the body (galectin-3) that triggers inflammation and a cascade of other unhealthy processes. By blocking galectin-3, MCP reduces the inflammation and other root causes behind chronic conditions for lasting relief. MCP, which is extracted from the pith of citrus fruits, has a reduced molecular size for easy absorption and utilization.\*



## 7. PEMF therapy

Pulsed Electromagnetic Field Therapy (PEMF) targets your body's electromagnetic field to relieve chronic pain, as well as body aches, arthritis, and other chronic conditions — including autoimmune conditions such as MS. PEMF involves using a device that emits electromagnetic waves through your body, stimulating healing and cell rejuvenation. It is completely safe, with no known side effects. In addition to pain relief, PEMF is also known to strengthen the body overall, enhance sleep, ease anxiety, optimize memory, and boost mood.

## 8. Vitamin D3

Low levels of this essential vitamin are linked to numerous health issues, including inflammation, nerve damage, back pain, and autoimmune illnesses such as MS. Research shows that replenishing vitamin D through supplements reduces inflammation, boosts mood, increases energy, and much more. In one study, scientists found that vitamin D supplements help lower the risk of developing MS.

# Holistic Therapies to Ease Inflammation & Bolster Immune Function *(cont.)*

## 9. Detox From Environmental Toxins

Research shows a close link between toxic heavy metals, pesticides, and certain autoimmune conditions (as well as many other health issues). These toxins can damage your body and brain in several ways — but there is a natural solution to help remove these harmful chemicals from your body.

There are thousands of toxins in the environment that find their way into our bodies.

While the relationship between toxicity and MS is not fully understood, there is alarming evidence accumulating on the link between environmental toxins, such as pesticides like glyphosate and heavy metals, and the development of autoimmune diseases. It is clear that these environmental poisons generate inflammation and can wreak havoc on the body's finely tuned neuro-endocrine and immune systems.

Periodic detoxification featuring organic, anti-inflammatory foods can help reduce symptoms. It's also important to use gentle detoxifying agents, such as modified citrus pectin, fulvic acid, and alginates, to actively remove heavy metals, pesticides, and even radioactive isotopes.

These researched ingredients work together to support balanced stress responses, healthy mood, and deep, reparative sleep — providing the essential support you need for immune, nerve, cellular, and neurological health.





# Sources

Zelaya CE, Dahlhamer JM, Lucas JW, Connor EM. Chronic pain and high-impact chronic pain among U.S. adults, 2019. NCHS Data Brief, no 390. Hyattsville, MD: National Center for Health Statistics. 2020.

Marshall B, Bland MK, Hulla R, Gatchel RJ. Considerations in addressing the opioid epidemic & chronic pain within the USA. *Pain Manag*. 2019 Mar 1;9(2):131-138.

Deyo RA, Von Korff M, Duhkooop D. Opioids for low back pain. *BMJ*. 2015;350:g6380. Published 2015 Jan 5. doi:10.1136/bmj.g6380

Shanmugam VK, Couch KS, McNish S, Amdur RL. Relationship between opioid treatment and rate of healing in chronic wounds. *Wound Repair Regen*. 2017;25(1):120-130. doi:10.1111/wrr.12496

Plein LM, Rittner HL. Opioids and the immune system – friend or foe. *Br J Pharmacol*. 2018 Jul;175(14):2717-2725. doi: 10.1111/bph.13750. Epub 2017 Mar 23. PMID: 28213891; PMCID: PMC6016673.

Benyamin R, Trescot AM, Datta S, Buenaventura R, Adlaka R, Sehgal N, Glaser SE, Vallejo R. Opioid complications and side effects. *Pain Physician*. 2008 Mar;11(2 Suppl):S105-20. PMID: 18443635.

Caldwell B, Aldington S, Weatherall M, Shirtcliffe P, Beasley R. Risk of cardiovascular events and celecoxib: a systematic review and meta-analysis. *J R Soc Med*. 2006;99(3):132-140. doi:10.1258/jrsm.99.3.132

Bindu S, Mazumder S, Bandyopadhyay U. Non-steroidal anti-inflammatory drugs (NSAIDs) and organ damage: A current perspective. *Biochem Pharmacol*. 2020;180:114147. doi:10.1016/j.bcp.2020.114147

Bally M, Dendukuri N, Rich B, Nadeau L, Helin-Salmivaara A, Garbe E, Brophy JM. Risk of acute myocardial infarction with NSAIDs in real world use: bayesian meta-analysis of individual patient data. *BMJ*. 2017 May 9;357:j1909. doi: 10.1136/bmj.j1909. PMID: 28487435; PMCID: PMC5423546.

Gislason GH, Rasmussen JN, Abildstrom SZ, Schramm TK, Hansen ML, Fosbøl EL, Sørensen R, Folke F, Buch P, Gadsbøll N, Rasmussen S, Poulsen HE, Køber L, Madsen M, Torp-Pedersen C. Increased mortality & cardiovascular morbidity associated with use of nonsteroidal anti-inflammatory drugs in chronic heart failure. *Arch Intern Med*. 2009 Jan 26;169(2):141-9.

Goldstein JL, Cryer B. Gastrointestinal injury associated with NSAID use: a case study and review of risk factors and preventative strategies. *Drug Healthc Patient Saf*. 2015;7:31-41. Published 2015 Jan 22. doi:10.2147/DHPS.S71976.

Lee MW, Katz PO. Nonsteroidal Anti-inflammatory Drugs, Anticoagulation, & Upper Gastrointestinal Bleeding. *Clin Geriatr Med*. 2021 Feb;37(1):31-42. doi: 10.1016/j.cger.2020.08.004. Epub 2020 Nov 2.

Sriuttha P, Sirichanchuen B, Permsuwan U. Hepatotoxicity of Nonsteroidal Anti-Inflammatory Drugs: A Systematic Review of Randomized Controlled Trials. *Int J Hepatol*. 2018;2018:5253623. Published 2018 Jan 15. doi:10.1155/2018/5253623.

Lucas GNC, Leitão ACC, Alencar RL, Xavier RMF, Daher EF, Silva Junior GBD. Pathophysiological aspects of nephropathy caused by non-steroidal anti-inflammatory drugs. *J Bras Nefrol*. 2019;41(1):124-130. doi:10.1590/2175-8239-JBN-2018-0107.

Yoon E, Babar A, Choudhary M, Kutner M, Pyrsopoulos N. Acetaminophen-Induced Hepatotoxicity: a Comprehensive Update. *J Clin Transl Hepatol*. 2016;4(2):131-142.

Omoigui S. The biochemical origin of pain: the origin of all pain is inflammation & the inflammatory response. Part 2 of 3 – inflammatory profile of pain syndromes. *Med Hypotheses*. 2007;69(6):1169-1178. doi:10.1016/j.mehy.2007.06.033.

Kong LJ, Lauche R, Klose P, et al. Tai Chi for Chronic Pain Conditions: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Sci Rep*. 2016;6:25325. Published 2016 Apr 29. doi:10.1038/srep25325.

Zeidan F, Martucci KT, Kraft RA, Gordon NS, McHaffie JG, Coghill RC. Brain mechanisms supporting the modulation of pain by mindfulness meditation. *J Neurosci*. 2011 Apr 6;31(14):5540-8. doi: 10.1523/JNEUROSCI.5791-10.2011.

Onieva-Zafra MD, García LH, Del Valle MG. Effectiveness of guided imagery relaxation on levels of pain and depression in patients diagnosed with fibromyalgia. *Holist Nurs Pract*. 2015 Jan-Feb;29(1):13-21. doi: 10.1097/HNP.000000000000062. PMID: 25470476.

Vennos C, Melzer J, Saller R. Clinical studies on the efficacy and safety of Padma 28, a complex herbal formulation from Tibetan medicine: an overview. *Forsch Komplementmed*. 2013;20 Suppl 2:25-30. doi: 10.1159/000351722. Epub 2013 Jun 21. PMID: 23860110.

Drabaek H, Mehlsen J, Himmelstrup H, Winther K. A botanical compound, Padma 28, increases walking distance in stable intermittent claudication. *Angiology*. 1993 Nov;44(11):863-7. doi: 10.1177/000331979304401103. PMID: 8239057.

Khalid S, Khan A, Shal B, Ali H, Kim YS, Khan S. Suppression of TRPV1 and P2Y nociceptors by honokiol isolated from *Magnolia officinalis* in 3rd degree burn mice by inhibiting inflammatory mediators. *Biomed Pharmacother*. 2019 Jun;114:108777. doi: 10.1016/j.biopha.2019.108777. Epub 2019 Mar 27. PMID: 30925455.

Khalid S, Ullah MZ, Khan AU, Afridi R, Rasheed H, Khan A, Ali H, Kim YS, Khan S. Antihyperalgesic Properties of Honokiol in Inflammatory Pain Models by Targeting of NF- $\kappa$ B and Nrf2 Signaling. *Front Pharmacol*. 2018 Mar 20;9:140. doi: 10.3389/fphar.2018.00140. PMID: 29615898; PMCID: PMC5869907.

Munroe ME, Arbiser JL, Bishop GA. Honokiol, a natural plant product, inhibits inflammatory signals and alleviates inflammatory arthritis. *J Immunol*. 2007 Jul 15;179(2):753-63. doi: 10.4049/jimmunol.179.2.753. PMID: 17617564.

Sahebkar A, Henrotin Y. Analgesic Efficacy and Safety of Curcuminoids in Clinical Practice: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Pain Med*. 2016 Jun;17(6):1192-202. doi: 10.1093/pm/pnv024. Epub 2015 Dec 14. PMID: 26814259.

Shep D, Khanwelkar C, Gade P, Karad S. Efficacy and safety of combination of curcuminoid complex and diclofenac versus diclofenac in knee osteoarthritis: A randomized trial. *Medicine (Baltimore)*. 2020;99(16):e19723. doi:10.1097/MD.00000000000019723.

Bulboacă AE, Bolboacă SD, Stănescu IC, Sfrângeu CA, Bulboacă AC. Preemptive Analgesic and Antioxidative Effect of Curcumin for Experimental Migraine. *Biomed Res Int*. 2017;2017:4754701. doi:10.1155/2017/4754701.

Prabhavathi K, Chandra US, Soanker R, Rani PU. A randomized, double blind, placebo controlled, cross over study to evaluate the analgesic activity of *Boswellia serrata* in healthy volunteers using mechanical pain model. *Indian J Pharmacol*. 2014;46(5):475-479. doi:10.4103/0253-7613.140570

Siddiqui MZ. *Boswellia serrata*, a potential anti-inflammatory agent: an overview. *Indian J Pharm Sci*. 2011;73(3):255-261. doi:10.4103/0250-474X.93507

Xu GR, Zhang C, Yang HX, Sun JH, Zhang Y, Yao TT, Li Y, Ruan L, An R, Li AY. Modified citrus pectin ameliorates myocardial fibrosis and inflammation via suppressing galectin-3 and TLR4/MyD88/NF- $\kappa$ B signaling pathway. *Biomed Pharmacother*. 2020 Jun;126:110071.

Eliaz I, Raz A. Pleiotropic Effects of Modified Citrus Pectin. *Nutrients*. 2019 Nov 1;11(11):2619. doi: 10.3390/nu11112619. PMID: 31683865; PMCID: PMC6893732.

Ma Z, Han Q, Wang X, Ai Z, Zheng Y. Galectin-3 Inhibition Is Associated with Neuropathic Pain Attenuation after Peripheral Nerve Injury. *PLoS One*. 2016 Feb 12;11(2):e0148792. doi: 10.1371/journal.pone.0148792. PMID: 26872020; PMCID: PMC4752273.