

# Healthy Aging

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YOGA & NUTRITION

## Reducing Inflammation

### Seven steps to reduce inflammation

#### Step #1: Eat to beat inflammation:

- These foods are rich in antioxidants, omega-3 fatty acids, fiber, and phytonutrients that calm the body's inflammatory response:
  - **Fatty fish:** salmon, sardines, mackerel, anchovies, trout (rich in omega-3s)
  - **Olive oil** (extra virgin, cold pressed)
  - **Nuts & seeds:** walnuts, almonds, chia seeds, flaxseeds, pumpkin seeds
  - **Fruits:** Berries (blueberries, strawberries, raspberries, blackberries)
    - Cherries, oranges, pomegranates, grapes
  - **Vegetables:**
    - **Leafy greens** (spinach, kale, collard greens)
    - **Cruciferous** veggies (broccoli, Brussels sprouts, cauliflower)
      - Sweet potatoes, beets, carrots, bell peppers
  - **Legumes:** lentils, chickpeas, black beans
  - **Whole grains:** quinoa, brown rice, oats, barley
  - **Herbs & spices:** turmeric (with black pepper), ginger, garlic, cinnamon, rosemary
    - Green tea & matcha (polyphenols)

- **Dark chocolate** (70%+ cacao, small amounts)
- **Fermented foods:** kimchi, sauerkraut, kefir, miso, yogurt with live cultures

## Step #2: Get moving!

- Add some cardiovascular exercise to your days (light walks, swimming, bike riding).

## Step #3: Manage your weight.

- Reducing abdominal fat and lowering your weight.

## Step #4: Get enough sleep.

- Inadequate sleep not only robs you of energy and productivity, it also elevates inflammation, which is especially hazardous to heart health.

## Step #5: Limit alcohol use.

## Step #6: Conquer Chronic Stress.

- Chronic stress can spark the development of inflammation and cause flare-ups of problems like rheumatoid arthritis.

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