

Anti-inflammatory FOOD LIST



WALNUTS



PINEAPPLE



AVOCADO



LEAFY GREENS



GINGER



SALMON



FLAX & CHIA SEEDS



BROCCOLI & CARROTS



SPIRULINA



BONE BROTH & COLLAGEN



CHERRIES & BERRIES



TURMERIC
COCONUT OIL



CABBAGE



GREEN TEA &
MATCHA POWDER

