

A Diet Rich in Anti - Inflammatory Foods

IMPROVE YOUR **PAIN** MANAGEMENT
LOWER YOUR **INFLAMMATION**
OPTIMIZE YOUR **GUT** AND IMPROVE YOUR **OVERALL HEALTH!**

By including more high fiber foods and plant rich foods on your plate, you will **optimize** your digestive health through improving the **integrity** of your microbiome (the healthy bacteria living in your digestive tract). This in return will strengthen your immune system, which regulates and manages pain and inflammation!

SEE BELOW ON HOW TO ADOPT A HEALTHY BALANCED PLATE



Other Tips

- Drink adequate amounts of **water** (6 – 8 glasses daily)
- Consume more **omega 3 rich fish** (salmon, sardines, pilchards, fresh tuna, mackerel)
- Limit the amounts of red meat and avoid processed meats
- Use **less** salt and **more** fresh herbs and spices to boost the anti – oxidant profile of your meals (turmeric, curcumin, ginger)
- Possible **supplementation** (such as Vitamin D, B12, Omega 3, fiber) to optimize your health

Speak to a Registered Dietitian for further information and implementation

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