



# MIND ▸ BODY ▸ SPIRIT

Sleep • Activity • Purpose • Nutrition • Resilience



## INCREASES INFLAMMATION

Gluten ■ Casein ■ Processed Meats ■ Safflower, Sunflower, Soy & Corn Oils  
Fast & Fried Foods ■ Meats & Dairy ■ Syrup & Soft Drinks



## DECREASES INFLAMMATION

Nuts ■ Avocados ■ Spinach ■ Tart Cherries ■ Olive Oil ■ Pineapple  
Orange Vegetables & Fruit ■ Turmeric, Ginger, Onions, and Garlic

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