Foods that FIGHT Inflammation

Broccoli Spinach Cauliflower Cabbage Green Turnip Green beans Sweet potatoes Tomatoes Asparagus Mushrooms Kelp Brussels-Sprouts Olives Papava Blueberries Acai Avocados Apples Guavas Strawberries Grapes Pumpkin Watermelon Peaches Plums Figs Lettuce Red Cabbage

Cranberries Pineapple Cantaloupe Brown rice Barley Turmeric Cinnamon Ginger Walnuts Almonds Cocoa Legumes Soybeans Lentils Chicken Eggs **Bok Choy** Chard Collards Leeks **Bell Peppers** Fennel Bulb Cherries Raspberries Pumpkin Jicama Yam Wild Game

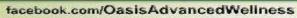
Rutabaga

Oregano Parsley Rosemary Thyme Basil Cloves Onions Kale Mint Flaxseed Oil Ground Flaxseed Hemp Seeds Coconut Oil EV Olive Oil Sesame Seeds Almond Butter Macadamia Tea (White, Green, Oolong) **Black Currents** Guavas Rhubarb Kiwi Kumquats Zucchini Sprouted Seeds Peas (fresh) Cucumber **Cumin Seeds**

Mulberries Cocoa Hazelnuts Avocado Oil Anchovies Mackerel Herring Rainbow Trout Salmon (wild) Sardines Cod Oysters Tuna Red Beets Radish Buckwheat Cavenne-Pepper Chives Cilantro Bee Polien Garlic Lemons Limes Horseradish Squash Seaweed Quail Quinoa



*Foods should be GMO-free, fresh, organic or locally grown. Meats should be pastured, organic and not factory farmed.



ABG Wellness

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