

Foods that FIGHT Inflammation

Broccoli	Cranberries	Oregano	Mulberries
Spinach	Pineapple	Parsley	Cocoa
Cauliflower	Cantaloupe	Rosemary	Hazelnuts
Cabbage	Brown rice	Thyme	Avocado Oil
Green Turnip	Barley	Basil	Anchovies
Green beans	Turmeric	Cloves	Mackerel
Sweet potatoes	Cinnamon	Onions	Herring
Tomatoes	Ginger	Kale	Rainbow Trout
Asparagus	Walnuts	Mint	Salmon (wild)
Mushrooms	Almonds	Flaxseed Oil	Sardines
Kelp	Cocoa	Ground Flaxseed	Cod
Brussels- Sprouts	Legumes	Hemp Seeds	Oysters
Olives	Soybeans	Coconut Oil	Tuna
Papaya	Lentils	EV Olive Oil	Red Beets
Blueberries	Chicken	Sesame Seeds	Radish
Acai	Eggs	Almond Butter	Buckwheat
Avocados	Bok Choy	Macadamia	Cayenne- Pepper
Apples	Chard	Tea (White, Green, Oolong)	Chives
Guavas	Collards	Black Currants	Cilantro
Strawberries	Leeks	Guavas	Bee Pollen
Grapes	Bell Peppers	Rhubarb	Garlic
Pumpkin	Fennel Bulb	Kiwi	Lemons
Watermelon	Cherries	Kumquats	Limes
Peaches	Raspberries	Zucchini	Horseradish
Plums	Pumpkin	Sprouted Seeds	Squash
Figs	Jicama	Peas (fresh)	Seaweed
Lettuce	Yam	Cucumber	Quail
Red Cabbage	Wild Game	Cumin Seeds	Quinoa
	Rutabaga		



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

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