

# **21 *Affordable* Foods That Beat Pain Fast**



**21 Foods and 23 Recipes that Soothe Away  
Inflammation Without Breaking the Bank**

If you always have aches and pains, or can't seem to heal from an injury, you may be suffering from chronic inflammation.

This report will show you exactly which foods are 1) very good at getting rid of painful inflammation... and, 2) cheap enough for any budget.

Before we get to that, what exactly is inflammation? And why is it bad for you?

Inflammation is one of your body's most powerful defense mechanisms. Without it you couldn't heal. Essentially, it is a fluid filled with substances designed to heal and protect your body.

When you are injured, the area swells with inflammation to fend off bacteria, viruses and even parasites. It not only kills off the invaders, but removes damaged tissue as well, until your body eventually wins the battle and shuts off the inflammation.

Sometimes though, your body fails to end the inflammatory cycle, causing chronic inflammation throughout your body.

When this happens, your body actually turns on itself. It leads to an increased risk of heart attack or stroke, magnifies the harmful effects of Alzheimer's, and even promotes an internal environment favorable for cancer.

A growing number of scientists are sounding the alarm on chronic inflammation:

*"In recent years, we've come to accept that inflammation plays a role in many chronic diseases, but it's about an imbalance—too many pro-inflammatory chemicals and not enough anti-inflammatory ones."* - Moise Desvarieux, an inflammation researcher at Columbia University's Mailman School of Public Health.<sup>1</sup>

*"Understanding the inflammatory system from A to Z will have huge applications in any number of diseases or clinical situations."* Dr. Peter A. Ward (M.D. 1960, Residency 1963), the University of Michigan Medical School's Godfrey D. Stobbe Professor of Pathology<sup>2</sup>

*"Increasingly the critical factor in chronic illness (including diabetes, heart disease, Alzheimer's disease, and cancer) seems to be inflammation. Recent trends in cancer suggest that between two-thirds and 95 percent of cancers are probably preventable."* Deepak Chopra, M.D.<sup>3</sup>

In essence, inflammation heals. But excessive inflammation is bad for you.

Certain foods can help fight off this excess inflammation. But most of the ones you hear about are expensive.

- Grass fed beef is a wonderful option, if you can afford \$10 per pound
- Shittake mushrooms are high on the list, but they run \$5 per pound, minimum
- Extra virgin olive oil is recommended too, but even the cheap stuff runs \$10 for a small bottle
- Wild Alaskan Salmon will work wonders, if you don't mind the steep \$16 per pound price tag
- Walnuts, almonds and other nuts are good too, but will set you back at least \$8 per pound

It's easy to spend lots of money on the finest foods. It's not as easy to eat healthy on a budget. Which is why I wrote this report.

In **21 Affordable Foods That Beat Pain Fast** you'll learn how to beat back chronic pain caused by inflammation without breaking the bank. Many of the foods cost under a dollar a pound.

The contents are based on two pieces of research.

1. First, a cost of food study by The U.S. Department of Agriculture.
2. Second, the IF (Inflammation Factor) Rating™.

The U.S. Department of Agriculture study is titled "How Much Do Fruits and Vegetables Cost,"<sup>4</sup> and it scored 153 fruits and vegetables by average price per pound.

The IF rating estimates the inflammatory or anti-inflammatory potential of foods (calculating via different nutritional factors). The rating system was developed by nutritionist Monica Reinagel, based on years of research and the compilation of data from hundreds of studies on systemic inflammation.

(Note: All IF ratings were pulled off the website: [nutritiondata.self.com](http://nutritiondata.self.com).)

Foods with positive IF Ratings are considered anti-inflammatory, while those with negative IF Ratings contribute to inflammation. The higher the number (positive or negative), the stronger the effect.

This gave me a list of not only the most powerful inflammation fighting foods. But also which ones were the least expensive.

Then, to find out which foods give you the most inflammation-fighting power per dollar spent, I divided the IF rating by cost per pound. This gives us what I call the "Bang for your Buck" rating.

It's simple. The higher the Bang for your Buck rating, the more inflammation-fighting power you get for each dollar you spend.

And to make it super simple to incorporate these foods into your diet, you'll also get 23 tasty inflammation-fighting recipes featuring the healthy foods in this report.

And finally, just for fun, I looked up the most powerful food listed on the IF rating scale. It's not on the Department of Agriculture's list. But it is relatively inexpensive. In fact, you can add it to any dish for just a few pennies a meal.

More about that later.

Now, let's take a look at **21 Affordable Foods That Beat Pain Fast** and why they work.

## Top 21 Most Affordable Inflammation-Fighting Foods



#21

### ***Affordable Inflammation Fighter #21: Celery***

IF Rating: 14 - Cost: \$.90/pound - Bang for Buck Ratio: 15.5

Why celery fights inflammation:

- Full of antioxidants (like vitamin C, beta-carotene and manganese).
  - Protects against inflammation in the digestive tract
  - Full of phenolic acids
  - Non-starch polysaccharides
- 



#20

### ***Affordable Inflammation Fighter #20: Naval Oranges***

IF Rating: 10 - Cost: \$0.57/pound - Bang for Buck Ratio: 17.5

Why oranges fight inflammation:

- Citrus flavanone phytonutrients
- Abundant polyphenols in oranges have been shown to have a wide range of antioxidant, anti-viral, anti-allergenic, anti-inflammatory, anti-proliferative and anti-carcinogenic effects



**#19**

***Affordable Inflammation Fighter #19: Kiwi***

IF Rating: 34 - Cost: \$1.80/pound - Bang for Buck Ratio: 18.9

Why kiwi fights inflammation:

- Very high in vitamin C
- Full of enzymes that help you properly digest food
- Full of polyphenols



**#18**

***Affordable Inflammation Fighter #18: Pink Grapefruit***

IF Rating: 13 - Cost: \$0.66/pound - Bang for Buck Ratio: 19.7

Why pink grapefruit fights inflammation:

- Very high in vitamin C
- Grapefruit juice ranks highest in antioxidant activity among juices



**#17**

### ***Affordable Inflammation Fighter #17: Spinach***

IF Rating: 78 - Cost: \$3.92/pound - Bang for Buck Ratio: 19.9

Why spinach fights inflammation:

- Full of glycolipids
- Particularly in the digestive tract, reduced inflammation has been associated not only with the flavonoids found in spinach, but also with its carotenoids.<sup>5</sup>



**#16**

### ***Affordable Inflammation Fighter #16: Green Peppers***

IF Rating: 47 - Cost: \$2.13/pound - Bang for Buck Ratio: 22

Why green pepper fights inflammation:

- Good source of vitamin E
- Contains more than 30 different carotenoids, including excellent amounts of beta-carotene and zeaxanthin
- Lots of phytonutrients



**#15**

### ***Affordable Inflammation Fighter #15: Carrots***

Why carrots fight inflammation:

- Contains vitamin A, along with vitamin K, fiber, vitamin C, potassium, manganese, vitamins B6, B3, B1 and more
- Luteolin, found in carrots (and olive oil) helps reduce age-related inflammation



**#14**

### ***Affordable Inflammation Fighter #16: Brussels Sprouts***

IF Rating: 62 - Cost: \$2.19/pound - Bang for Buck Ratio: 28.3

Why Brussels sprouts fight inflammation:

- Glucosinolates found in Brussels sprouts help regulate the body's inflammatory/anti-inflammatory system and prevent unwanted inflammation
- Stuffed with Vitamin K
- High in omega-3's



**#13**

***Affordable Inflammation Fighter #13: Broccoli***

IF Rating: 53 - Cost: \$1.84/pound - Bang for Buck Ratio: 28.8

Why broccoli fights inflammation:

- All cruciferous vegetables contain powerful inflammation fighters
- Studies suggest phytonutrients in broccoli fight inflammation of the joints, respiratory system, colon and more



**#12**

***Affordable Inflammation Fighter #12: Collard Greens***

IF Rating: 77 - Cost: \$2.36/pound - Bang for Buck Ratio: 32.6

Why collard greens fight inflammation:

- An excellent source of vitamin K
- Omega-3 fatty acids (in the form of alpha-linolenic acid, or ALA)
- Glucosinolates





**#11**

### ***Affordable Inflammation Fighter #11: Cauliflower***

IF Rating: 18 - Cost: \$0.55/pound - Bang for Buck Ratio: 32.7

Why cauliflower fights inflammation:

- All cruciferous vegetables contain powerful inflammation fighters
- Good source of vitamin C
- An excellent source of vitamin K, one of the hallmark anti-inflammatory nutrients
- Good source of Omega-3's



**#10**

### ***Affordable Inflammation Fighter #10: Red Peppers***

IF Rating: 126 - Cost: \$3.44/pound - Bang for Buck Ratio: 36.6

Why red peppers fight inflammation:

- Excellent source of vitamin C
- Good source of vitamin E
- Contains more than 30 different carotenoids, including excellent amounts of beta-carotene and zeaxanthin
- Lots of phytonutrients



#9

### ***Affordable Inflammation Fighter #9: Cabbage***

IF Rating: 23 - Cost: \$0.62/pound - Bang for Buck Ratio: 37

Why cabbage fights inflammation:

- The anthocyanins found in red cabbage are well-documented anti-inflammatory compounds



#8

### ***Affordable Inflammation Fighter #8: Avocados***

Why avocados fight inflammation:

- Researchers believe avocado's carotenoid diversity is a key factor in its anti-inflammatory properties
- Avocado fats are particularly well-documented with problems involving arthritis
- Has inflammation fighting fats widely present in ocean plants but fairly unique among land plants
- Omega 3's



#7

### ***Affordable Inflammation Fighter #7: Pineapple***

IF Rating: 65 - Cost: \$1.04/pound - Bang for Buck Ratio: 62.5

Why pineapple fights inflammation:

- Excessive inflammation, excessive coagulation of the blood and certain types of tumor growth may all be reduced by therapeutic doses of bromelain found in pineapples (you can also get bromelain in our natural pain relief formula, *Heal-n-Soothe*<sup>®</sup>).



#6

### ***Affordable Inflammation Fighter #6: Turnip Greens***

IF Rating: 134 - Cost: \$2.11/pound - Bang for Buck Ratio: 63.5

Why turnip greens fight inflammation:

- Excellent source of vitamin K
- Good source of omega-3 fatty acids (in the form of alpha-linolenic acid, or ALA)
- Glucosinolates



**#5**

### ***Affordable Inflammation Fighter #5: Mustard Greens***

IF Rating: 161 - Cost: \$2.19/pound - Bang for Buck Ratio: 73.5

Why mustard greens fight inflammation:

- Glucosinolates
  - Excellent source of vitamin K
  - Glucobrassicin
- 



**#4**

### ***Affordable Inflammation Fighter #4: Canteloupe***

IF Rating: 76 - Cost: \$0.95/pound - Bang for Buck Ratio: 80

Why cantaloupe fights inflammation:

- Studies show cantaloupes lower C-reactive proteins (a common indicator of inflammation)
- Cantaloupe contains a wide variety of antioxidant and anti-inflammatory phytonutrients
- High in vitamin C



**#3**

### ***Affordable Inflammation Fighter #3: Kale***

IF Rating: 257 - Cost: \$2.19/pound - Bang for Buck Ratio: 117.4

Why kale fights inflammation:

- 45 different flavonoids in kale play a leading dietary role in avoiding chronic inflammation and oxidative stress
- High in omega 3's
- Vitamin K
- High in fiber



**#2**

### ***Affordable Inflammation Fighter #2: Sweet Potatoes***

IF Rating: 164 - Cost: \$0.90/pound - Bang for Buck Ratio: 182.2

Why sweet potatoes fight inflammation:

- Anthocyanin and other color-related pigments in sweet potato are equally valuable for their anti-inflammatory health benefits
- In preliminary animal studies, intake of sweet potato color extracts have been shown to reduce inflammation



#1

## ***Affordable Inflammation Fighter #1: Onions***

IF Rating: 374 - Cost: \$0.67/pound - Bang for Buck Ratio: 558.2

Why onions fight inflammation:

- Onionin A - a unique sulfur molecule in onion that is found in the bulb portion of the plant - has been shown to inhibit the activity of macrophages; these specialized white blood cells play a key role in our body's immune system and can trigger large-scale inflammatory responses
- Onion's antioxidants help prevent the oxidation of fatty acids, reducing the number of pro-inflammatory messaging molecules produced by the body

### **An Easy Way to Turn Any Dish Into an Anti-Inflammatory Powerhouse**

As you've just seen, when it comes to anti-inflammatory foods onions are your best choice. With an IF rating of 374, they have over 30% more inflammation fighting power than kale, the second highest rated food on this list.

In fact, all of the spicier foods (such as onions, garlic, ginger, peppers, etc.) score very high on the IF rating.

A few examples:

- Hot Chili Peppers - 43
- Ginger Root - 129
- Jalapeno Peppers - 342
- Banana Peppers - 388
- Serrano Peppers - a whopping 2,085

So it should come as no surprise that hot sauces - with an average score of 356 - rank very high on the IF rating.

If you are looking for a simple and delicious way to improve your health, break out the hot sauce and sprinkle a few drops on your favorite dish. You'll add a little kick to your meal AND fight pain caused by chronic inflammation.

## How to Use this Information to Stay Healthy and Inflammation Free

If you want to stay healthy, pain free and increase your chances of a longer life, then you must manage all of the factors regarding inflammation DAILY.

But no one expects you to immediately change your entire diet and spend the rest of your days only scarfing down onions, sweet potatoes and kale.

So here is a simple tip.

Replace just one item at each meal with an item from the list in this report. It will allow you to change your diet a little bit at a time, easier than giving up the foods you normally eat “cold turkey.”

For example, if you are out for lunch and normally get a hamburger with fries... you don't necessarily need to order a salad. Instead, replace the fries with sweet potato fries. Or a side order of broccoli.

This way you continue taking steps toward a healthier lifestyle without feeling deprived of the foods you love.

And if you cook at home, I've made this even easier for you. Included in Appendix D is a list of recipes featuring the foods from this report. Simply pick one out for breakfast, lunch, or dinner... and you know you'll be taking great strides for your health.

Remember, excess inflammation has been linked to many of the biggest killers including heart attack, stroke, Alzheimer's and cancer. And many scientists and nutrition professionals believe limiting chronic inflammation is one of the best things you can do for every aspect of your health.

By following the recommendations within these pages, you'll be well on your way.

## Appendix A: Inflammation Causing Foods

The flip side to this report is which foods cause the most inflammation. Here are a few fruits and veggies you should avoid if chronic inflammation is causing your pain:

Worst Culprit #1: Potatoes IF Rating: -170 - Cost: \$0.48/pound

Worst Culprit #2: Bananas IF Rating: -115, Cost: \$0.45/pound

Worst Culprit #3: Navy Beans IF Rating: -105, Cost: \$1.07/pound

Worst Culprit #4: Lima Beans IF Rating: -60, Cost: \$1.33/pound

Worst Culprit #5: Red Kidney Beans IF Rating: -60, Cost: \$1.25/pound

Worst Culprit #6: Great Northern Beans IF Rating: -53, Cost: \$0.99/pound

Worst Culprit #7: Sweet Cherries IF Rating: -47, Cost: \$3.51/pound

Worst Culprit #8: Black Beans IF Rating: -45, Cost: \$1.07/pound

Worst Culprit #9: Grapes IF Rating: -33, Cost: \$1.68/pound

Worst Culprit #10: Blueberries IF Rating: -28, Cost: \$3.91/pound



## Appendix B: IF Rating Vs. Cost Data

Here is the data from the USDA's "How Much Do Fruits and Vegetables Cost?" report relevant to the inflammation-fighting foods covered here. You can find links to the full report at: [www.ers.usda.gov/publications/eib-economic-information-bulletin/eib71.aspx](http://www.ers.usda.gov/publications/eib-economic-information-bulletin/eib71.aspx)

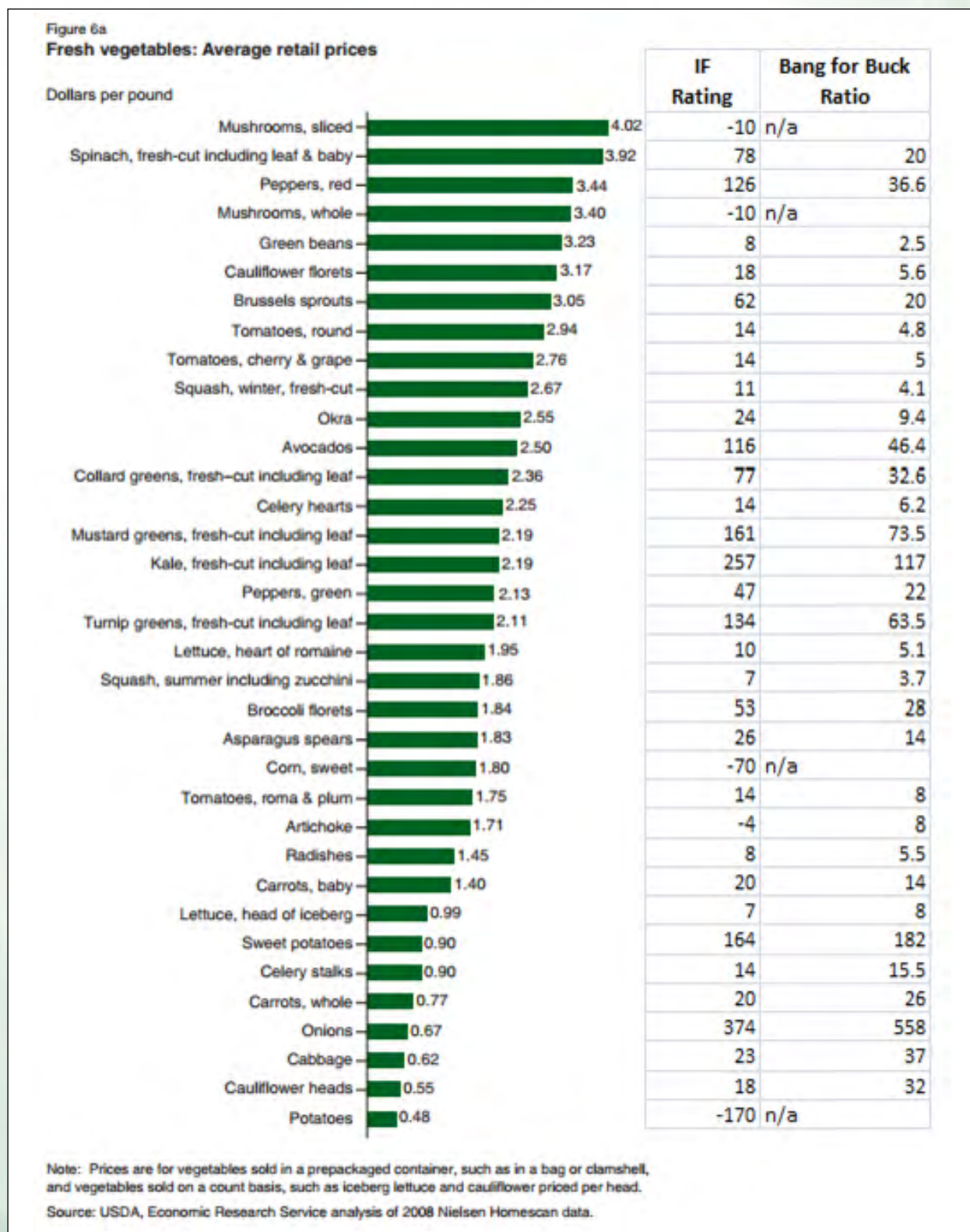
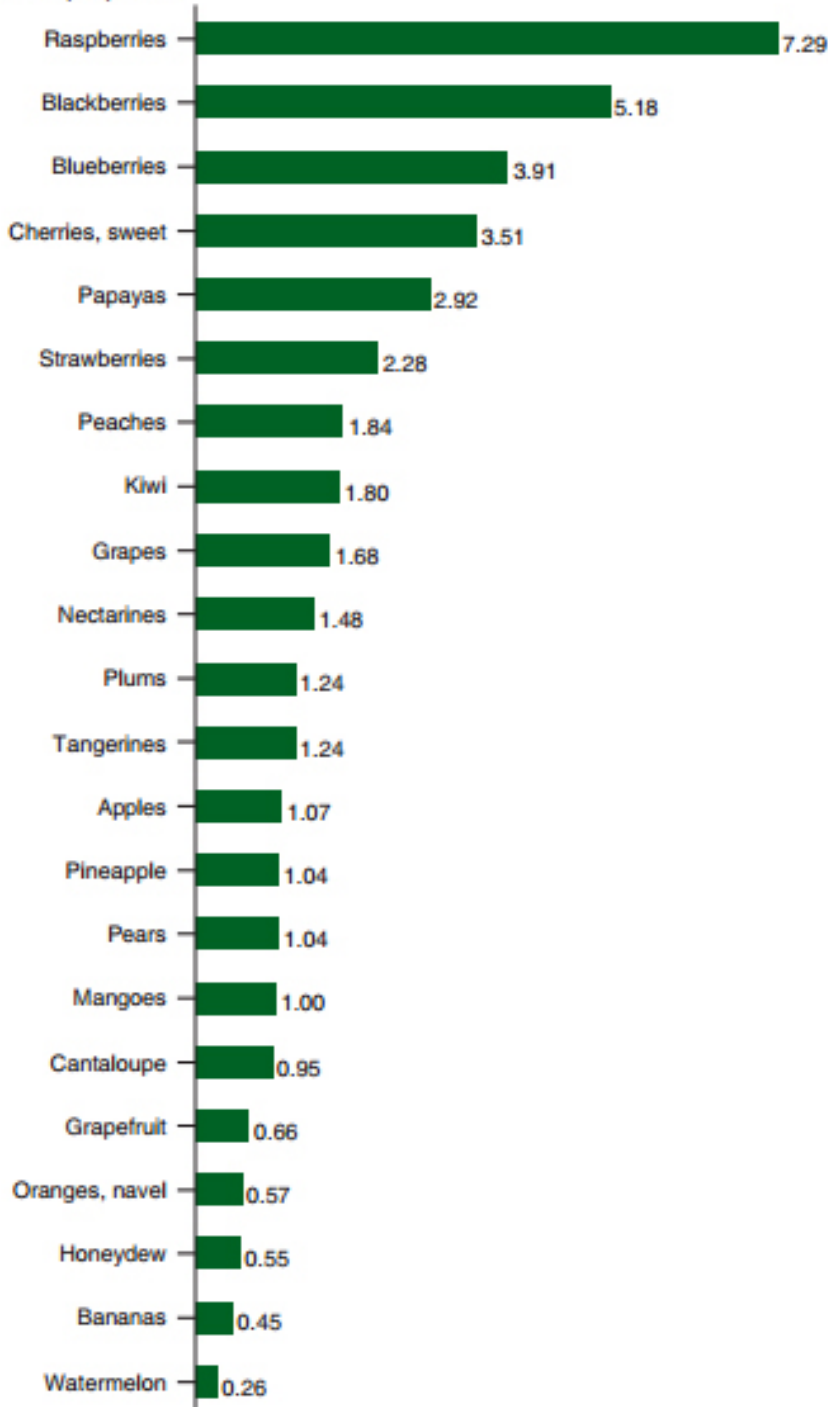


Figure 1a  
**Fresh fruit: Average retail prices**

Dollars per pound



IF Rating	Bang for Buck Ratio
1	0.13
6	1.1
-28	n/a
-47	n/a
33	11.3
28	12.2
-25	n/a
34	18.8
-33	n/a
-26	n/a
-21	n/a
-22	n/a
-21	n/a
65	62.5
-11	n/a
-15	n/a
76	80
13	19.6
10	17
-6	n/a
-115	n/a
-7	n/a

Note: Prices are for fruit sold in a prepackaged container, such as in a bag or clamshell, and fruit sold on a count basis, such as melons and oranges sold per piece of fruit.

Source: USDA, Economic Research Service analysis of 2008 Nielsen Homescan data.

## Appendix C: Recipes Using Inflammation Fighting Foods

In an effort to make sure you find these inflammation-fighting foods healthy AND tasty, I've included a few recipes from [www.naturalstandard.com](http://www.naturalstandard.com).

**Natural Standard** was founded by healthcare providers and researchers to provide high-quality, evidence-based information about complementary and alternative medicine including dietary supplements and integrative therapies.

It is (in my opinion) the best site on the web for conclusive data on health related issues. Unless you have a subscription to Natural Standard, you will not be able to get this information.

All of these recipes are copyright and appear courtesy of [www.naturalstandard.com](http://www.naturalstandard.com).

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### Celery Cucumber Apple Smoothie

<b>Servings</b>	2
<b>Preparation Time</b>	5 Minutes
<b>Cook Time</b>	0 Minutes
<b>Total Time</b>	5 Minutes
<b>Difficulty</b>	Easy

#### Ingredients

- 1 small piece fresh ginger, peeled and sliced
- 4 celery stalks, sliced
- 1 cucumber
- 1 large apple
- 1/2 tablespoon lemon juice
- 1/2 tablespoon lime juice
- 1 cup spinach
- 1 small handful parsley
- Water

#### Directions

- Wash and prepare all fruit, vegetables, and other ingredients.
- Place into a blender and combine at a medium setting until smooth or the desired consistency is reached.



## Orange Ginger Tilapia

<b>Servings</b>	4
<b>Preparation Time</b>	10 Minutes
<b>Cook Time</b>	30 Minutes
<b>Total Time</b>	40 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 4 tablespoons olive oil, divided
- 2 tablespoons orange zest
- 2 tablespoons orange juice
- 2 tablespoons fresh ginger, chopped
- 1/2 cup fresh coriander, chopped and divided
- Salt and pepper to taste
- 4 tilapia fillets (8 ounces each)
- 1 orange, sliced
- 1/2 cup plain yogurt
- 1/4 cup mayonnaise
- 1 tablespoon lime juice

### Directions

- Mix 2 tablespoons of olive oil with the orange rind, orange juice, ginger root and 1/4 cup of coriander in a small bowl. Season to taste with salt and pepper.
- Spray 4 large pieces of aluminum foil with cooking spray. Place a fish fillet in the center of each.
- Stuff the four fillets with equal parts of the oil mixture. Add 2 slices of orange on top of each fillet.
- Wrap each fillet tightly with the aluminum foil and place on preheated grill.
- Grill over medium heat for about 30 minutes or until fish is flaky.
- While fish is on the grill, combine the yogurt, mayonnaise, lime juice, and the remaining olive oil and coriander in a bowl.
- When the fish is cooked, remove from grill and unwrap. Beware of the steam.
- Serve the fish on plate and top with sauce.

## Kiwi Strawberry Spinach Salad



<b>Servings</b>	8
<b>Preparation Time</b>	15 Minutes
<b>Cook Time</b>	0 Minutes
<b>Total Time</b>	15 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 2 tablespoons raspberry vinegar
- 2 1/2 tablespoons raspberry jam
- 1/3 cup olive oil
- 8 cups spinach, washed and torn into bite-sized pieces
- 1/2 cup chopped walnuts
- 8 strawberries, quartered
- 2 kiwis, peeled and sliced

### Directions

- Combine the raspberry vinegar, raspberry jam, and olive oil in a small bowl to create the dressing.
- Place the spinach, walnuts, strawberries, and kiwis in a large bowl. Mix and toss with the dressing.



## Grapefruit Salad

<b>Servings</b>	6
<b>Preparation Time</b>	10 Minutes
<b>Cook Time</b>	0 Minutes
<b>Total Time</b>	10 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- Vinaigrette:
  - Juice of 1/2 large grapefruit
  - 2 tablespoons balsamic vinegar
  - 1 tablespoon Dijon mustard
  - 2 tablespoons olive oil
- Salad:
  - 2 tablespoons sliced almonds, toasted
  - 1/2 red onion, sliced thin
  - 10 cups mixed baby greens or spinach
  - 2 1/2 grapefruits, segmented

### Directions

- Combine the grapefruit juice, mustard, and vinegar in a salad bowl. Slowly add the olive oil into the mixture while whisking.
- Add the remaining ingredients for the salad into the bowl. Toss to combine and serve promptly.



## Roasted Brussels Sprouts

<b>Servings</b>	6
<b>Preparation Time</b>	30 Minutes
<b>Cook Time</b>	1 Hour
<b>Total Time</b>	1 Hour, 30 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 1 1/2 pounds Brussels sprouts
- 6 tablespoons shallots, chopped
- 1 1/2 tablespoons butter, unsalted
- 1 cup fat free chicken broth or vegetable broth
- Salt and black pepper to taste
- Cooking spray

### Directions

- Set oven temperature to 450°F. Clean the Brussels sprouts with water and cut them in half.
- Coat a baking sheet with cooking spray. Place the Brussels sprouts on the baking sheet. Season with salt and pepper. Bake the Brussels sprouts until lightly browned.
- Meanwhile, melt the butter in a large sauce pan. Add the shallots and sauté on medium high heat for 2 minutes. Add the lightly browned Brussels sprouts and broth to the sauce pan. Cook for 20-30 minutes. Serve hot or at room temperature.

## Spinach Brownies



<b>Servings</b>	24
<b>Preparation Time</b>	20 Minutes
<b>Cook Time</b>	35 Minutes
<b>Total Time</b>	55 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 1 1/4 cups spinach, rinsed and chopped
- 1 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 eggs
- 1 cup fat free milk
- 1/2 cup butter, melted
- 1 onion, chopped
- 1 cup shredded mozzarella cheese

### Directions

- Using butter or oil, grease a 9x13 inch baking dish and preheat an oven to approximately 375 degrees F.
- Add the spinach and as much water as necessary to envelop the spinach into a medium sized saucepan over high heat. Allow it to boil and then immediately reduce heat to simmer the mixture until the spinach wilts. Remove from heat.
- Mix the flour, salt, and baking powder in a large mixing bowl. Add the eggs, milk, and butter. Stir in the spinach, onion, and cheese.
- Pour all mixed ingredients into the greased baking dish and bake for 30 to 35 minutes. Remove from oven and cool before serving.



## Carrot Ginger Soup



<b>Servings</b>	5
<b>Preparation Time</b>	20 Minutes
<b>Cook Time</b>	40 Minutes
<b>Total Time</b>	1 Hour
<b>Difficulty</b>	Intermediate

### Ingredients

- 2 tablespoons olive oil
- 7 large carrots, peeled and chopped into rounds
- 1/2 medium yellow onion, chopped
- 3 cloves garlic, minced
- 1 inch piece fresh ginger, peeled and grated or minced
- 1 tablespoon honey
- 1 teaspoon curry powder
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon crushed red pepper flakes
- 1/8 teaspoon cayenne pepper
- Salt to taste
- Freshly ground black pepper to taste
- 4 cups low sodium vegetable broth
- 6 ounces fat-free plain greek yogurt, to serve
- 1/4 cup fresh cilantro, chopped, for garnish

### Directions

- In a large pot, heat the olive oil over medium heat. Sauté the onions for about 5 minutes or until slightly brown. When the onions are brown, add the carrots and sauté for another 2 minutes.
- Add the ginger, garlic, honey, turmeric, curry powder, paprika, cumin, red pepper flakes, and cayenne pepper into the pot of vegetables. Stir and sauté for another two minutes.
- Slowly pour 4 cups of vegetable broth into the pot. Bring the mixture to a boil and turn the heat down to a low setting. Cover the pot and simmer for about 40 minutes, or until the carrots are tender.
- Blend the soup using an immersion blender, food processor, or blender. When the entire pot is blended, check it for consistency. If the soup is too thick, additional vegetable broth may be added.
- Add salt and black pepper to taste.
- Serve immediately with a dollop of yogurt and dash of cilantro on top.



## Broccoli with Red Pepper

<b>Servings</b>	4
<b>Preparation Time</b>	5 Minutes
<b>Cook Time</b>	5 Minutes
<b>Total Time</b>	10 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 6 cups broccoli florets (about 1 head)
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 3 garlic cloves, thinly sliced
- 2 teaspoons olive oil
- 1/4 cup water

### Directions

- Heat a skillet on medium-high and add the olive oil.
- Add the first four ingredients to the skillet with the olive oil.
- Sauté for a total of two minutes, then add the water to skillet.
- Place a cover on top of skillet and reduce the heat to low. Continue cooking for two additional minutes. When done, the broccoli should be crisp but tender.



## Grilled Lemon Pepper Zucchini

<b>Servings</b>	4
<b>Preparation Time</b>	25 Minutes
<b>Cook Time</b>	30 Minutes
<b>Total Time</b>	55 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 2 small yellow squash, sliced
- 2 small zucchini, sliced
- 1 small onion, diced
- 1 red bell pepper, minced
- 1 1/2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon-pepper seasoning

### Directions

- Turn on the grill to high heat. When it is hot enough, lightly brush the grates with oil.
- In a bowl, mix together the squash, zucchini, onion, and bell pepper with the olive oil and lemon-pepper seasoning. Mix until the vegetables are well coated.
- Place a large piece of aluminum foil down. Put the vegetables in the middle of foil. Place another large sheet of aluminum foil over it and seal the edges together to make a packet.
- Put the vegetables on the grill and turn the vegetables occasionally (5-10 minutes). Cook for 30 minutes or until they are tender.



## Stuffed Cabbage Rolls

<b>Servings</b>	12
<b>Preparation Time</b>	20 Minutes
<b>Cook Time</b>	1 Hour
<b>Total Time</b>	1 Hour, 20 Minutes
<b>Difficulty</b>	Intermediate

### Ingredients

- 1 pound lean ground beef
- 2 cups cooked brown rice
- 1 large egg
- 3 cups tomato sauce
- 1 1/2 tablespoons vegetable oil
- 1/2 head raw cabbage, divided into 12 whole leaves
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon salt
- 1 tablespoon ground black pepper
- 1/4 cup water

### Directions

- Place the cabbage leaves in boiling water and cook for 5 minutes or until softened. Drain and set aside.
- In a large bowl, combine the ground beef, cooked rice, egg, garlic powder, onion powder, salt, pepper, and 1/2 cup of the tomato sauce.
- Lay out the cabbage leaves on a serving plate and divide the beef mixture among them. Roll each leaf like a burrito and secure with a toothpick.
- Heat the oil and 1/2 cup tomato sauce in a large pot over medium heat. Arrange the cabbage rolls along the bottom and pour the remaining tomato sauce and water over the rolls. Cover and simmer over medium-low heat for 1 hour. Serve immediately.



## Cauliflower Pizza Crust

<b>Servings</b>	4
<b>Preparation Time</b>	15 Minutes
<b>Cook Time</b>	15 Minutes
<b>Total Time</b>	30 Minutes
<b>Difficulty</b>	Intermediate

### Ingredients

- 1 cup raw, grated cauliflower
- 1 egg
- 1 cup mozzarella cheese
- 2 teaspoons parsley
- 1 teaspoon oregano

### Directions

- Preheat the oven to 450 degrees.
- Spray a pizza pan or baking sheet with non-stick cooking spray.
- In a medium-sized bowl, combine the cauliflower, egg, cheese, oregano, and any other desired Italian spices. Press evenly on the pan. Bake for 12-15 minutes, turning once if needed .
- Remove the pan from the oven and add sauce, toppings, and cheese. Bake for an additional 10-15 minutes or until the cheese is melted and the toppings are warm.



## Sautéed Garlic and Greens

<b>Servings</b>	8
<b>Preparation Time</b>	20 Minutes
<b>Cook Time</b>	15 Minutes
<b>Total Time</b>	35 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 2 tablespoons extra virgin olive oil
- 6 cloves garlic, sliced
- 16 cups greens, stemmed and roughly chopped
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon salt

### Directions

- Heat the oil and garlic in a large skillet over medium heat and sauté until golden, about three minutes. Set aside.
- Add the greens, red pepper flakes, and salt. Cook for 10 minutes or until the greens have wilted.
- Drain. Combine the garlic and greens mixtures, stirring well. Serve immediately.



## Avocado Dressing

<b>Servings</b>	12
<b>Preparation Time</b>	5 Minutes
<b>Cook Time</b>	0 Minutes
<b>Total Time</b>	5 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 1 clove garlic
- 2 teaspoons honey
- 2 tablespoons fresh cilantro
- 1 avocado
- 3/4 cup milk
- 3 tablespoons lime juice
- 2 tablespoons apple cider vinegar

### Directions

- Place all ingredients in a food processor and puree together.
- Extra milk may be added for thinner dressing.



## Avocado Tacos

<b>Servings</b>	12
<b>Preparation Time</b>	30 Minutes
<b>Cook Time</b>	10 Minutes
<b>Total Time</b>	40 Minutes
<b>Difficulty</b>	Intermediate

### Ingredients

- 1 cup tomatoes, diced
- 1/3 cup onions, diced
- 1/2 garlic clove, minced
- 2 teaspoons cilantro
- 1/3 teaspoon jalapeño pepper, chopped
- 1/2 teaspoon lime juice
- Pinch of cumin
- Cooking spray
- 1 ripe avocado, peeled, seeded, and sliced
- 1 medium onion, julienned
- 2 large green bell peppers, julienned
- 2 large red bell peppers, julienned
- 1 cup fresh cilantro, finely chopped
- 12 flour tortillas

### Directions

- Prepare the salsa in advance by combining all the ingredients from 1 cup of diced tomatoes to a pinch of cumin in a medium-sized bowl. Chill in the refrigerator for at least one hour.
- Spray a skillet with cooking spray. Lightly sauté the onions and green and red peppers.
- Warm the tortillas in an oven and fill with the peppers, onions, avocado slices, and salsa. Fold the tortillas and serve.





## Cantaloupe Soup

<b>Servings</b>	4
<b>Preparation Time</b>	20 Minutes
<b>Cook Time</b>	0 Minutes
<b>Total Time</b>	20 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 2 pounds cantaloupe, peeled and chopped
- 1 tablespoon lemon juice, freshly squeezed
- 3/4 cup sparkling apple juice
- Salt to taste
- Mint sprigs
- 1 cup fresh raspberries

### Directions

- Add the chopped cantaloupe and lemon juice to a blender. Purée for 2 minutes or until smooth. Add the sparkling apple juice and stir. Season to taste with salt and garnish with mint and raspberries. Serve the soup immediately.

## Pineapple Roasted Vegetables



<b>Servings</b>	6
<b>Preparation Time</b>	10 Minutes
<b>Cook Time</b>	25 Minutes
<b>Total Time</b>	35 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 1 cup diced potatoes (peeled or unpeeled, I recommend substituting sweet potatoes here)
- 1 cup chopped bell pepper (any color)
- 1 cup chopped raw mushrooms
- 1 medium onion, chopped
- 1 cup cherry tomatoes
- 1 can pineapple chunks in natural juices
- 3 tablespoons olive oil
- 2 teaspoons chopped garlic
- 2 teaspoons dill
- 1 teaspoons celery seed
- 1 1/2 teaspoons cayenne pepper (optional)
- 1 1/2 teaspoons garlic powder (optional)
- 1 1/2 teaspoons onion powder (optional)
- Salt and black pepper to taste

### Directions

- Combine the potatoes, bell pepper, mushrooms, onion, and tomatoes in a large bowl.
- Drain all the liquid and then add the pineapple chunks with juice.
- Place the mixture in a roasting pan and set the oven to 350 degrees Fahrenheit.
- Roast and stir the mixture every 10 minutes for a total of 25 minutes or until desired consistency.



## Grilled Pineapple with Honey

<b>Servings</b>	12
<b>Preparation Time</b>	30 Minutes
<b>Cook Time</b>	10 Minutes
<b>Total Time</b>	40 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 4 pineapples, sliced
- 2 tablespoons honey
- 3 tablespoons melted butter
- 1 dash hot sauce
- Salt to taste

### Directions

- Coat the pineapple in the honey, butter, hot pepper sauce, and salt. Cover and marinate for 30 minutes.
- Grill the slices over medium heat for 2-3 minutes per side. Serve warm.



## Sweet Potato and Shrimp Gumbo

<b>Servings</b>	6
<b>Preparation Time</b>	25 Minutes
<b>Cook Time</b>	30 Minutes
<b>Total Time</b>	55 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 3/4 cup tomato juice
- 1 onion, chopped
- 1 green bell pepper, stemmed, seeded, and chopped
- 1/2 pound okra, stemmed and thinly sliced
- 2 celery stalks, chopped
- 2/3 cup dry white wine
- 1/4 cup distilled white vinegar
- 1 pound sweet potatoes, peeled and cut into 1-inch cubes
- 3 cups tomato puree
- 1 1/2 tablespoons chili powder
- 1/8 teaspoon cayenne pepper
- 24 fresh shrimp, shelled and deveined
- 6 cups cooked white rice

### Directions

- Heat the tomato juice in a large frying pan over medium-high heat. Add the onion, bell pepper, okra, and celery to the pan and sauté until the ingredients are wilted and slightly softened, about 5-7 minutes.
- Stir in the white wine and vinegar and bring to a boil. Add the sweet potatoes, tomato puree, chili powder, and cayenne pepper and cook until the pot returns to a boil. Reduce heat, cover, and simmer 15-18 minutes, stirring occasionally.
- Stir in the shrimp. Cover and cook until the shrimp are pink, about 5 minutes.
- Divide the rice among individual bowls and top with equal amounts of gumbo.



## Sweet Potato Waffles with Blueberry Syrup

<b>Servings</b>	6
<b>Preparation Time</b>	25 Minutes
<b>Cook Time</b>	20-25 Minutes
<b>Total Time</b>	50 Minutes
<b>Difficulty</b>	Intermediate

### Ingredients

- 1 1/2 cups fresh or frozen blueberries
- 2 tablespoons water, if using fresh berries
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated lemon zest
- 1 tablespoon dark honey
- 3 tablespoons light molasses
- Pinch of ground cloves
- 1/3 cup peeled and diced sweet potato
- 3/4 cup all-purpose (plain) flour
- 1/4 cup whole-wheat (whole-meal) flour
- 1/4 cup cornmeal, preferably stone-ground
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground ginger
- 1 cup plain soy milk
- 2 tablespoons olive oil
- 1 egg white

### Directions

- In a small saucepan, mix the first five ingredients (blueberries to honey), 1 tablespoon molasses, and a pinch of ground cloves. Place the saucepan over medium-high heat. When the syrup begins to boil, reduce the heat. Allow the syrup to simmer for 5 minutes or until the liquid begins to thicken and the blueberries burst. Once syrup has thickened, remove from heat and set aside.
- To cook the sweet potato, add the potato to a pot of boiling water and cook for 10 minutes or until soft when poked with a fork. Also, the potato can be in the microwave for approximately 5 minutes after it has been poked several times with a fork to release steam. When the potato is softened, add to a food processor and blend until smooth. Set aside.
- After mixing the flours, cornmeal, baking powder, salt, cinnamon, and ginger, sift the combined ingredients into a small bowl. Add the soy milk, olive oil, 2 tablespoons of molasses, and potato puree to a large bowl, and whisk to combine. Transfer the flour mixture to the potato puree mixture, and stir until just combined, taking care not to overmix.
- Beat the egg white with an electric mixer until it foams and begins to form a stiff peak. Whisk 1/3 of the beaten egg into the batter. Once the batter has lightened, add the remaining egg white and fold into the mixture using a rubber spatula.
- Fill a waffle iron with approximately 1/2 cup of batter, and cook according to the instructions for the waffle iron. Soy milk can be used to dilute the batter if it begins to thicken during the cooking process.
- Serve topped with syrup.

## Sukuma Wiki (Kale)



<b>Servings</b>	6
<b>Preparation Time</b>	5 Minutes
<b>Cook Time</b>	15 Minutes
<b>Total Time</b>	20 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 tomatoes, chopped
- 8 cups kale, chopped
- 1/2 cup water
- Salt to taste

### Directions

- In a medium saucepan, heat the olive oil on medium heat. Add the onions and sauté until soft, about 2-3 minutes.
- Add the chopped tomato and sauté for another 3 minutes. Stir in the chopped kale and sauté until wilted.
- Add water and salt and let the mixture simmer 10 minutes or until tender.

## Sweet Potato with Caramelized Onion



<b>Servings</b>	2
<b>Preparation Time</b>	15 Minutes
<b>Cook Time</b>	1 Hour
<b>Total Time</b>	1 Hour, 15 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 2 sweet potatoes, washed and dried
- 1 tablespoon olive oil
- 2 red bell peppers, thinly sliced
- 1 sweet onion, thinly sliced
- 1/4 cup fat-free sour cream
- Salt and black pepper to taste

### Directions

- Preheat an oven to 450°F.
- Prick each sweet potato with a fork multiple times to vent steam while cooking. Place them on a baking sheet and bake for 45 minutes.
- Meanwhile, in a large pan, heat the olive oil and cook the sliced onions and bell peppers over medium heat for 5 minutes. Reduce the heat and continue cooking 20-30 minutes until the onion turns dark brown and becomes caramelized, stirring occasionally.
- Cut the baked sweet potatoes lengthwise to split open, then fill each with the onion mixture. Add a dollop of sour cream on top and season with salt and pepper. Serve immediately.



## Stuffed Onions

<b>Servings</b>	4
<b>Preparation Time</b>	10 Minutes
<b>Cook Time</b>	30 Minutes
<b>Total Time</b>	40 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- Cooking spray
- 2 large yellow onions, each peeled and halved
- 1 sweet potato, diced
- 1 teaspoon dried thyme
- 1 tablespoon chopped walnuts
- 1 tablespoon blue cheese
- 2 teaspoons vinegar

### Directions

- Preheat an oven to 400 degrees F
- Put the four onion halves on a baking sheet coated with cooking spray. Fill each with the diced sweet potatoes and thyme.
- Bake for 20 minutes. Drizzle one teaspoon of vinegar on each onion half and continue baking 5 minutes.
- Sprinkle the walnuts and blue cheese on top. Bake for an additional 5 minutes.





## Baked Kale Chips

<b>Servings</b>	8
<b>Preparation Time</b>	15 Minutes
<b>Cook Time</b>	15 Minutes
<b>Total Time</b>	30 Minutes
<b>Difficulty</b>	Easy

### Ingredients

- 1 bunch (16 cups) fresh kale
- 1 tablespoon olive oil
- ½ teaspoon salt

### Directions

- Preheat an oven to 350°F.
- After washing the kale thoroughly, cut the leaves off of the thick stem. The stem may be discarded. Dry the leaves by placing them between paper towels and blotting.
- Tear the leaves so the end result is small, chip-sized pieces and place these in a large, shallow bowl.
- Drizzle oil over the bowl and toss the kale to ensure it is all coated.
- Position the leaves onto a cookie sheet, being sure not to overcrowd.
- Sprinkle the cookie sheet with salt.
- Bake until the edges of the leaves are brown, which usually takes less than 15 minutes. Kale chips are best served hot.

## **Appendix D: More Resources for Fighting Inflammation**

### **Acute Inflammation vs. Chronic Inflammation**

[www.losethebackpain.com/blog/2010/01/31/acute-inflammation-vs-chronic-inflammation](http://www.losethebackpain.com/blog/2010/01/31/acute-inflammation-vs-chronic-inflammation)

### **What Are Systemic Proteolytic Enzymes and How Can You Benefit from Them?**

[www.losethebackpain.com/proteolyticenzymes.html](http://www.losethebackpain.com/proteolyticenzymes.html)

### **10 Top Tips for an Anti-Inflammatory Diet**

[www.losethebackpain.com/blog/2013/01/07/anti-inflammatory-diet](http://www.losethebackpain.com/blog/2013/01/07/anti-inflammatory-diet)

### **Are the foods you are eating keeping you in pain?**

[www.losethebackpain.com/dietarychoicesandbackpain.html](http://www.losethebackpain.com/dietarychoicesandbackpain.html)

### **10 Foods That Naturally Relieve Pain and Inflammation**

[www.losethebackpain.com/blog/2008/07/24/10-foods-that-reduce-inflammation-and-pain-naturally](http://www.losethebackpain.com/blog/2008/07/24/10-foods-that-reduce-inflammation-and-pain-naturally)

### **Turmeric: Nature's Powerful Anti-Inflammatory**

[www.losethebackpain.com/anti-inflammatory-tumeric.html](http://www.losethebackpain.com/anti-inflammatory-tumeric.html)

### **Sarcoidosis: Pain and Death from Inflammation and Fibrosis**

[www.losethebackpain.com/blog/2010/05/25/sarcoidosis-pain-and-death-from-inflammation-and-fibrosis](http://www.losethebackpain.com/blog/2010/05/25/sarcoidosis-pain-and-death-from-inflammation-and-fibrosis)

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i <http://health.usnews.com/health-news/family-health/articles/2009/11/02/chronic-inflammation-reduce-it-to-protect-your-health>

ii <http://141.211.196.222/magazine/2005/spring/lungs/>

iii [http://www.huffingtonpost.com/deepak-chopra/radical-wellbeing-where-w\\_b\\_4804118.html](http://www.huffingtonpost.com/deepak-chopra/radical-wellbeing-where-w_b_4804118.html)

iv <http://www.ers.usda.gov/ersDownloadHandler.ashx?file=/media/133287/eib71.pdf>

v <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=43>