



Premier Medical's The Skinny Minute

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Anti-Inflammatory Diet

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Inflammation is the body's immune system's response to an irritant. Acute inflammation is usually triggered by illness, injury or infection. But chronic, systemic inflammation can be brought on (or made worse) by what we put into our bodies. Foods that can irritate our immune system tend to be processed and unnatural. Additionally, the way we prepare the food can cause inflammation, too.

When it comes to a healthy diet, Dr. Fabrizio always says, "the further away from nature, the more likely it is to be harmful to your health". And that definitely holds true when it comes to inflammation. Stay away from processed meats, commercial baked goods, foods made with white flour and/or trans fat, foods high in sugar or sodium, and anything deep-fried, if you want to avoid inflammation.

In terms of well-known diets, the Mediterranean diet may be the most beneficial in helping people get inflammation under control. It incorporates a good balance of healthy omega-3 fatty acids, vitamin C, polyphenols, fiber-rich foods and other known inflammation fighters while you get to enjoy whole grains, fresh fish and loads of fruits and vegetables. It really is a beautiful diet, both nutritionally and aesthetically.

Remember; even small changes go a long way in healing your body from the inside. Instead of fried potatoes opt for a baked sweet potato. Skip the heavy dressings and drizzle a little olive oil, vinegar and fresh herbs on your salad. Curb your sweet tooth with a piece of dark chocolate and fresh raspberries or throw some fresh peaches on the grill. Before long, all those processed foods won't even appeal to you anymore. Your body will crave the feel-good fuel that eating healthy brings.



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