

Anti-inflammatory - FOODS -



TOMATOES



**EXTRA VIRGIN
OLIVE OIL**



AVOCADO



LEAFY GREENS



**SPIRULINA
CHLORELLA**



NUTS & SEEDS



**FATTY FISH
OR ALGAE**



BROCCOLI



CACAO



BERRIES



MUSHROOMS



GRAPES



PEPPERS



SPICES
turmeric, black pepper,
chili, cinnamon, cloves,
ginger, rosemary



**TART CHERRY
JUICE**



PROBIOTICS



GREEN TEA



HERBAL TEAS
reishi, dandelion,
chamomile, rose hip,
white willow bark

Best Anti Inflammatory Diet Explained For Workers

Minjie Lin



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