

Live Healthy

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Treatment Modalities

Pain Medications

- Constipation
- Probiotics- GI Tract, Anxiety and Depression
- Fluids
- Olive Oil
- Fruits and Vegetables with Skin

Corticosteroids

- Excessive Hunger
- Protein and Healthy Fats
- Fluids

Inflammation and Immune System

- **Inflammation is Caused By Body's Immune System**
- **Strong Immune System**
 - **Antioxidants- Brightly pigmented Fruits and Vegetables**
 - **Think Berries, Carrots, Squash Varieties, Broccoli**
 - **Exercise**
 - **Brief with Rest Inbetween**
 - **Commercials- Favorite Show**
 - **Hydration**
 - **Decaf beverages, Passion flower Tea**
 - **Water with Frozen Fruit**
 - **Sleep**
 - **Chamomile Tea or Sleepy Time Tea**

Write it down!

- **Food Journals**
 - Pain Scale
 - Ask Yourself, How Do I Feel?
 - Bloating, issues going to the bathroom, pain, fatigue?
 - Safe Foods
- **Start with snacks**
 - Grab and Go, Limit Time Cooking and Standing

TOWER OF POWER

Every diner at Andrew Weil's True Food Kitchen restaurants gets a copy of this what-to-eat-at-a-glance rendering of his anti-inflammation diet.

DAIRY

Though the diet limits foods of animal origin, Weil encourages the consumption of high-quality dairy products like yogurt and natural cheeses.

CHOCOLATE

It has its place, in moderation. The type Weil recommends—plain and dark, with at least 70 percent cocoa—is relatively low in sugar and provides healthy fat.

SPICES

The compounds in ginger, turmeric, and other spices protect our tissues and organs from inflammation.

FISH

Eat fish at least twice a week. Choose oily varieties (wild Alaskan salmon, sardines, herring, and black cod) that provide anti-inflammatory omega-3 fatty acids.

WHOLE GRAINS

To keep blood sugar low and stable, swap in slow-digesting whole grains for white potatoes, crackers, chips, and other snacks.

VEGETABLES

Opt for low-glycemic carbs, which won't spike blood sugar. Think starchy roots, tubers, and winter squashes.

FRUITS

Minimize consumption of tropical fruits, like bananas and pineapple, and load up on berries, cherries, apples, and pears.



THANKFUL

