

TOPIC OF THE MONTH!

FEBRUARY'S FEATURED TOPIC IS INFLAMMATION

INFLAMMATION FACTS:

Inflammation is your body's process of fighting against things that harm it, such as infections, injuries, and toxins, and trying to heal itself. Sometimes this is more localized, like when a part of the body becomes reddened, swollen, hot, and often painful, especially as a reaction to injury or infection.

Symptoms of inflammation include redness, a swollen joint that may be warm to the touch, joint pain, joint stiffness, a joint that doesn't work as well as it should. Often, you'll have only a few of these symptoms. However, sometimes inflammation may also cause flu-like symptoms, including fever, chills, fatigue/loss of energy, headaches, loss of appetite, muscle stiffness.

Inflammation, even when mild such as day-to-day chronic stress, is recognized as a risk factor for many health conditions, including asthma, arthritis, and cognitive decline during aging. In addition to the use of anti-inflammatory medications, such as ibuprofen and acetaminophen, there are other ways to reduce inflammation. For example, certain foods can help the body reduce inflammation.

GOOD EATS (ANTI-INFLAMMATORY)

- Tomatoes
- Oils - specifically extra virgin olive oil
- Leafy green vegetables (spinach, kale, collards)
- Nuts (almonds, walnuts)
- Fatty fish (salmon, tuna, sardines)
- Fruits (blueberries, strawberries, cherries, oranges)
- Turmeric



BAD EATS (INFLAMMATORY)

- Refined carbohydrates (white bread, white rice, pastries)
- Fried foods (French fries)
- Sugary drinks (soda)
- Red meat (burgers, steak) processed meats (hot dogs, sausage)
- Margarine, shortening, and lard

ANTI-INFLAMMATORY RECIPE: PEANUTBUTTER & JELLY OATMEAL

Ingredients

- 1 cup water
- 1/2 cup oats
- 2 teaspoons peanut or almond butter
- 1/2 teaspoon cinnamon
- 1/2 cup whole or sliced berries
- Drizzle of maple syrup

Directions

- Boil water in a small saucepan.
- Add old-fashioned oats.
- Cook about 5 minutes over medium heat, stirring occasionally.
- Remove from heat and stir in peanut or almond butter.
- Top with 1/2 tsp. cinnamon and 1/2 cup sliced berries.
- Drizzle with 1 teaspoon maple syrup.

