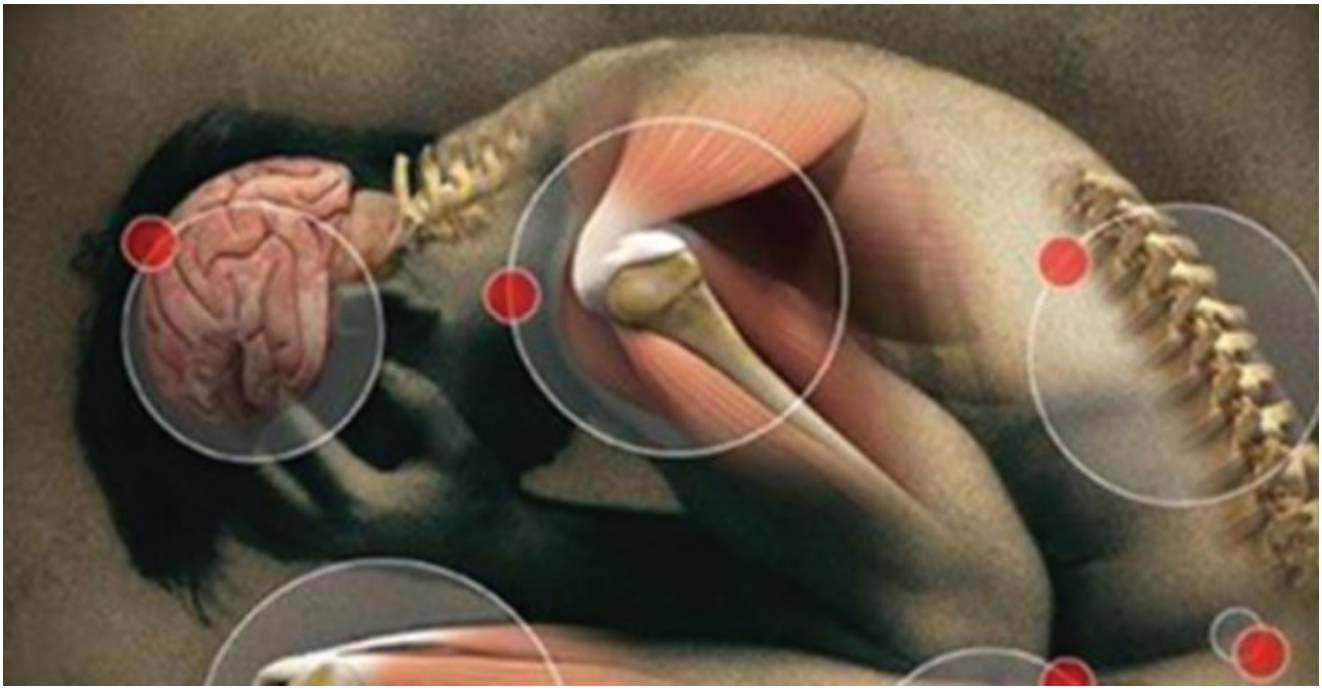
HEALTHY TIPS

You Must Remove these Foods to Fight Off Inflammation

By bestfolkmedicine · 27/05/2018 · 3 min read



The Silent Fire Inside Your Body

Inflammation is not always loud.

It doesn't always show up as pain or swelling.

Sometimes, it whispers...

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- Low energy
- Brain fog

- Joint stiffness
- Digestive discomfort
- Stubborn weight gain

From a naturopathic perspective, **chronic inflammation is the root terrain behind many modern health issues**—from metabolic imbalance to cardiovascular strain.

And here's the uncomfortable truth:

> *It's often not what you're missing… it's what you're still eating.*

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First—Let's Get One Thing Straight

Inflammation itself is not the enemy.

Acute inflammation is **protective**—it helps your body heal.

The real problem is **chronic, low-grade inflammation**, fueled daily by diet, stress, and environmental exposure.

And certain foods?
They pour gasoline on that internal fire.

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7 Foods You Must Remove (or Strictly Limit)

1. Refined Sugar — The #1 Inflammation Trigger

Refined sugar spikes blood glucose and insulin, leading to:

- Increased inflammatory markers
- Oxidative stress
- Hormonal imbalance

It also feeds harmful gut bacteria—disrupting your microbiome.

> Hidden sources include: sauces, cereals, "healthy" bars, flavored yogurts.

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2. Industrial Seed Oils (Vegetable Oils)

Common culprits:

- Sunflower oil
- Corn oil
- Soybean oil
- Canola oil

These oils are high in **omega-6 fatty acids**, which, when excessive, promote inflammatory pathways.

Especially harmful when heated repeatedly (like in fast food).

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3. Refined Carbohydrates

White bread, pastries, and pasta act like sugar in the body.

They:

- Spike blood sugar
- Increase insulin resistance
- Promote fat storage and inflammation

Whole foods processed carbs. Your body knows the difference.

4. Processed Meats

Bacon, sausages, and deli meats often contain:

- Nitrates/nitrites
- Preservatives
- Advanced glycation end products (AGEs)

These compounds are linked to **systemic inflammation and oxidative damage**.

5. Conventional Dairy (For Some People)

Not everyone reacts—but many do.

Dairy can trigger:

- Digestive inflammation
- Skin flare-ups
- Mucus production

Especially if lactose intolerant or sensitive to casein.

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6. Alcohol (Especially Excessive Intake)

Alcohol disrupts:

- Gut lining (leaky gut)
- Liver detox pathways
- Hormonal balance

Occasional use may be tolerated—but chronic intake drives inflammation.

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7. Ultra-Processed Foods

These are combinations of:

- Artificial additives
- Refined oils
- Sugar + salt overload

They create a **perfect storm for inflammation**.

The Deeper Issue: It's Not Just the Food

Inflammation is cumulative.

Even "healthy" foods can become problematic if:

- You’re stressed
- You’re sleep-deprived
- Your gut is compromised

This is why a holistic approach matters.

What to Eat Instead (The Anti-Inflammatory Shift)

Replace—not just remove.

Focus on:

- Leafy greens (magnesium + antioxidants)
- Berries (polyphenols)
- Fatty fish (omega-3)
- Olive oil (anti-inflammatory fats)
- Herbs (turmeric, ginger, garlic)

These don’t just reduce inflammation—they help **repair the terrain**.

The 3-Day Reset (Simple Protocol)

If you want to feel the difference quickly:

For 3 days, eliminate:

- Sugar
- Processed foods
- Seed oils
- Alcohol

Focus on:

- Whole foods
- Hydration

- Herbal teas

Many people report:

- Less bloating
- Clearer mind
- Better energy

Final Thoughts: Your Body Is Always Communicating

Inflammation is not random.

It's feedback.

A signal that something needs to change.

And often, the most powerful shift is not adding another supplement…

It's removing what's harming you daily.

Food is not just fuel.
It's information.

Every bite either calms the fire…
or feeds it.

Read online: https://bestfolkmedicine.com/2018/05/must-remove-foods-fight-off-inflammation/
Downloaded on 24/11/2026

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