

## YOUR SIMPLE GUIDE TO FIGHTING ENT AND SKIN INFLAMMATION THROUGH DIET

### The Basics

- Eat whole, natural foods instead of processed ones
- Include many different plant foods each week (aim for 30+ different plants)
- Have bigger meals earlier in the day during daylight hours and stop eating 3 hours before bedtime
- Eat slowly and mindfully in a relaxed environment

### Best Foods to Choose

#### Inflammation-Fighting Foods:

- Colorful berries and fruits (rich in polyphenols and quercetin)
- Dark leafy greens and cruciferous vegetables
- Green tea, coffee, extra virgin olive oil, and dark chocolate (polyphenol sources)
- Fatty fish like salmon (omega-3s) from clean sources.
- Turmeric, ginger, and other herbs and spices
- Foods with natural quercetin (apples, onions) that stabilize mast cells

#### Foods That Help Your Gut:

- Fermented foods like yogurt, kefir, kimchi, and sauerkraut (boost IgA production)
- Prebiotic fibers (garlic, onions, leeks, bananas, chicory)
- Beans, lentils, and other high-fiber foods
- Bone broth or plant broth (supports gut lining)

#### Foods That Support Your Immune System:

- Orange and yellow vegetables (vitamin A for mucosal health)
- Vitamin D-rich foods (egg yolks, fatty fish)
- Zinc-containing foods (pumpkin seeds, oysters)
- Foods with short-chain fatty acids that strengthen your gut barrier

### Foods to Cut Back On

- Ultra-processed foods with additives, emulsifiers, and preservatives (damage gut lining)
- Added sugars and refined carbohydrates (cause blood sugar spikes that trigger inflammation)
- Industrial seed oils like corn, soybean, and safflower (pro-inflammatory)
- Excessive alcohol (increases gut permeability or "leaky gut")
- Common trigger foods if they bother you: dairy, wheat/gluten, eggs, soy, peanuts, tree nuts, fish, and shellfish

### Eating Habits That Help

- Eat within a 10-12 hour window (e.g., 8am-6pm) to support immune rhythms
- Have your largest meal at lunch, not dinner
- Start meals with salad/vegetables and protein before carbohydrates to reduce blood sugar spikes. Vinegar just before a meal may help reduce glucose spikes,
- Don't eat right before bedtime to allow for gut repair overnight
- Eat in a calm, stress-free environment (stress during meals increases gut leakiness)

### Simple Tips to Get Started

- Begin meals with a small salad with vinegar dressing to slow carbohydrate absorption
- Add a spoonful of fermented foods to your plate daily
- Use herbs and spices generously for their anti-inflammatory properties
- Drink plenty of water
- Consider a 2-4 week elimination diet if you suspect food sensitivities eg. dairy, wheat/ gluten, eggs, soy, peanuts, tree nuts, fish, and shellfish

## Lifestyle Habits That Work Together With Diet

- Get enough sleep (supports IgA production and lowers inflammation)
- Find ways to manage stress before and during meals
- Exercise regularly but not too intensely
- Spend time outdoors in natural light to support your body's daily rhythms
- Drink filtered water and reduce microplastic exposure by avoiding packaging and heating food in plastic containers.

Remember: Everyone's body responds differently to foods. Pay attention to how you feel after eating, and consider working with a healthcare provider to create a plan that's right for you. Consistent daily habits often have more impact than occasional "superfoods."