

FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to arthritis, cancer, heart disease, diabetes, depression, and Alzheimer's.

Fight inflammation with a healthy diet

ANTI-INFLAMMATION FOODS 😊



FRUITS

Berries, oranges, bananas and cherries.
GYF's Snack Replacement



TOMATOES & PEPPERS

Bell & chili peppers.
Grape & roma tomatoes.



NUTS & MUSHROOMS

Almonds, walnuts, Shiitake, & portobello.



LEAFY GREENS

Spinach, kale, collard greens & brussels sprouts.
GYF's Snack Replacement



OLIVE OIL & AVOCADOS

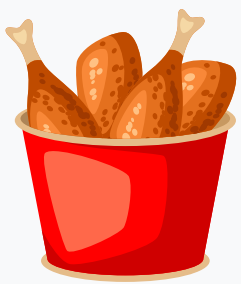
Extra virgin olive oil is best. Guacamole.



FATTY FISH & OMEGA-3'S

Salmon, mackerel, tuna, and sardines.
GYF's Omega-3's

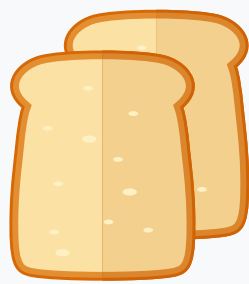
INFLAMMATION FOODS ☹️



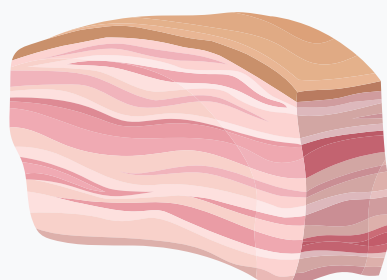
FRIED FOODS



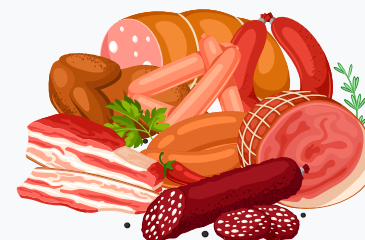
SODA



REFINED CARBS



LARDS & GREASE



PROCESSED MEATS



SWEET TREATS

EASILY GET FASTER RESULTS ⚡



Coffee + Collagen



Movin' Joint Support



Snack Replacement



Meal Replacement