

3 Simple Ways Your Diet Can Reduce Inflammation

Inflammation occurs when our body is working to heal itself. When we are sick, injured, or have an infection, the body sends inflammatory cells to the affected area to promote healing. However, when we are not taking the best care of ourselves, inflammation can also occur chronically throughout the entire body.

Chronic inflammation can arise when we ingest toxins on a regular basis. Unfortunately, common vices such as sweet tooths, smoking habits, a love of fried food, and too many alcoholic drinks can become causes of chronic inflammation.

When our body is constantly in protection mode, it is working hard to keep us healthy, therefore depleting our energy sources and weakening our immune systems.

Signs of body inflammation

You may be experiencing body inflammation symptoms if you suffer from redness and swelling, joint stiffness and pain, headaches, fatigue, and loss of appetite. If you think you are experiencing inflammation, talk to your doctor for medical advice. However, we are what we eat. What we consume can often be the culprit of unnecessary inflammation. There are some simple ways to prevent and reduce overall inflammation in the body by tweaking our eating habits and supplementing our diets with anti-inflammatories, like [Fully Nutrition's turmeric gummy](#).

1. Take supplements to reduce inflammation in the body

We live busy lives. Taking the time to fully prepare each meal with fresh whole foods and healing herbs and spices is not always possible. This is where supplements come in. Fully Nutrition provides a range of natural supplements containing proven and high-quality ingredients that support our general wellness.

Turmeric

Taking a turmeric supplement is a great way to fight inflammation and improve your overall health. Turmeric is known for its healing properties: reducing inflammation, relieving joint pain, strengthening the immune system, supporting brain health, and preventing heart disease. [Fully Nutrition has curated a Turmeric gummy supplement](#) that contains curcumin—that primary active ingredient that relieves pain, swelling, and general inflammation. Food allergies and sensitivities are a major source of swelling; Fully Nutrition created its Turmeric supplement with this in mind. The Turmeric gummy has a natural apricot flavor and is dairy, soy, gluten, and nut free!

Ginger

For centuries, ginger has been used as a natural healer all over the world. Adding ginger to your diet is proven to boost the immune system. This is why the second active ingredient in Fully Nutrition's Turmeric gummy is ginger extract. A ginger and turmeric blend is perfect for both preventing and fighting infections, swelling, and digestive issues.

2. Eat foods that reduce inflammation

Consuming foods that fight inflammation is key to a healthy diet and maximizing the efficiency of supplements. While yes—anti-inflammatory foods can reduce inflammation, this diet is generally beneficial for our overall wellness, whether we are looking to fight inflammation or not.

Fruits and vegetables

Classic fruits and vegetables have endless health benefits. Cherries, avocados, tomatoes (yes, avocados and tomatoes are fruits), and berries are loaded with antioxidants. Antioxidants prevent inflammation by defending our body from toxic or foreign substances.

Dark chocolate

If fruit isn't always your thing, satisfy your sweet cravings with dark chocolate. Dark chocolate—minimally processed and low in sugar—can greatly reduce body inflammation. It is rich in flavonoids (antioxidants that protect our cells from damage) that fight inflammation.

Fish

There are good fats and bad fats. Fish are full of the essential fats that keep us happy and healthy; specifically, fish are a great source of Omega-3 fatty acids. This type of fat reduces the body's production of substances associated with inflammatory processes.

3. Avoid foods that cause inflammation

However, this is not to say that eating anti-inflammatory foods will “undo” an equally unhealthy diet. It's all about moderation. Make sure to prioritize foods that combat inflammation over those foods that cause inflammation. Diets that are heavy in inflammatory ingredients can take a toll on our health. Limiting the consumption of these foods will reduce the toxins in our bodies that cause inflammation and maximize the efficiency of supplements.

Dairy

Dairy products can be high in “bad fats.” Saturated fats naturally occur in many cheeses, milk, yogurt, and butter products. Eating high quantities of saturated fats in dairy can spike inflammation.

Processed sweets

Refined sugars and artificial sweeteners spark inflammation and contribute to a wealth of health issues. For a surefire way to reduce some inflammation, cut these out completely! Reach for occasional, small quantities of natural sweeteners like honey or agave instead.

Fried food

We talked about the good fats and the bad fats. Omega 3's are good, Omega 6's are bad. Oils used to fry meat and snacks are typically Omega 6's, which are linked to increasing inflammation. Still looking for some crisp to your food? Try an air fryer!