



## Dr. G. VASSILEVS' SUGGESTIONS FOR ANTI-INFLAMMATORY DIET

- Red Seaweed - *The natural mineral ingredient, Lithothamnion Corallioides derived from red seaweed has been shown to have significant age related joint health benefits in numerous clinical studies including a recent study by the Geriatric Research Education and Clinical Center in Minneapolis published in the Nutrition Journal in February of 2008.*
- Pomegranate Fruit - *Long recognized by the Greeks for its incredible antioxidant properties.*
- Rosemary Leaf - *Native to Greece and used as a component in Ayurvedic and Unani medicines.*
- Holy Basil - *Has been shown to possess powerful adaptogenic properties.*
- Pineapple - *Broad Range of Phytonutrients.*
- Broccoli - *Contains Sulforaphane, an isothiocyanate is believed to stimulate enzymes in the body.*
- Avocado - *Nutrient-rich vegetable that contains Amino Acids, proteins and Vitamins A, D and E.*
- Carrot - *Apple offers a wide variety of health-promoting benefits.*
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- Orange - *Contains important antioxidants that help protect the body against environmental pollutants and deficiencies.*
- Tomato - *Contains Lycopene, an important member of the Beta-Carotene family.*
- Grape Seed Extract - *Has nutrient dense levels of naturally occurring Vitamin C.*
- Olive Leaf- *Natural botanical product since 1800's.*
- Brussel Sprouts - *Enhances the body's production of naturally occurring antioxidant enzyme factors.*
- Cauliflower - *Contains minerals that contribute to proper pH balance.*
- Beets - *High in vital nutrients such as Potassium, Dietary Fiber, and Tryptophan.*
- Blueberry - *Ranked number one amongst fruits and vegetables by the USDA in terms of antioxidant activity.*
- Celery - *Contains 85% 3-n-butylphthalide, beneficial compound that acts as a natural support for the circulatory system.*



- Grape - *Support the body's antioxidant defenses by counteracting the effects of free radicals.*
- Kale - *Gained widespread attention due to health promoting Phytochemicals.*
- Lemon - *High content of beneficial Vitamin C.*
- Lime - *Nutrient rich fruit with many powerful properties.*
- Radish - *Known for its high vitamin C content.*
- Cherry - *Contains antioxidants the fight free radicals*
- Leek - *Leek is a nutrient rich vegetable high in Vitamin K, Vitamin B6, and Vitamin C which can offer joint health benefits. Clinical studies have shown that Vitamin K plays an important role in maintaining bone/joint health.*
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ENJOY, AND REMEMBER: MAKE LITTLE PERMANENT CHANGES