

MARSHALL HEALTH

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FOOD PLAN FOR REDUCING PAIN AND INFLAMMATION, SUPPORTING STRUCTURAL HEALTH, AND HEALING MUSCULOSKELETAL CONDITIONS

The purpose of this food plan is to help you achieve and maintain health by decreasing foods that lead to inflammation and pain, decreasing your intake of harmful chemicals, and optimizing your intake of healthy protein, fat, and carbs. It can also aid in weight management and in the prevention of heart attacks, type 2 diabetes, cancer and strokes. The plan may be modified if you have food allergies or are gluten sensitive.

Grocery Shopping

Healthy food is better for your body - it is not just a fad. Where possible, buy organic produce. At the very least concentrate your shopping on the perimeter of the supermarket, away from packaged foods. Non-organic produce, including fruit, vegetables and meat, contain pesticides, and may also contain other chemicals or harmful metals. These are stored in your body, where they stimulate pain receptors, create inflammation, increase free radical production, making healing more difficult.

Protein

The goal is to ensure sufficient healthy sources of protein to supply amino acids that help to preserve and build muscle and heal musculoskeletal conditions. Adequate protein is needed on a daily basis. It is broken down into amino acids, and these are the building blocks for muscle health, enzymatic reactions, hormone production and an array of cellular reactions. The recommended daily intake is 0.8 - 1.2g of protein for every Kg of body weight. Protein requirements vary, depending on the state of health.

- For sedentary individuals - 0.8g/Kg
- For those participating in moderate to vigorous aerobic training - 1.2 g/Kg
- For those looking to build muscle with resistance exercise (weight lifting etc) - 1.4 - 1.6g/Kg
- If healing from surgery - 1.0 - 1.2g/Kg
- For healing a tendon or ligament from injury - 1.2g/Kg

Protein Guidelines

- Eat protein at every meal and snack
- Limit red meat or eliminate it unless it is free-range or grass-fed
- Use organic or free-range poultry where possible
- Avoid charring or browning meats
- Avoid lunch meats such as salami as they are high in nitrites (preservative)
- Include nuts/ nut butters and seeds as a snack protein source
- Soy products such as miso, tempeh and whole soy milk are a good source of protein
- Avoid dairy as much as possible, or use organic products
- Dairy milk can be substituted by rice, almond, oat or quinoa milk
- Include beans (kidney, butter, navy) as a vegetarian protein source

- Use a good quality protein powder in smoothies
- Minimise large fish such as tuna and swordfish - they are high in mercury. Farmed salmon is exposed to toxins and is often grain-fed, so wild salmon is best, as is river trout

Fats

Fat intake is directly related to inflammation. Cell membranes are composed of fats, making it very important to include healthy fats in your diet, and avoid unhealthy fats.

- Eat healthy fats (omega 3 and 6) and decrease unhealthy fats (trans fats)
- Use extra virgin, cold pressed coconut oil or olive oil for cooking and or flaxseed oil
- for salads
- Make your own salad dressing using 2 parts flaxseed oil, 4 part olive oil, and balsamic vinegar
- Other sources of healthy fats (omega 3) include sardines, ocean salmon, walnuts
- Dry roasted or raw nuts are an excellent source of healthy fats
- Eliminate deep fried foods and processed foods (ice cream, chocolate, pastries)

Carbohydrates

Limit processed carbs and simple carbs such as sugar and processed foods. Complex carbs such as whole grains provide high nutrition and fibre. Focus on these to minimise inflammation.

- Consume 2-3 pieces of fruit daily
- Include 3-5 cups of veggies daily, 50% raw, 50% cooked
- Buy organic vegetables and fruit whenever possible
- Juicing fruit and vegetables will provide a nutrient boost - think about kale, celery, carrot, beetroot, ginger, apple
- Avoid processed foods such as pastries, biscuits, cakes, scones, muffins, white potatoes, white rice, pasta.
- Including beans (for example kidney, black, pinto) will increase fibre intake and lower bowel inflammation
- Use bread with high protein content (3 -5 g per slice). Look at the nutrition panel to check protein content. Sprouted grain and seed breads are best. Use millet, quinoa, amaranth
- Avoid packaged breakfast cereals except a whole raw museli, or home made museli

Steps for healthier food choices

Start where you are and proceed step by step towards your goal. Follow these general guidelines:

- Eliminate partially hydrogenated oils found in processed foods. Choose products labeled “no trans fats”
- Minimise or avoid eating in fast food restaurants. When you do eat out, include salads and vegetables and avoid deep fried foods
- Minimise sugars and starches (cakes, biscuits etc)
- Increase healthy fresh foods such as fruits and vegetables. Berries are a particularly good choice as they are rich in antioxidants
- Choose a range of vegetables of different colours (a rainbow of colours) as this will maximise your intake of antioxidants. Each colour vegetable has a different antioxidant
- Eat protein at every meal and snack
- Choose free-range or organic meats and poultry
- Choose organic dairy products if you choose to eat dairy
- Consume green tea regularly as it is highly in anti-inflammatory

Breakfast suggestions

Ensure you eat at least 1/4 of your daily protein needs at breakfast

- Natural museli with almond or rice milk
- 2 organic eggs on organic whole grain toast, with tomatoes
- Omelette or scrambled eggs with mushrooms and/or spinach
- Smoothie with berries and protein powder
- Roasted tomatoes, spinach and mushrooms on toast
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Lunch Suggestions

- Sandwich made on high fibre sprouted or grain bread, with nut butter, turkey, chicken, meat and salad
- Vegetable frittata
- Salad with tofu and nuts
- Chicken salad with lettuce, green beans, capsicum and olives

Dinner suggestions

- Include at least 2 servings of veggies and a source of protein of your choice, e.g stir fry, curry, salad
- Minimise desserts - use fruit and/or nuts
- Soups with whole grain bread

Kind regards,
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