ANTI-INFLAMMATORY FOODS
Use these in smoothies, soups and salads

- alfalfa
- alfalfa grass
- almonds
- almond butter
- artichokes
- asparagus
- avocado
- barley grass
- basil
- bee pollen
- bell peppers
- black radish
- bok choy
- brussels sprouts
- buckwheat
- cabbage
- caraway seeds
- carrots
- cauliflower
- cayenne pepper
- celery
- cherries
- chives
- cilantro
- coconut - fresh
- cucumber
- cumin seeds
- egg plant
- endive
- fennel seeds
- figs
- garlic - fresh
- ginger - fresh
- green cabbage
- horseradish root
- jicama
- kale
- kamut
- lea...