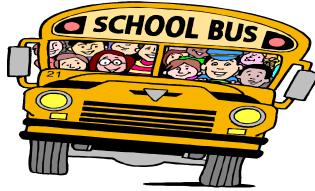


The Spinal Column August 2008



Help Fight Inflammation Naturally

Anti-inflammatories all come with adverse effects, whether over the counter (ie: Aleve, Tylenol) or prescription. These side effects can range from hallucinations, to kidney and liver disease. To help you avoid these things you can do some simple things from using an ice pack for 10 minutes to some dietary changes.

Foods that promote inflammation:

Refined carbohydrates in the form of sugar, sweeteners and flour produce inflammatory responses, as do refined oils and obese (fatty) meat. A surprise to many is that even whole grains and legumes (beans) can promote inflammation. Try to avoid these.

A reasonable recommendation is for 80 percent to 100 percent of our calories to come from vegetables, fruit, raw nuts, potatoes, and either lean or omega-3 protein sources including fish, lean meat, skinless chicken, wild game, grass-fed animals and omega-3 eggs. Spices such as garlic, ginger, turmeric, oregano and the other popular spices are all anti-inflammatory. The best oils/fats to use in moderation are extra-virgin olive oil, coconut oil and butter.

Another key to reducing dietary trauma and inflammation is to eat appropriate amounts for your body. In general, overeating leads to an inflammatory response.

Vitamins such as vitamin C and Zinc helps reduce inflammation and promote healing. Also Bromelain and Garlic are high in anti-inflammatory properties. These in conjunction with your adjustments will help your body heal more efficiently which is much better then just covering up a problem and allowing it to get worse.



Give favorite dishes a meatless makeover

Add vegetarian sausage to marinara sauce. Swap the meat filling in tacos and burritos for vegetarian refried beans or soy burger crumbles. Make your next burger a veggie burger.



Recipe of the Month

Linguine with Sautéed Vegetables

Start to finish: 30 minutes

8 ounces whole grain linguine or spaghetti

2 tablespoons extra-virgin olive oil

1 small eggplant, peeled and cut into 1-inch pieces

2 medium fresh Portobello mushrooms, stems removed and cut into 1 ½-inch pieces

1 large green sweet pepper, cut into 1-inch pieces

1 ½ cups red pasta sauce

1 small tomato, chopped

½ cup shredded part-skim mozzarella cheese or mozzarella flavor soy cheese shreds

2 tablespoons finely shredded Parmesan cheese

¼ teaspoons freshly ground black pepper

One: Cook pasta according to package directions. Drain pasta. Return to pan. Cover; keep warm

Two: Meanwhile, in a very large skillet heat olive oil. Add eggplant; cook over medium-high heat for 5 minutes, stirring frequently. Add mushrooms and green pepper; cook 5 minutes more or until tender, stirring frequently. In a medium saucepan heat sauce.

Three: To serve, place pasta and top with vegetables. Sprinkle with tomato, mozzarella cheese, Parmesan cheese and black pepper. Makes 4 servings.



