

TOP 26

# *Shopping List*

**SUPERMARKET FOODS**

TO PREVENT DEMENTIA, CANCER AND  
REVERSE AUTOIMMUNE DISEASE!



# TOP 26 “SHOPPING LIST” SUPERMARKET FOODS TO PREVENT DEMENTIA, CANCER AND REVERSE AUTOIMMUNE DISEASE!

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# TOP 26 “SHOPPING LIST” SUPERMARKET FOODS TO PREVENT DEMENTIA, CANCER AND REVERSE AUTOIMMUNE DISEASE!

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## INTRODUCTION

Do you often complain about body pain, acne, dandruff, or some other inflammatory disease? Chances are that you have inflammation, and you might not even know about it.

As our dietary habits keep getting worse, and soil nutrient depletion is at an all-time high, most adults don't meet their daily required limit of vitamins, minerals, and antioxidants.

Since 2000, 125 million Americans have been living with inflammatory illnesses. Furthermore, at least 1.6 Americans have developed inflammatory bowel disease, according to a study by Pfizer<sup>1</sup>.

This brings us to an important question- is there anything you could do to protect yourselves from heart, organ, and brain inflammatory diseases?

The answer is YES.

Inflammation is a silent killer that slowly damages your bodies from the inside out. According to WHO, it is one of the greatest threats to human health<sup>2</sup>.

There are too many causes of inflammation. Think of a bad diet and environmental degradation. However, one thing remains undeniable- the effect of inflammation is deadly, and it gives rise to other serious inflammatory diseases like cardiovascular diseases, dementia, arthritis, and so on.

Inflammation is your body's natural response to injury, stress, and harmful particles. You might commonly know it as the redness and swelling that comes from getting an infection or injury. However, these are just the visible causes of inflammation, and you might not recognize many underlying causes that can harm your body.

A team of neuro researchers from Cambridge<sup>3</sup> set out to explore the effects of inflammatory diseases on dementia, indicating that inflammation is not just limited to constant stress. It could create further problems by harming the brain as well. The link between inflammation and dementia was established through the discovery of harmful proteins.

The circle of inflammation is vicious. The buildup of harmful particles and proteins damage the cells, leading to inflammation, and inflammation leads to further cell damage. It has also been linked to many autoimmune diseases, which is another common problem in Americans.



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## WHAT IS INFLAMMATION?

Inflammation is your body's natural response to fighting against everything harmful to it. Injuries, infectious disease, parasites, toxins – they all cause grave harm to your body. Inflammation is caused by your body's attempts at fighting and healing itself.

On a cellular level, when something is damaged, your body sends a chemical response to your immune system that triggers the fight response. Your immune system then reacts by releasing a host of antibodies in the blood flow, which targets the damaged area. The entire process of fighting the damage or infection can last for many hours or even days if you are suffering from acute inflammation.

When this inflammation comes from a lingering disease or abnormality in your body, the inflammation never goes away and gives rise to chronic inflammation.

Think of your body in a state of constant panic. This is why chronic inflammation is harmful and causes major stress on your internal organs and tissues.



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## WHAT CAUSES INFLAMMATION?

Acute or chronic inflammation occurs through very visible symptoms. You will experience sharp pain, swelling, and redness in your body. In addition to that, you could also feel tired or lethargic and feverish. You could also develop mouth sores, rashes, or consistent pain on various body parts. These symptoms can be mild or severe, and last for months.

Chronic inflammation is often a result of:

- Negligence of acute inflammation.
- An autoimmune disorder, which causes your body's immune system to attack its own cells.
- Being in the presence of pollutants and irritants for a long time.

There is no fixed pattern of inflammation, and some people may have a higher tolerance for chronic conditions than others. Experts believe the most common causes of inflammation include the following:

- Obesity
- Alcohol and smoking
- Chronic stress
- Autoimmune diseases
- Certain types of foods



## WHAT ARE THE FOODS THAT CAUSE INFLAMMATION?

Our dietary habits include many groups of foods that are highly commonplace and pretty much inseparable from the daily menu. However, they contribute to inflammation and should be completely eliminated or severely limited to ensure that you reduce inflammatory factors that are worsening your health.

Some of these harmful foods include:

### Refined carbohydrates

White rice, flour, corn, bread, pastries, and the like, are common refined carbohydrates that make up a majority of our menu.

### Fried starch and carbohydrates

These include fast food, French fries, etc.

### Sugar

Sweetened beverages, soda, and desserts are a huge source of inflammation.

### Red meat and processed meat

Any red meat and processed meat like pepperoni, hot dog, deli products, jerkies, bacon, and pepperoni are categorized as inflammatory<sup>4</sup>. Higher intake of these foods has been proven to cause inflammatory diseases, cardiovascular diseases, cancer, obesity, and stroke.

### Margarine, lard, shortening

Any oil that contains hydrogenated or even partially hydrogenated oil and trans fat is a source of inflammation.

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## WHAT ARE THE HEALTH RISKS OF INFLAMMATORY FOODS?

The diet you eat deeply impacts our bodies and brain. Inflammatory foods have been linked to obesity, which is, in itself, a major factor that causes inflammation. Many studies revealed that even after considering obesity, inflammation still is a major cause rising from the food you eat. So, it is not just that obesity is causing the inflammatory reaction, but the food you eat is at least partially responsible for the same.

## GOOD NEWS: ANTI-INFLAMMATORY FOODS DO EXIST

Anti-inflammatory foods are natural and organic foods. They are wholesome and provide a good boost to your vitamins, minerals, and antioxidant levels. If you are looking to improve your diet, these 26 supermarket friendly foods should always be in your pantry and incorporated into your daily means.

### TOMATO

Tomatoes are packed with beneficial vitamins like vitamin C and potassium, and antioxidants like lycopene.

Lycopene is a carotenoid that is abundantly present in tomatoes and comes with a wealth of health benefits, including improving cardiovascular health and preventing cancer.



Tomatoes are one of the instrumental foods that can regulate your body from the inflammatory response by protecting your cells. Lycopene has the power to prohibit inflammatory mediators from being released in your bloodstream. It also causes the activated immune cells in your body to die, which prevents the harmful effects of inflammation from becoming a bigger problem<sup>5</sup>.

Many studies conclusively state that consuming fresh fruits, whole grains, and vegetables in your diet has the effect of reversing cellular carcinogenesis. For starters, cellular carcinogenesis is a process that causes cell depletion and gives birth to tumors.

The main bioactive component in these beneficial foods that impacts the progression of carcinogenesis in cells is lycopene. It does that through many different regulatory functions in your body.

For example, the carcinogenesis process is halted by the carotenoid regulating the hormonal imbalance in your body, facilitating cell cycle control, and apoptosis. The high quantity of oxygen in lycopene has been shown to selectively stop cell growth and halt cancer cells, but not impact normal cells. This way, it can protect your internal organs like the colon, breast, prostate, lungs, and liver from cancer and inflammation.

Tomatoes are an easy food to be incorporated in daily diet. You can have them in salads, eat them raw, include them in dishes like salsa, and so on.

In fact, drinking tomato juice is found to reduce the inflammatory effects in overweight women. If you are looking to boost the amount of lycopene intake in your body, you can cook it in olive oil. That is because lycopene is fat-soluble, which greatly improves your body's ability to ingest it when you pair it up with olive oil.

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## BERRIES

Berries are a nutrient powerhouse. They are packed with vitamins, minerals, and fibers. There are so many varieties of them, and they are called natural candies for their sweet-tart taste and bite-sized appearance.

If you have access to fresh strawberries, blueberries, blackberries, raspberries, or any other type of berries near you, add them to your daily diet for a good dose of micronutrients.

The biggest reason berries are so popular amongst people who suffer from inflammation is that it is full of an antioxidant called anthocyanins. These antioxidants are what give a vibrant coloring to berries.

The effects of berries on inflammation have been subject to major studies and human trials, and anthocyanin has been proven to reduce the risk of inflammation in people who are prone to chronic disease<sup>6</sup>.

Our bodies can create natural killer or NK cells. These keep our immunity intact. A study showed that daily consumption of blueberries increased the production of NK cells in men, as compared to those who did not consume it<sup>7</sup>. Another study conclusively proves that strawberries can lower certain types of inflammatory markers that are associated with an elevated risk of heart diseases.

Naturally, this is what makes berries so important when it comes to fighting inflammation and keeping the risk of chronic diseases at bay.

## BROCCOLI

Broccoli is versatile. You can put it in salads, soups, dishes, and other recipes. It is a cruciferous vegetable that makes it on par with vegetables like kale and cauliflower.

Cruciferous vegetables have always been high on nutrients and fiber. Broccoli is promising when it comes to eliminating inflammation that leads to heart disease and cancer. The effects of the vegetable have been attributed to its natural ability to fight inflammation.

Broccoli contains a compound called sulforaphane, which fights inflammation. It does so by lowering the levels of cytokines in your body, which is a known factor driving inflammation.

Many pieces of research show that phytonutrients like sulforaphane can fight aging by protecting your cells against free radicals that scavenge and cause irritation. They can also control the level of LDL or low-density lipoproteins in your arteries, which keeps the risk of heart diseases at bay.

Cruciferous vegetables, like broccoli, are also full of glycosylated. They have a massive uplifting effect on your health. When cooked or chewed, they get converted into antioxidants that fight against inflammation and decay<sup>8</sup>.





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## AVOCADOS

Surely, avocados are more than just a fad. They are a major source of magnesium, fiber, potassium, and monounsaturated fats, which are essential for heart health.

To top this up, avocados also have a bunch of antioxidants like carotenoids and tocopherols, which have been proven to reduce the risk of cancer<sup>9</sup>.

Notably, avocado is effective in reducing the effect of *Malassezia*, a naturally occurring yeast that lives in your skin and scalp. When your immune system malfunctions, these yeasts become overactive and cause diseases like rosacea, dandruff, seborrheic dermatitis, and so on.

If you don't have a particularly healthy diet and love eating fast food like hamburgers, consuming just a piece of avocado has been proven to reduce the inflammation caused by the harmful effects of these junk foods<sup>10</sup>.



## GREEN TEA

This one is a no brainer. The beneficial effects of green tea are widely known. It is one of the healthiest beverages that you can drink. If you love to drink tea or coffee, it might be a good idea to cut down on those and switch to green tea.

There are way too many green tea recipes available online, and you can brew it hot or cool and drink it like a tropical cocktail, with a choice of sugar substitute.

The reason that green tea is so popular is because of its notable effects against heart disease, obesity, and Alzheimer's. It is packed with antioxidants that help fight harmful radicals in your body that cause cell damage.

One of the most potent antioxidants which fight inflammation is epigallocatechin-3-gallate (EGCG). It works by prohibiting the production of cytokine in your cells, which causes damage to the protective fatty acid layer of the cells<sup>11</sup>.



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## MUSHROOMS

If you follow a vegan diet, mushrooms can be an excellent source of protein. They are available readily in every supermarket, and they come in many varieties.

Truffles, portobello, shiitake, button, and oyster are some common varieties you can find on the shelves. Some of them can get expensive because of the production difficulty, like truffles and portobello, which are produced in very little quantities and have a very small shelf life. However, button and oyster are common mushroom varieties that you can consume plenty, and they are very affordable to fit into your daily diet.

For a food that is super low calorie, mushrooms are rich in copper and selenium content, which are essential minerals not found often in many foods. They are also a good source of vitamin B and many antioxidants that help fight against inflammation.

Remember not to overcook mushrooms, as that can reduce their anti-inflammatory effects notably. You can incorporate them raw or cook them slightly in olive oil to get the most benefits. The metabolites, polysaccharides, phenolic and indolic compounds in mushrooms help fight against inflammation significantly<sup>12</sup>.



## PEPPERS

If you love spicy and colorful foods, peppers are a wonderful addition to the grocery basket. They are packed with vitamin C and many powerful antioxidants that fight against inflammation in your body. This includes all different kinds of pepper varieties from jalapenos to bell peppers.

Bell peppers are rich in quercetin, which fights against the oxidative damage happening in your cells through normal activities like exercising or eating food. It helps reduce inflammation and protects you from aging. The sinapic and ferulic acid in peppers are equally potent and beneficial in their fight against inflammation<sup>13</sup>.

If you are trying to keep your weight in check, they are excellent sources of fiber as well and keep you full for a long time while only ingesting a very small number of calories.

## GRAPES

Grapes are another great dessert option if you don't have regular access to berries. They taste naturally sweet and tart and can be very filling. In addition to being absolutely delicious, they also contain a healthy number of anthocyanins, which gives them the power to fight against inflammation.

They can also help you decrease diseases linked to cardiovascular health, obesity, and eye disorders. They contain resveratrol, which is a polyphenol and believed to have significant health benefits due to its antioxidant properties<sup>14</sup>.

It helps give your immune system a boost against cancer and leukemia. You can eat grapes on their own, or even pick up a good quality red wine which has a significant concentration of healthy antioxidants and can help you give your daily dose of antioxidants.

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## TURMERIC

Turmeric is a very common spice used in Asian cuisine and has recently gained traction in the western world due to its many beneficial health effects. It is abundantly used in Indian dishes and contains curcumin, which is a powerful anti-inflammatory.



If you are suffering from inflammatory diseases such as diabetes, arthritis, or have precursor conditions like dementia, you should consider incorporating turmeric in your daily diet.

Only a single gram of curcumin consumed every day along with piperine can help decrease the inflammation in people with metabolic abnormalities. Overweight and obese people can benefit from consuming turmeric daily by increasing their intake to at least 2.8 grams of curcumin in a day.

If it is not readily available in your area, you can also incorporate the potential effects of the spice through supplements. However, this is a common spice that can be found in most grocery stores and supermarkets. For a boosted effect, consume turmeric with black pepper in teas, or dishes, which can help increase the absorption of curcumin in the body<sup>15</sup>. This spice has been used for eons for its medicinal properties, that inflammation sufferers can benefit from most inexpensively.

## GINGER

Ginger is a zesty, savory spice that is a major ingredient of many cuisines. This is a fresh root that is available in most supermarkets.

It is a traditional medicinal herb that has been used in the events of diarrhea, headaches, and, most importantly, to fight the inflammation arising from infections. The power of ginger has been praised and practiced for centuries. Recent scientific studies have confirmed that the 6-shogaol, a crucial bioactive component of ginger, plays an essential role in keeping memory sharp.

It fights against oxidation agents that harm our bodies and fight against neurological diseases such as dementia and alzheimers<sup>16</sup>. It helps reduce brain inflammation.

## CINNAMON

Cinnamon is a very popular spice that is used not only in cooking savory dishes but is also put into desserts, sweets, and drinks for the wonderful aroma. It has potent anti-inflammatory properties and is very effective against swelling.



Sprinkle it in your breakfast cereal, tea, or coffee, or put it in your food - the effects of cinnamon are undeniably strong. The two major components that inhibit the harmful effects of inflammation in human brains are known as cinnamaldehyde and epicatechin.



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In malfunctioning neural pathways, a toxic protein called tau gets generated<sup>17</sup>, and these two compounds help fight against these.

Tau proteins help form clumps and tangles in the brain, which has made researchers conclude that this is what causes diseases like Alzheimer's. These compounds found in the cinnamon fight against the inhibitory proteins and protect your brain from forming clumps, which prevents Alzheimer's.

## GARLIC

No dish is complete without a healthy splash of garlic, and the anti-inflammatory effects of garlic are known to relieve the symptoms of arthritis. Even a little bit of fresh garlic used in foods every day not only adds a bunch of complex flavors, but it also boosts your health.

If you don't like the taste of raw garlic, you can also lightly roast it in olive oil for a mild and sweet flavor, which can equally deliver the beneficial effects of the spice.

When tested in test tubes, garlic has compounds that help kill cancerous cells. The Iowa Women's Health Study researched 41,000 middle-aged women who routinely consume garlic. Result? They were found to have a 35% lower risk of colon cancer than their counterparts who did not consume garlic<sup>18</sup>. It is important to mention here that you don't get the same benefits from supplements as you get from raw and cooked garlic, so try to incorporate them fresh in your food in some way.

## SPINACH

Spinach is a nutrient powerhouse and a great source of Glutathione. It is a powerful antioxidant that fights against inflammation and neutralizes free radicals, hence reducing inflammation.

You can find this antioxidant in many other foods as well, such as avocados, garlic, tomatoes, milk thistle, and apples. Spinach is, however, a healthy combination of fiber as well, which helps you keep your bowels clear and your body healthy.

The antioxidant is naturally occurring in your body, and it fights inflammation from within. It protects your body from the effects of free radicals. When you don't have adequate levels of this antioxidant in your body, you stand to risk stroke, Alzheimer's, and heart disease caused by inflammation<sup>19</sup>.

By fighting inflammation, the Glutathione reserved in your body gets depleted, which is why you need to replenish it by readily consuming Glutathione rich foods with every meal.

Besides fighting inflammation, it also gives you glowing and clear skin, helps your body detoxify, and facilitates your body and brain functions to work healthily.





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## ALMONDS AND LEGUMES

Magnesium is an essential mineral that helps your bodies stay healthy by fighting inflammation. When you have a low level of magnesium in your body, you will suffer from high levels of stress.

Stress is, in itself, a major cause of inflammation. It releases many harmful chemicals in your body that destroys cells and causes you to age prematurely. Almonds and legumes contain a healthy dose of magnesium.

Many people tend to crave chocolate or refined carbohydrates when they are stressed. The reason is that stress alters your brain chemistry and lowers the level of dopamine or happy hormones, which is dependent on magnesium to work properly as a neurotransmitter<sup>20</sup>.

70% of people in America are deficient in magnesium, and this has made this mineral the need of the hour. You should definitely add more almonds and legumes in your diet, which can also be found in dark, leafy green vegetables as well.

## CLOVE

Cloves are a known expectorant that can potentially treat stomach problems, nausea, and, most crucially, the inflammation of throat and mouth in case of cold, cough, or common illnesses. Research suggests that the reason cloves are so effective against these ailments is because of their anti-inflammation properties.

You can consume the spices whole, mix them in food, and they make a great addition to savory and baked foods. Soups, stews, desserts, cloves can mix with anything and infuse the flavor and nutrition that your body needs to protect you from inflammation.

You can also put a few bulbs of cloves in your tea or hot cider and reap the benefits.

The essential oil of cloves, known as CEO<sup>21</sup> is where cloves derive their effects. It has antimicrobial, antiviral, and antioxidant properties that help fight inflammation and tissue remodeling. It also has cancer-fighting properties because of its most active component, which is called eugenol.

## DARK CHOCOLATE AND COCOA

Dark chocolate is one of the most delicious additions you can make to your diet. It has loads of antioxidants, and you can find it readily in any supermarket. Try to look for ones that do not contain sugar, and you can happily consume a few slices of dark chocolate with dinner as a dessert. The antioxidants found in dark chocolate have inflammation-fighting capabilities.

A study conducted on smokers showed that they had a significant improvement in endothelial function when they consumed high-flavonoid chocolates only within a couple of hours<sup>22</sup>. Make sure that your dark chocolate has at least 70% cocoa compound.

Although if you can find some that have even higher, it's better because the flavonoids increase when the cocoa compound percentage increases.



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## CHERRIES

Cherries are a delicious fruit you can find in any supermarket, and they are on par in antioxidant levels with berries. Their bright red color comes from anthocyanins and catechins, which are the main component that helps your body in its fight against inflammatory components and free radicals.

Sweet cherries have been celebrated for their taste and contribution to your dietary dishes like desserts. However, if you really want to amp up in your nutrient and antioxidant intake, consider tart cherries. They have been extensively studied for beneficial health effects, and they have a wealth of good properties.

Consuming around 280 grams of cherries every day for a month can decrease your inflammatory markers and provide significant relief in inflammatory pain and infections.

Even after you stop eating cherries, they continue to benefit your body, and your inflammatory marker levels remain low for quite a long time<sup>23</sup>.

Cherries might not be readily available in some countries, but almost all supermarkets in America carry this. So, do consider picking up a box to get a healthy dose of variety and antioxidants in your diet. Fight heart disease and inflammation in a healthy and tasty way.



## SPIRULINA

Spirulina is a seaweed. It is a blue-green alga that is widely used in Japanese cuisine. You might have seen it in sushi. It has a strong antioxidant effect and helps reduce inflammation. People who are suffering from poorly aging skin and hair can incorporate this in their diet to strengthen their immune system, all the while improving the body's protection against free radicals that contribute to fast aging.



The most recent research in animals, elderly men, and women have shown great results by fighting against inflammatory markers, malfunctioning immune functions as well as anemia<sup>24</sup>.

People with diabetes should add this seaweed in their diet to get a boost of antioxidants that fight against their MDA markers when eating just 8 grams of spirulina for three months. It also helps to boost the levels of adiponectin hormone that is a key component in fighting irregular blood sugar and problems of fat metabolism.

You can try to add anything from 1 to 8 grams of spirulina in a day's diet. It has been evaluated by the US Pharmacopeial Convention for the safety of consumption and has been the subject of antioxidant and anti-inflammatory studies in many preclinical studies.

Make sure the spirulina you are buying is good quality and procured from a good source to avoid contamination and make it safe for consumption.

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## ROSEMARY

A study conducted in the rosemary herb has shown that it is one of the strongest drugs that can fight against inflammation and oxidation. It is comparable in effect to spices like ginger, turmeric, and cloves. Researchers have noted that each herb, when consumed in only small and regular amounts, is extremely effective in inflammation.

Rosemary has an amazing aroma, and you can garnish your meat with it just like it is done in many fine restaurants. This quantity is enough to deliver you a beneficial effect that keeps you safe from inflammatory diseases and dementia<sup>25</sup>.

This herb is available fresh or in dried forms. You can easily plant some in your garden, and it can grow over 5 feet in height, springing beautiful small flowers. It is predominantly found in the United States and Europe, and the volatile oil in rosemary is what provides it with the antioxidant properties that can help alleviate inflammation in muscle or nerve pain.



## CAT'S CLAW

The cat's claw has been a native herb of Peru and is commonly found in the region as a woody vine. Like turmeric and ginger in Indian medicine, cat's claw is a medicinal practice that has been used as a treatment against arthritis, intestinal problems, and inflammation. Especially gastrointestinal inflammation sufferers can see major relief when drinking or consuming this herb.



It has also been shown to fight infection in case of fatigue, fever, joint, and muscle aches. It fights inflammation through the catechins and polyphenols that can be found aplenty in the bark. The smaller trials have suggested that chronic rheumatoid and osteoarthritis sufferers have seen a major relieving effect when using this herb. It is not potently proven to fight this, but users seem to benefit from the consumption.

Besides, it has analgesic and anti-inflammatory effects that are improved when combined with some other nutritional supplements in case you are following a traditional therapy for pain or inflammation. Consuming around 20 mg to 300 mg extract daily has shown visible improvement in nausea and gastrointestinal inflammation<sup>26</sup>.

You can brew it in a tea in some hot water or consume it in capsule-like supplements to reap its benefits.

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## PAPAYA

This tropical delicacy is available in every supermarket at a very affordable price. And you will agree with me that papaya does taste divine. Since ancient times, papaya has been used to cure burns, inflammation, and the pain that comes from inflammation.

The digestive enzymes, papain, and chymopapain, provide papaya with anti-inflammatory properties. Papaya is the right fit for you if you are suffering from osteoarthritis, asthma, rheumatoid arthritis, or if you desperately need the nutrients to reduce the inflammation and strengthen your bones.

Along with this, papaya also contains many antioxidants and nutrients like vitamin C and beta carotene, which effectively reduce inflammation.

Are you constantly battling against the virus for cold, flu, ear infections? Adding papaya to your daily diet can really give a boost to your immune system to fight the infection. It has also been shown to be effective against the suffering caused by muscular degeneration.

The recommended daily dosage of the fruit is about three servings if you are using it to fight against macular degeneration. Instead of eating the fruit raw, you can also add it to your salads and even flavor your meat.

Research done by the annals of rheumatic disease shows that people who eat very high contents of vitamin C are much less likely to develop arthritis<sup>27</sup>. Papaya contains more than enough vitamin C that can offer protection to your joints and keep your skin and hair looking perfectly healthy, which is why it is so common in many hair and skin products. However, nothing compares to adding a healthy serving of the raw fruit to your diet.

## PINEAPPLE

Another great addition to your fruit salad, desserts, and pizza is pineapple. It is a minefield of vitamin C and contains the enzyme bromelain, which is directly linked to reducing the pain from rheumatoid arthritis and osteoarthritis inflammation.

There have been countless studies on the benefits of pineapple, and they all conclusively point to one thing - consuming pineapple daily can really boost your immunity. A nine-week long study done on 98 healthy children approved this. In the study, a group of children was not given pineapple, the second group was given some pineapple, and the third group was given a lot of pineapples. After the end of nine weeks, the results were compared to see which group had boosted immunity.

The second group of children who ate some pineapples had a very low risk of developing viral or bacterial infections. Children of the third group who ate the highest amount of pineapple had four times the disease-fighting blood cells or granulocytes than the previous two groups. The first group of children did not show any such enhanced immunity<sup>28</sup>.

Another study done on children showed that sinus infection healed and recovered much faster when they were taking a bromelain supplement, which is the affective component of pineapple.

You can consume pineapple in the juice form, but why waste all the good fiber? Top your cereal, desert with a healthy serving of pineapple, and get the most benefit out of it.



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## KALE

Kale has been hailed as the superfood of the millennials for a very good reason. Kale is a minefield of vitamin K, even more than bananas. They also contain vitamin A, a lot of fiber, and carotenoids.

If you are wondering about the antioxidant properties of Kale, 45 different flavonoids work as one to fight against inflammation in your body.

A single cup of Kale also contains omega-3 fatty acids, which are about 10% of your daily requirement. If you are a vegan and struggling to get your omega-3 fatty acids because you cannot consume oily fish or any other animal food source, Kale is your savior. You can include this to fight against asthma, arthritis, and various autoimmune disorders and boost your vegan diet making sure you are never suffering from malnutrition<sup>29</sup>.

Kale is extremely light, low calorie, which means you can consume it in large amounts and get all the benefits without ever compromising on your calorie restrictions or diet.

The anti-inflammatory properties of Kale come from all the phytonutrients that add antioxidants that protect our body against free radicals and prevent cellular damage.

In addition to all the amino acids, vitamins, and fiber, Kale is also a good source of magnesium, iron, calcium. Adding a little bit of this magic vegetable could help you give the glowing skin, healthy eyes, and hair, the perfect digestive system, and bones you are hoping for. Add it in its raw form to immunity-boosting juice, or consume it in cooked food; Kale can help fight lack of nutrition and keep you absolutely healthy.

## ASPARAGUS

Asparagus has long been seen as the side dish at buffets and meals. But you should be adding this to your daily diet because the potential benefits of Asparagus are endless.

They contain a lot of stress-fighting healthy vitamin B and are very high in their antioxidant levels.

If you are suffering from inflammatory diseases, you can reap the benefits of asparanin A, sarsasapogenin, protodioscin, which are potent anti-inflammatory compounds from this wonderful and delicious veggie<sup>30</sup>.

Every single cup of Asparagus contains more than a gram of soluble fiber, which is essential to keep your digestive system healthy. A blocked digestive system can cause a lot of health issues and inflammation because your body needs to flush off all the excess salt and toxins regularly, and this is where Asparagus helps.

The high level of antioxidants helps your body fight the risk of heart disease and other inflammatory diseases. It is also a natural diuretic, which means if you consume an unhealthy diet full of salt and fluids, this magic vegetable can flush all of the excesses from your body, preventing your urinary tract from getting infected.



# TOP 26 “SHOPPING LIST” SUPERMARKET FOODS TO PREVENT DEMENTIA, CANCER AND REVERSE AUTOIMMUNE DISEASE!

## CAULIFLOWER

Cauliflower is such a versatile vegetable that no meal is complete without it. Not only can you make it in a million different recipes, but cauliflower is also a goldmine of vitamin C, potassium, B6, healthy protein, and a bunch of minerals and fiber.

But the most important fact about cauliflowers is that they are absolutely essential in fighting inflammation through glucosinolates. This potent anti-inflammatory compound can be broken down to fight the infection and inflammation in your body on a genetic level, which can prevent the inflammatory response of your body even before it has had a chance to damage you.

As you consume cauliflower by chewing it and digesting it, glucosinolates break down into compounds that not only fight against inflammation but can also fight against cancer by protecting your cells from damage, virus, bacterial effects, and inflammation<sup>31</sup>.



## CUCUMBER

Cucumber is essential if you live in a tropical place where the weather is hot. Cucumber cools down the body from the inside due to its high water content. But don't let that stop you from adding cucumber to your diet, no matter if you live in Alaska.

They are a healthy source of an anti-inflammatory substance called flavanol, which is specifically known as fisetin. It can be essential in maintaining a healthy body and brain function. Fisetin can also help boost your memory by shielding your nerve cells from any age-related damage,

An experiment in mice showed that fisetin was very effective against progressive memory and learning impairment from Alzheimer's<sup>32</sup>.

Besides these powerful benefits, cucumber also has many anti-inflammatory compounds that help your body by removing the toxins as a byproduct waste from your body.

With age, your skin cells become less flexible, which can cause wrinkling and aging.

According to the Journal Fitoterapia, cucumbers are effective in fighting against these common signs of aging.

They are absolutely low calorie and can keep you full for a very long time due to their high water content, which can also help you stick to your diet. So, go ahead and fill your plate with a healthy serving of this wonderful snack and protect yourself from inflammatory diseases.

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