


GOAL  *Reduce inflammatory molecules
caused by stress*



STOP eating sugar

- Sugar and cortisol block learning and memory in the brain
- Creates inflammation in the arteries
- Interferes with sleep

Biggest sugar offenders:

- Refined flour and grain products
- Alcohol
- Sweets, soda, baked goods, candy

Limit caffeine

- 2 or fewer cups coffee/day
- Use green, white or herbals teas

Choose more plant proteins/Limit animal protein

- Legumes, beans, peas
- Nuts, seeds
- Lean protein: chicken, fish, less beef

Herbs/Spices

Ginger, hibiscus, cinnamon, nutmeg
Basil, thyme, parsley, oregano, marjoram, turmeric
Lemon zest

Omega 3's

1-2 T. Ground flax seed, chia, or hemp seed
7 Walnut halves
2 oz. wild salmon
2 sardines

Greens, crucifers, allium

Dandelion, endive
Broccoli, arugula, daikon, cabbage
Onions, garlic, chives, leeks, shallots

Reduce inflammation by eating 8 servings of fruits and vegetables/ day:

1 small apple
1 main dish salad
1 small banana
½ cup baby carrots

Eggs w/ 1-cup spinach
1-cup butternut squash soup
1-cup grapes
1 cup cooked broccoli
1-cup pineapple

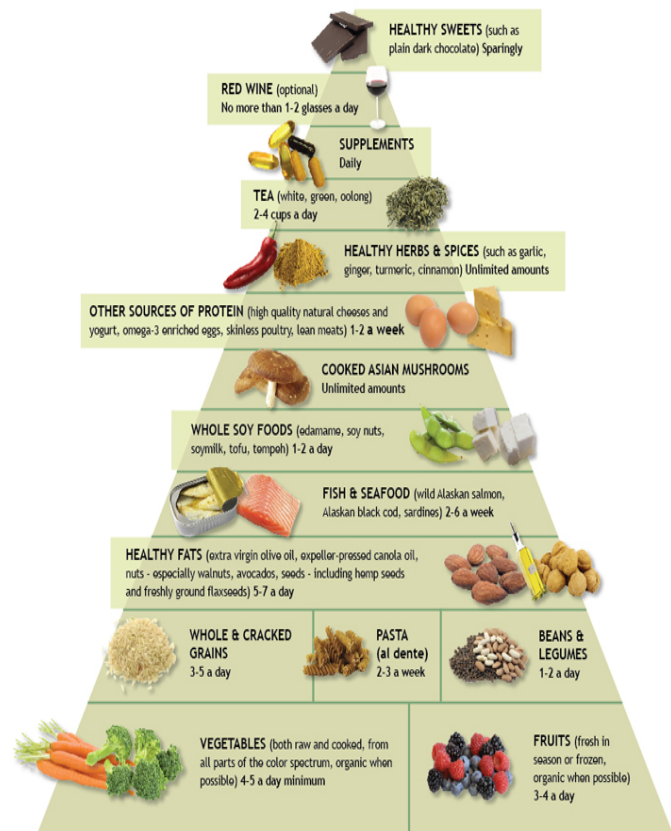
Protein Smoothie
1 banana
½ cup blueberries
2 cups vegetable stir-fry
1 large apple

Nutrients to reduce stress:

- B vitamins- B1, B2, B5, B6, B12
- Minerals (**Ca**, **Mg**, **Mn**, **Zn**, Se, I, Cr)
- Omega 3, fish oil = EPA/DHA, flax seed = ALA
- Probiotics
- Ashwaganda
- Rhodiola

Products to try:

- Adrenamin (Klaire Labs)
- NeuroThera (Klaire Labs)
- VitaPrime (Klaire Labs)



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