

The immune system's response to an inflammatory diet diverts the body's energy from healing and repair and allows whatever is latent in our genetic makeup to "kick up" whatever is chronic (arthritis, migraines, depression) to worsen.

Chronic inflammation exacerbates and hastens the aging process because it floods tissues with free radicals and promotes the destruction of normal cells. Chronic low grade inflammation contributes to the aging process and research shows that is a major contributor to the aging of the cardiovascular and nervous system. Inflammation is now recognized as one of the key risk factors for heart disease, diabetes, high cholesterol and stroke and cognitive and neurological disorders.

Below is a list, based on my research, of many foods eaten on a daily basis and their potential of reactivity:

Reactive foods

90- 95% Reactive

- Farm raised fish
- Deli meats
- Most sushi – *most sushi restaurants will use farm raised fish unless eating in expensive restaurants*

85% Reactive

- Shrimp, most shellfish
- Turkey
- Tomato sauce
- Eggplant
- Oatmeal
- Greek yoghurt
- Beans- especially black beans and cannellini
- Cauliflower
- Cabbage
- Whole eggs
- Non-organic spinach- very high pesticide residue
- Cottage cheese
- Grapefruit- *not recommended bcs of impairing liver function*
- Tofu
- Salmon
- Oranges

70% Reactive

- Yogurt
- Green beans
- Asparagus
- Bok Choy
- Tomatoes, green peppers, eggplant, potatoes (purple potatoes are less reactive)
- Pork

60% Reactive

- Red peppers (*green peppers are unripe peppers*)
- Mushrooms
- Tuna, Swordfish, Cod
- Edamame
- Acid fruits (pineapples etc)

50% Reactive

- Veal
- Milk
- Tempeh
- White fish with exception of tuna, swordfish and cod
- Couscous
- Rice (*except for brown or basmati lowers reactive rate to 10%*)
- Almond milk
- Quinoa

30% Reactive

- Egg whites
- Nut butters made with roasted nuts
- Sesame seeds/tahini
- Lentils, peas
- Organic spinach - *Will be MUCH higher if you have thyroid issues and should not be eaten raw*
- Bananas

20% Reactive

- Lactose-free milk
- Scallops
- Steak
- Lamb- *if you have steak sensitivity you will have lamb sensitivity*
- Roasted nuts- *if you have chronic illness, auto-immune disease, or depression this bumps up to 75%*
- Snow peas

10% Reactive

- Pit fruits- *will include avocados*
- Apples
- Garlic
- Cow's cheese
- Chickpeas
- Raw onions
- Artichoke
- Shiitakis (may be higher with yeast infections)
- Chard- *will be MUCH higher if you have thyroid issues- sensitivity to oxalic acid*
- Spinach-organic
- Strawberries

5% or less reactive

- Goat or sheep's cheese (*higher if African American or Asian*)
- Pears
- Berries (except strawberries)
- Bread
- Broccoli
- Carrots
- Kale
- Zucchini, winter squash
- Beets
- Mixed greens, Collards
- Arugula- *will be MUCH higher if you have thyroid issues*
- Radicchio