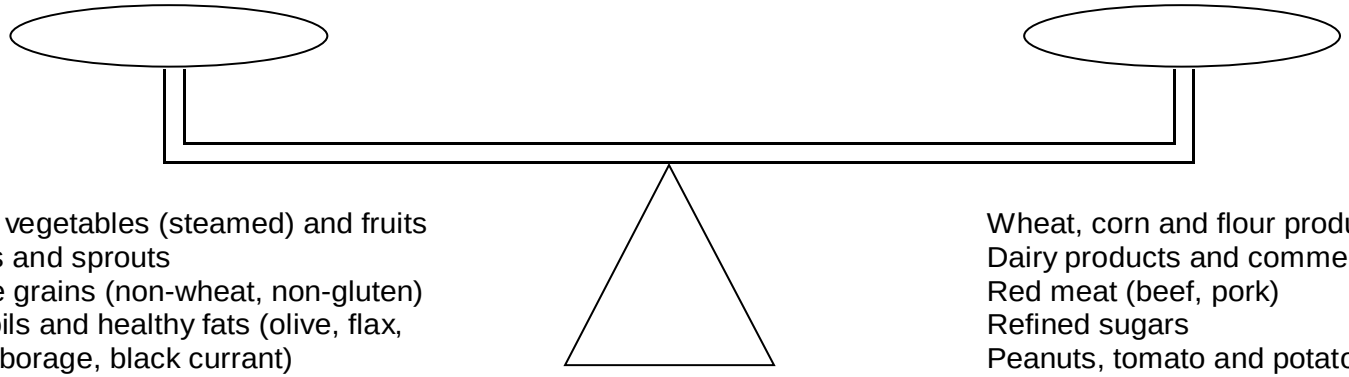
CORE HEALTH
NATUROPATHIC WELLNESS CENTER
Brandy Strelec, B.Sc.(Hons),N.D.
Board Certified Naturopathic Doctor | Bowen Practitioner

MEDIATORS OF INFLAMMATION



Anti-inflammatory

Fresh vegetables (steamed) and fruits
Seeds and sprouts
Whole grains (non-wheat, non-gluten)
Fish oils and healthy fats (olive, flax, EPO, borage, black currant)
Fish, chicken and turkey
Legumes
Water

Pro-inflammatory

Wheat, corn and flour products
Dairy products and commercial eggs
Red meat (beef, pork)
Refined sugars
Peanuts, tomato and potato
Fruit juice and citrus fruits
Processed foods
Hydrogenated oils
Fried foods
Alcohol and coffee

The Body's detoxification systems

GI, Liver, Lungs, Lymph, Skin, and Kidneys

Anti-inflammatory and detoxification support

Unda remedies, Gemmo and Botanical remedies, Nutritional supplements, Acupuncture

AK/02

Visit us Online: corehealthmuskoka.com - Email: info@corehealthmuskoka.com
165 Main St W, Huntsville, ON P1H 1X8 - Phone: 705.789.8998 - Fax: 705.789.6225
89 Bowes St. Parry Sound, ON P2A 2L8 - Phone: 705.774.4887 - Fax: 705.789.6225