

Anti-inflammatory food: PART 4

10 Anti-Inflammatory vegetables to take regularly and keep your digestion healthy.

Are you suffering from unhealthy weight, dry skin, heartburn, bloating, constipation or diarrhea alternating with constipation?



Inflammation and indigestion can lead to a deficiency of a lot vitamins that can lead to dry skin and shortage of digestive enzymes.

Most plant based foods promote better digestion to improve skin and gut health.

These foods supply the body with multivitamins and antioxidants:

1. **Sesame seeds** –contain copper, Zinc, iron, calcium, manganese, B1, Selenium, fiber, and protein.

They also contain essential fatty acids that help lower inflammation, boost nutrient absorption of fat soluble vitamins like vitamin E, which helps stop free radical damage

The zinc in Sesame seeds helps repair tissue damage and is a building block of collagen which helps our keeps our skin strong and stimulates the growth of the lining of the gut.

Oil from Sesame seeds is also antibacterial which can encourage a healthy gastrointestinal tract.

Make sure you regularly get rid of all the junk that our bodies take from eating unhealthy difficult to digest foods.

The seeds should be eaten with high vitamin C foods for effective absorption (Broccoli, bell peppers, or strawberries)

2. **Baby Leafy Vegetables**

Baby versions of cabbage, Kale, Broccoli, radishes can be high in nutrients like Vit C & Ethan the mature plants, try and add a handful to salads or sandwiches.

Brussel Sprouts



3. Baby Kale

Packed with beta carotene, Vitamin C and bone building Vitamin K, Can be used in wraps, salads and pasta dishes.

4. Baby Spinach & Beetroot leaves

Very high in Vitamin C, Vitamin A, Vitamin K, and manganese, also good in preventing insulin resistance and type 2 diabetes.

Add it in scrambled eggs or blend in smoothie.



5. Red bell pepper

Delivers B vitamins, beta carotene and vitamin C and are also full of important antioxidants that can help fight disease. Bell peppers have capsaicin in them, which is a chemical that can reduce pain and inflammation. It is best to eat a mix of bell peppers in different shades

6. Broccoli

Green leafy vegetables are also high in magnesium, which is good for blood pressure, and they are a low-glycemic food, which means they will not cause an insulin spike. Try blending leafy greens in a smoothie with ginger and berries. Broccoli also lowers risk of some cancers, high in vitamin C and Vitamin K.

7. Asparagus

Very high in folate, very good in fighting high blood pressure and soluble fibre thus preventing constipation.



8. Watercress & Swiss Chard



Watercress contains Leutin and Zeaxanthin antioxidants, Vitamin A and Zinc.

It also contains iodine that helps thyroid hormone regulate metabolic rate and Vit B1 and Magnesium that help the body release energy in food.

It also contains Glucosinolates that help boost and regulate the activity of detoxification enzymes in the liver.