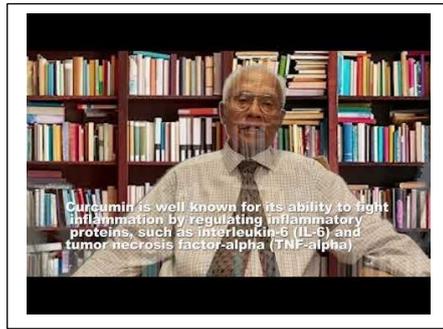


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What are inflammatory & Anti-inflammatory foods?

Transcript:

Leave the drugs in your chemist's pot if you can cure the patient with food- Hippocrates

We all eat calorie dense rich food without knowing, or without attempting to find out whether they are healthy or otherwise. Vegans win because they eat more anti-inflammatory foods.

The good news is that you can control chronic inflammation through a clean diet. A plant-based diet is a healthy way to combat that chronic inflammation and help you feel your best. It is chronic inflammation that leads to diabetes, Cancer, cardiovascular disease and so on.

By eating more meatless meals, you get the added benefit of extra fiber and phytochemicals from plant-based proteins like tofu, beans and lentils, seitan, and tempeh. Meat has no fibre. Go for green leafy veggies like spinach, Broccoli and kale. Spinach has flavonoids and carotenoids that reduce inflammation in the digestive tract. Sulforaphane in broccoli and other antioxidants in kale also help reduce inflammation.

What are the strongest natural anti-inflammatory foods?

tomatoes.

olive oil.

green leafy vegetables, such as spinach, kale, as mentioned and collards. Nuts like almonds and walnuts.

Fatty fish like salmon, mackerel, tuna, and sardines.

Fruits such as strawberries, blueberries, cherries, and oranges.

A 2015 study found that participants randomized to a two-month plant-based dietary intervention experienced reductions in inflammatory scores, when compared to those eating diets higher in fat and animal products

Doctors are now finding out the best way to reduce inflammatory processes in your body is not in the medicine cabinet, but in the refrigerator. Such anti-inflammatory foods can fight any disease that causes inflammation.

Anti-inflammatory foods boost your immune system to fight any foreign invading microbes or chemicals that enter the body.

Most of the diseases such as cancer, heart disease, diabetes arthritis and others are caused by chronic inflammation in your body as mentioned earlier.

One of the most powerful tools to combat inflammation comes not from the pharmacy, but from the grocery store. "Many experimental studies have shown that components of foods or beverages may have anti-inflammatory effects," says Dr. Frank Hu, professor of nutrition and epidemiology in the Department of Nutrition at the Harvard School of Public Health.

What Foods cause inflammation?

Try to avoid or limit these foods as much as possible:

Refined carbohydrates, such as white bread and pastries

French fries and other fried foods

Soda and other sugar-sweetened beverages

Red meat (burgers, steaks) and processed meat (hot dogs, sausage)

margarine, shortening, and lard.

Unhealthy calorie dense foods being tasty, contribute to weight gain, and weight gain is a factor for inflammation in your body.

What meats are high inflammatory?

Common types of processed meat include sausage, bacon, ham, smoked meat, and beef jerky.

Processed meat contains more advanced glycation end products (AGEs) than most other meats. Advanced glycation end products are formed by cooking meats and some other foods at high temperatures for long periods. They are known to cause inflammation

It is important to remember that most curries with meat products are cooked for hours and more advanced glycation end products are formed, and unfortunately such prepared curries are harmful.

It is advised it would be healthier to slow-cooked spicy beef after marinating with Greek yogurt, salt, cumin, and coriander, for a couple of hours, when advanced glycation end products formation would be minimal.

Is the staple food among the Sri Lankans being rice and curry- is it anti-inflammatory?

Brown rice and other unprocessed form of any rice is anti-inflammatory, as compared to white polished rice.

Most curries that go with the rice is anti-inflammatory in the cooking process, due to their anti-inflammatory properties. Being that curry powder is packed with spices like turmeric, coriander, and chili pepper, it's no wonder that this seasoning has been shown to provide anti-inflammatory benefits.

Curry powder may offer a variety of health benefits due to the numerous healthful spices it contains.

Turmeric, one of the main spices in the blend, contains a pigment called curcumin. Curcumin is well known for its ability to fight inflammation by regulating inflammatory proteins, such as interleukin-6 (IL-6) and tumor necrosis factor-alpha (TNF-alpha)

Coriander has been used as an anti-inflammatory agent in traditional medicine practices since ancient times, and research in rodents suggests that treatment with this spice may reduce symptoms of inflammatory bowel diseases.

Consuming curry powder may benefit heart health in several ways. For example, research has demonstrated that the spice mix may boost blood flow and improve blood vessel function, which in turn may decrease heart disease risk.

The veggies contain lots of minerals and nutrients and turmeric is an ingredient added to any curry -has anti-inflammatory effects.

Eating curry powder added curries regularly has the potential to combat cancer cells. This effect is also due to the curcumin in turmeric. Across a variety of studies, curcumin has been found to suppress many types of cancer cells, including breast, ovarian, prostate, lung, colon, and bladder cancer.

Another study in over 100,000 people found that those who consumed curry-powder-based dishes 2–3 times per month to once a week had significantly lower triglyceride levels compared with people who consumed curry less than once a month.

So, Sri Lankans who have domestics to cook rice and curry daily are blessed souls.

Is Basmati rice recommended for diabetics' anti-inflammatory?

Your body digests whole grains, — basmati rice, brown rice, buckwheat, quinoa, and steel cut oats — slowly, reducing the risk of spikes in your blood glucose. They are all anti-inflammatory foods.

Healthy omega-3 fats have anti-inflammatory properties. These fats offer powerful anti-inflammatory properties. Seeds and nuts, avocados and salmon are excellent sources of omega-3 fats.

Beans, peas, and lentils are high in fibre and magnesium. Magnesium has been shown to help reduce inflammation.

Let us talk about koththu Roti a very popular street food in Sri Lanka.

Koththu Roti which originated in Batticaloe years back has become a popular street food in Sri Lanka today.

This scrumptious, spicy and uniquely Sri Lankan Street food Koththu Roti is considered a most unhygienic, semi-cooked calorie dense fried food and should be included under the inflammatory category of foods. E coli bacteria have been detected by the Chief Medical Officer of Colombo Municipal Council, unlike rice which goes up to boiling point and as a result any germ is killed.

In conclusion, I would like to state no single food will boost a person's health. It is important to include many of the variety of healthful ingredients in your diet.

Hope this video talk was useful. Stay safe, focus on eating anti-inflammatory foods as much as possible for health and wellbeing

Goodbye for now.

