The Best Anti-Inflammatory Diet for Psoriasis

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A great Diet to Help you with your Psoriasis

Many types of illnesses, including psoriasis, are ones in which the body has a lot of inflammation. It's good to know that you do have control over this inflammation to an extent – and you can do it by controlling what goes into your mouth with an anti-inflammatory diet!

What you eat and drink can make or break you when you have an inflammatory disease such as psoriasis. You'll notice a big difference in how you feel within a few hours of eating a particularly 'bad' meal or snack. Your skin may redden or itch remarkably more, so be tuned into your body's signs and symptoms when looking for dietary connections to your psoriasis.

What is an Anti-Inflammatory Diet?

The anti-inflammatory diet is one that man would have eaten before the industrial revolution. It would have been eaten by hunters and gatherers. Here's a list of foods that are eaten on this diet:

- Meat or protein foods at every meal but never more than 4 oz. (wild meats preferred to be commercially raised unless the animals were grass-fed and let to freely roam).
- Beans and legumes.
- Bottled water, distilled preferably (matches up more closely to rainwater).
- Herbs and culinary spices such as garlic, ginger, and turmeric.
- All vegetables, but limit nightshades if you have sensitivities toward them (eggplant, tomatoes).
- All fruits.
- Dark chocolate (preferably not with any sugar).
- Some dairy products daily such as yogurt and kefir milk, but preferably use raw milk and raw cheeses; butter is allowed.
- Olive oil.
- Fish, wild-caught.
- Grains, only if they are not GMO, such as einkorn and heirloom grains.

How to Eat With this Diet

You can eat a diet like this if you plan. For example, when you go to the grocery store, you're spending most of your time in three aisles: the meat bins, the produce section, and the dairy section. Fill your cart with these three types of foods, and then add some olive oil, spices, and dark chocolate. Most likely you won't be able to find non-GMO grains at the grocery store, so look online for them. Just because a grain is organic does not mean it's non-GMO. The grain must be specifically labeled as "Non-GMO."

Your template for the Anti-Inflammatory Diet is this:

Breakfast: non-GMO grain, a handful of nuts, fruit, boiled or poached eggs.

Lunch: protein (meats or fish), vegetables, salad, fruit.

Dinner: protein (meats or fish), vegetables, salad, fruit, non-GMO grain.

Snacks: nuts (handful), vegetables, fruit, cheese, meat.

Give yourself a full 8 weeks on this diet to see a difference.