

prairie / sage

FX MED & KIN

TOP 10

INFLAMMATORY *Foods*



1 HIGH LECTINS & GLUTEN

Lectins are a protein that many people have a hard time breaking down. One of the biggest culprits is gluten. Gluten is a component of wheat, barley and rye. Gluten is linked to many health issues such as bloating/gas, anxiety and depression, headaches, fatigue and brain fog

.Commonly found in:

- breads
- pasta
- pastries
- cereals
- sauces/condiments
- and more



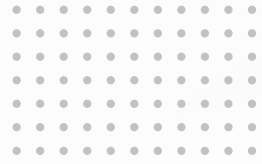


2 HIGH FRUCTOSE CORN SYRUP

LHFCS is a sweetener that is hard for our bodies to break down. It is very calorie dense and high consumption has been linked to fatty liver disease, weight gain and obesity, and inflammation that can lead to cancer. Also people with gout should avoid HFCS.

Commonly found in:

- fruit/soda drinks
- baked goods
- sauces/condiments
- sweetened foods



3 ARTIFICIAL SWEETENERS

maltodextrin (a very common one) is a white powder made from corn, wheat, rice or potato starch that is added to many foods to improve taste and texture. Maltodextrin can cause digestive issues and blood sugar spikes. Artificial sweeteners can even increase sweet cravings, leading to extra caloric intake.

Commonly found in:

- fruit juices
- calorie-free flavored water
- salad dressings
- chewing gum
- baked goods
- processed foods

4

VEGETABLES & SEED FATS

Oils and fats that are highly processed causing a change in chemical structure, creating a trans fat and can lead to chronic inflammation, heart disease, diabetes and cancer.

Examples are canola (vegetable), corn, safflower, sunflower, and oil made from soy, as well as margarine and Crisco.

Commonly found in:

- fried foods
- packaged foods
- baked goods
- chips
- dressings



5 MOLDY FOODS & MYCOTOXINS

Due to the processing and storing, some foods are more likely to be higher in mycotoxins. These foods are peanuts/peanut butter, pistachios, cashews, grains, and coffee. Mold/mycotoxins can create an acute reaction and carry long-term effects, causing inflammation, damage to the gut, immune disorders and cancer. When the gut is damaged, the body can not absorb nutrients properly and can lead to malnutrition.

For all you coffee lovers there are mold tested coffees!

- [Danger Coffee](#)
- Biodynamic Coffee
- Cardiology Coffee



6 MONOSODIUM GLUTAMATE (MSG)

A white powdery flavor enhancer found in many foods. MSG can cause digestive issues, headaches and even itching and swelling of the throat. It has been linked to liver damage, obesity, behavioral problems and nerve issues.

Commonly found in: fast foods, Chinese food, chips, seasonings, and frozen meals, salty snacks, ice tea mixes, instant noodles, sport drinks, soy sauce, canned soups, broths, salad dressings, crackers.

Sneaky Terms for MSG:

- Autolyzed yeast
- Autolyzed yeast protein
- Calcium glutamate
- Carrageenan
- Glutamate
- Glutamic acid
- Hydrolyzed corn
- Magnesium glutamate
- Monoammonium glutamate
- Monopotassium glutamate
- Pectin
- Sodium caseinate
- Soy isolate
- Soy sauce
- Textured protein
- Vegetable extract (Yeast extract, Yeast food)
- Natural flavors
- Ingredients listed as hydrolyzed, protein fortified, ultra-pasteurized, fermented, or enzyme modified

7 CORN PRODUCTS

Corn is actually a grain and not a vegetable!

Corn is high in phytic acid, resulting in poor nutrient absorption, and is hard for humans to digest (ever seen corn in your stools?)

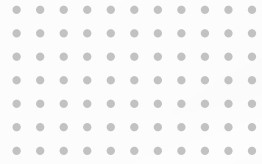
Sources of corn:

- Whole kernel (canned, frozen, fresh/corn on the cob)
- Corn chips
- Corn tortillas
- Corn starch
- Corn syrup
- Corn meal

Sneaky names/sources of corn:

- Dextrin/Maltodextrin
- Xanthan gum
- Zein
- Distilled white vinegar (use this for cleaning, and ACV for consumption!)
- Malt (not exclusively corn, but often is used since it's the cheapest grain source)





8

MILK & DAIRY PRODUCTS

Dairy reactions are often driven by parasites. Grass-fed butter and grass-fed ghee are usually still well tolerated, even if you don't do well on other milk products. Sheep and goat products may be gentler on your system.

Conventional dairy cows can be fed a diet of GMO soy & corn-based feed, leading to milk laden with antibiotics, hormones, chemicals and steroids.

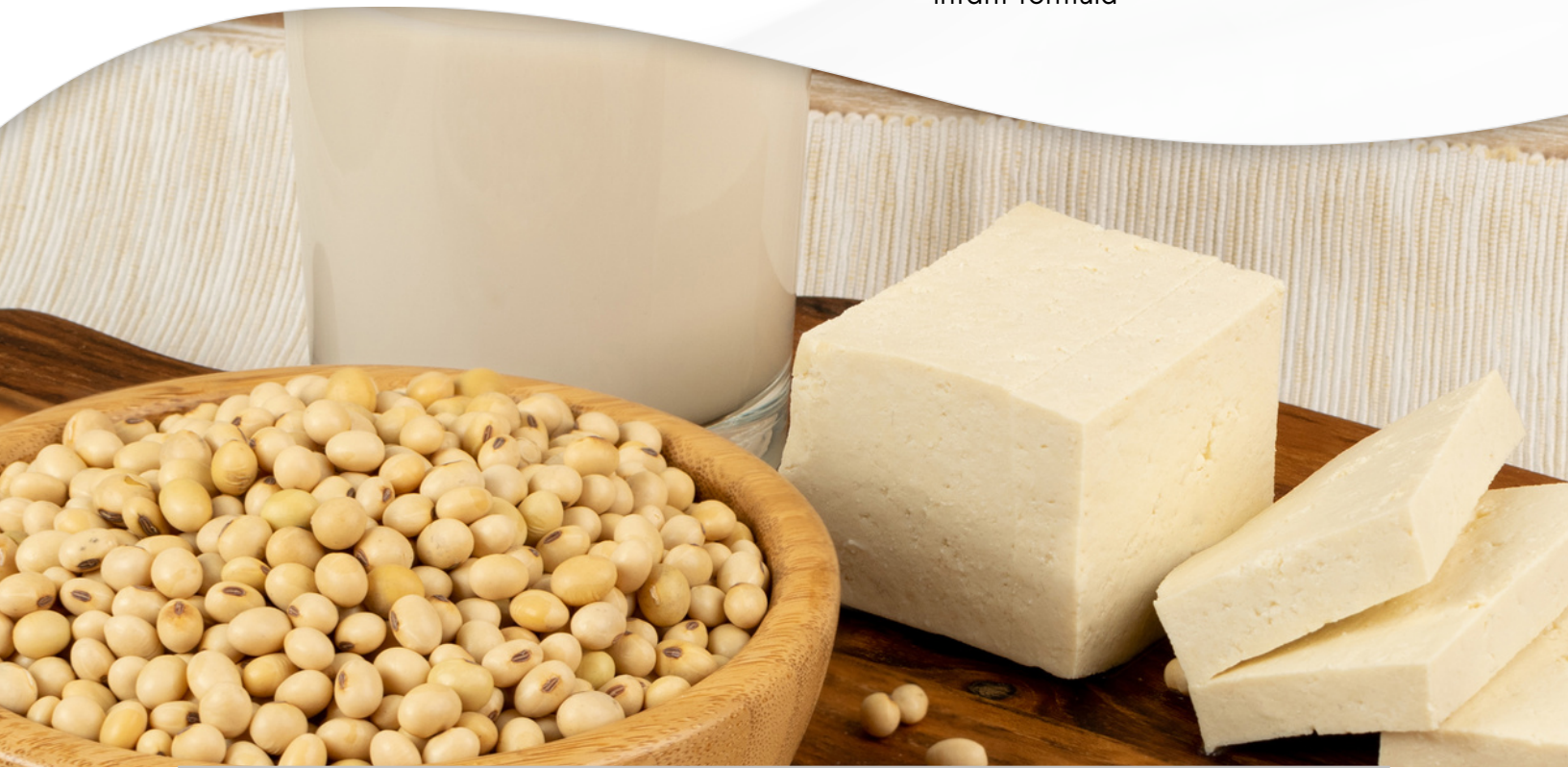
Grass fed milk, a better choice, is free of these harmful substances and has more healthy Omega 3's, which can help with inflammatory conditions.

9 SOY PRODUCTS

Most soy in the United States is genetically modified, sprayed heavily with glyphosate and highly processed. Soy contains phytochemicals that can mimic estrogen. Studies have shown that this can promote cancer tissue growth, thyroid issues and impact fertility.

Commonly found in:

- Tofu
- Protein and energy bars/shakes
- Soy sauce (an alternative is coconut aminos)
- Soy lecithin
- Meat alternatives
- Vegan dairy alternatives
- Asian cuisine
- Bean curd
- Edamame
- Infant formula





10 ALCOHOLIC BEVERAGES

While alcohol in limited amounts may be okay for some people, it turns into sugars in the body and can lead to delayed healing in people. It should be avoided as best as possible during our journey to get well

prairie / sage

FX MED & KIN



DR. GEORGE STANTON, D.C.
CHIROPRACTIC PHYSICIAN



DR. MICHELLE STANTON, D.C.
CHIROPRACTIC PHYSICIAN

WWW.PRAIRIESAGEHEALTH.COM
@PRAIRIESAGEHEALTH

(620) 276-8743

519 WEST MARY STREET STE 115,
GARDEN CITY, KS, 67846