

# Anti-Inflammatory Diet

Our Anti-Inflammatory diet is based on Dr. Steven Gundry's (author of "the Plant Paradox") theory that plants are smarter than we give them credit for and like animals, they have defense mechanisms they use for survival. One of the primary forms of chemical and "biological warfare" that plants use on the human body to defend themselves is lectins – a group of proteins that can leak through intestinal walls (leaky gut) into the bloodstream, where they disrupt neural and hormonal communication between cells and trigger confusion within the immune system to cause inflammation.

The diet is an eating plan designed to help you lose weight while preventing or reducing low-grade chronic inflammation, a key risk factor in a host of health problems and several major diseases. This diet emphasizes certain vegetables, nuts, seeds, healthy proteins and fats.