



How To Reduce Inflammation Through Food

1. Are you inflamed?

Inflammation is not always visible - it can show up in many subtle ways.

If your body is in an inflamed state, this may feel and look like:

- Joint aches and stiffness
- Low energy all the time
- Constant bloating and inconsistent bowels
- Eczema, rosacea, acne
- Frequently sick, slow to recover
- Unexplained weight gain
- Fluid retention

If these sound familiar, it's time to look at your **daily food choices**. Reducing inflammation through food means supporting a healthy gut, calm nervous system, balanced immune response, and optimal hormone function (such as your sex hormones and thyroid).

2. What are the key pillars of an anti-inflammatory diet?

Pillar	What to do?
1. Remove Inflammatory Trigger(s)	Minimise: <ul style="list-style-type: none">• Alcohol (maximum 3-4 standard drinks/week)• Seed oils (canola, sunflower oil, soybean)• Ultra-processed food (instant noodles, sugary cereals, frozen packaged meals, processed meats)• Refined carbohydrates (white rice, white bread, white pasta)• Refined sugars (soft drinks, pastries, lollies)
2. Choose fresh and wholefoods Eat the rainbow! (remember: ROYGBIV)	Shop mostly in the fresh food section. Choose organic where possible - fewer pesticides mean less toxic load on your liver. Keep aisle items to essentials like grains, spices, and sauces.



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3. Balance your plate	Your plate should have a mix of complex carbohydrates (for sustained energy), lean protein (for hormone and tissue support), and healthy fats (more anti-inflammatory benefits)
4. Small and frequent meal times	<p>Aim to eat every 4–5 hours to maintain energy and balanced blood sugar.</p> <p>Avoid eating 2–3 hours before bed to improve sleep quality and digestion.</p> <p>Your body naturally fasts overnight for 7–8 hours to rest and restore.</p>

3. What foods should I eat?

Food	Why?	Examples
Complex carbohydrates	<p>More slowly digested so keeps you fuller for longer.</p> <p>Has more nutrients than refined carbohydrates.</p>	<ul style="list-style-type: none"> • Brown rice • Quinoa • Sweet potato • Oats • Chickpeas • Lentils
Lean protein	Supports thyroid hormone production, maintains muscle mass, balances blood sugar, and aids tissue repair.	<ul style="list-style-type: none"> • White meats - more easily digested (chicken, turkey, barramundi, cod, ling, prawns) • Red meats - more slowly digested (beef mince, lamb, pork) • Plant-based (tofu, tempeh, legumes such as kidney beans and lentils)
Healthy fats	<p>Support hormone production, brain health, cell membranes, and reduce inflammation.</p> <p>Help with nutrient absorption and satiety.</p>	<ul style="list-style-type: none"> • Fish - aim for 3-4x/week, preferably wild caught (salmon, sardines, mackerel) • Nuts (walnuts, pecans, pistachios) • Seeds (flaxseeds, chia seeds) • Other (avocado, olive oil)



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Fruits	<p>Provide antioxidants, fibre, and phytonutrients to reduce oxidative stress and support digestion and hormone health.</p> <p>Aim for 2 fruits/day</p>	<ul style="list-style-type: none"> • Natural digestive enzymes (kiwi fruit, papaya, pineapple) • Berries (strawberries, blueberries, raspberries, blackberries) • Other (apples, banana, pear, oranges)
Vegetables	<p>Rich in fibre, vitamins, minerals, and antioxidants.</p> <p>Support liver detoxification, hormone metabolism, and gut health.</p> <p>Aim for 5 serves/day</p>	<ul style="list-style-type: none"> • Cruciferous vegetables (broccoli, broccolini, cauliflower, brussel sprouts) • Bitter greens (rocket, red cabbage, watercress, bitter melon) • Other (leafy greens, carrots, zucchini, beetroot)
Fermented foods	<p>Support the growth of beneficial gut bacteria (Lactobacilli, Bifidobacterium), enhance digestion, and regulate the immune system.</p>	<ul style="list-style-type: none"> • Kefir • Greek yoghurt • Kimchi • Sauerkraut • Tempeh • Miso
Hydration	<p>Essential for detoxification, energy, and metabolism.</p> <p>Supports digestion, liver, and kidney function.</p>	<ul style="list-style-type: none"> • Filtered water (preferably room temperature or warm) • Herbal teas (chamomile, liquorice, peppermint, green tea, lemon balm) • Electrolytes (coconut water, lemon water with celtic salt)
Spices	<p>Contain potent anti-inflammatory and antioxidant compounds.</p> <p>Support liver function, digestion, and immune balance.</p>	<ul style="list-style-type: none"> • Turmeric • Cumin • Garlic • Ginger • Oregano
Natural sweeteners	<p>Offer a gentler blood sugar response compared to refined sugar. Use in moderation.</p>	<ul style="list-style-type: none"> • Raw honey • Pure maple syrup • Dates

4. Top 3 supplements for inflammation

While food is your foundation, certain supplements can offer extra support to help calm inflammation, balance immunity, and protect your cells.

Here are our top 3 supplements, which are available for purchase in Papaya Clinic & Movement Laboratory:

Supplement	Why?	Quick tip
<p>Turmeric</p> 	<ul style="list-style-type: none"> Curcumin, the active compound in turmeric, helps reduce inflammatory pathways in the body and supports joint, gut, and liver health. 	<p>Take with food that contains fat such as avocado and olive oil (for better absorption!)</p>
<p>Fish Oil</p> 	<ul style="list-style-type: none"> EPA and DHA found in fish oil help balance the body's inflammatory response Supports brain and heart health Protects cell membranes 	<p>Choose a high quality and sustainably sourced fish oil (we love Nordic Ultimate Omega, great for the whole family!)</p>
<p>Vitamin D + K</p> 	<ul style="list-style-type: none"> Vitamin D helps regulate immune and inflammatory activity K2 directs calcium into bones (not arteries) Supports vascular and bone health 	<p>Take with food that contains fat such as avocado and olive oil (for better absorption!)</p>