#1916

WW: The Worst Inflammatory Foods Everyone Should Avoid

Most of us are worried about a build up of inflammation in our bodies…

That's because when levels rise too high you're going to begin to feel the symptoms of dis-ease physically or mentally (or both)…

The good news is that the fastest way to reduce inflammation is through removing most of the inflammatory foods in your daily diet…

Tune into today's #CabralConcept 1916 to find out the worst inflammatory foods everyone should avoid - Enjoy the show and let me know what other foods you'd add to the list!

EPISODE TAKEAWAYS

1 **Take a Break**
Eliminating some of your favorite foods doesn't have to be a permanent change to your diet. However, if you're not healthy a 21-day straight break is best.

2 **Processing**
In general the more you process a food away from its natural state, the less healthy it is for you. Processed carbohydrates, grains, fruit juices, and meats are good examples of this.

3 **Know Your Limit**
The best thing to do is decide how many times per week you're going to allow for a flex meal and then plan them out, enjoy them thoroughly, and stick to that plan.

RESOURCES

- Article on Inflammatory Foods

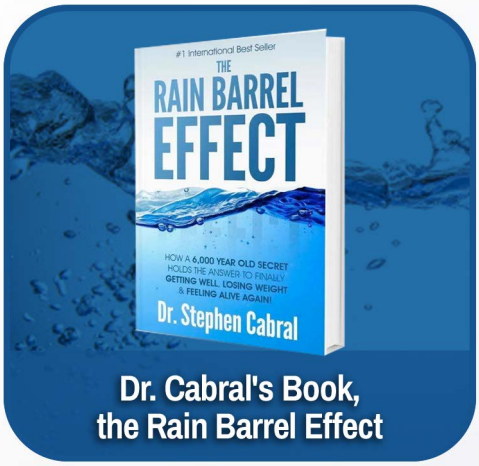
DR. CABRAL'S MOST POPULAR RESOURCES

Dr. Cabral's Protocols & Science-Backed Supplements

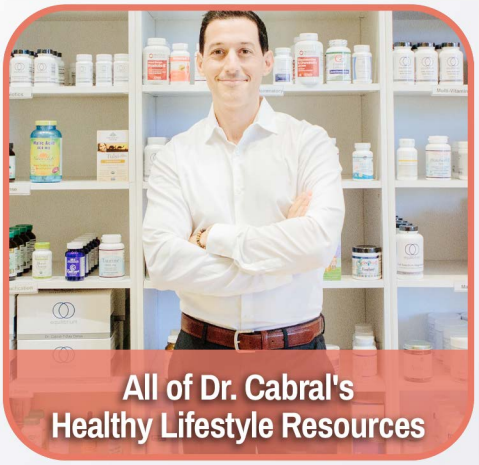
Discover Hidden Health Issues with At-Home Lab Testing

Learn to Heal with Health Results Accelerators™

Become an IHP Certified Health Coach



Dr. Cabral's Book, the Rain Barrel Effect



All of Dr. Cabral's Healthy Lifestyle Resources

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