

75 Anti-Inflammatory Foods: Free Grocery list

Save this list of ant-inflammatory foods for your next visit to the grocery store. Inflammation typically occurs as a defense mechanism when our bodies are damaged. Instead of taking ant-inflammatory drugs (NSAIDs), anti-inflammatory foods reduce pain relief and support healing of the body.



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|-------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Almonds |
| <input type="checkbox"/> Dark Chocolate | <input type="checkbox"/> Raw Oats |
| <input type="checkbox"/> Green Tea | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Wild Salmon | <input type="checkbox"/> Raw Honey |
| <input type="checkbox"/> Miso Soup | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Bone Broth | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Herrings | <input type="checkbox"/> Canned Light White Tuna |
| <input type="checkbox"/> Wild Sardines | <input type="checkbox"/> Flax Seed |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Hazelnuts | <input type="checkbox"/> Low sugar yogurt |
| <input type="checkbox"/> Kamut (Khorasan wheat) | <input type="checkbox"/> Oysters |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Brown Rice |
| <input type="checkbox"/> Quinoa | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Chia Seeds | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Black Beans |

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|----------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Beets |
| <input type="checkbox"/> Red Peppers | <input type="checkbox"/> Asparagus |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Brussels sprouts |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Chicory | <input type="checkbox"/> Kale |
| <input type="checkbox"/> Green Beans | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Sweet Potato | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Summer Squash | <input type="checkbox"/> Romaine Lettuce |
| <input type="checkbox"/> Peas | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Avocados | <input type="checkbox"/> Black Berries |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Limes |
| <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Macadamia Nuts |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Brazil Nuts |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Sea Salt |
| <input type="checkbox"/> Lentils | <input type="checkbox"/> Stevia |
| <input type="checkbox"/> Papaya | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Plums | <input type="checkbox"/> Anchovies |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Broccoli | |