

ANTI-INFLAMMATORY LIVING

LISA MICHELLE MILLER BS, NC
NUTRITION CONSULTANT, CERTIFIED

OCEAN VIEW NUTRITION – NUTRITION CONSULTING
KITCHEN ON FIRE – COOKING SCHOOL

2022

Copyright © 2022 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

WHO ARE KITCHEN ON FIRE & OCEAN VIEW NUTRITION?

2

Good health, Good food and Good fun!

From public cooking classes to corporate events to individual consulting
and everything in between (Currently both Virtual and In-Person)

Bringing people together through
Cooking, Nutrition and Community Outreach

BUY seasonal, local, organic and GMO free when possible
COOK using healthy cooking techniques
EAT a variety of whole foods including herbs and spices
SHARE and enjoy meals with friends and family
AWARENESS of allergies and sensitivities

WHAT TODAY IS ABOUT...

3

- What is Inflammation?
- How does it affect my body?
- What happens if I ignore it?
- What are the indications?
- How can I reduce inflammation and prevent it from returning?

Copyright © 2022 Ocean View Nutrition. All Rights Reserved.

WHAT IS INFLAMMATION?

4

Inflammation is a protective response to initiate healing. It results from injury, toxins, allergy, infection, emotional trauma or nutritional imbalance.

Initiate healing:

- Create a protective environment
- Carry plasma proteins, cholesterol and white blood cells into the surrounding tissue

Copyright © 2022 Ocean View Nutrition. All Rights Reserved.

How does it affect my body?

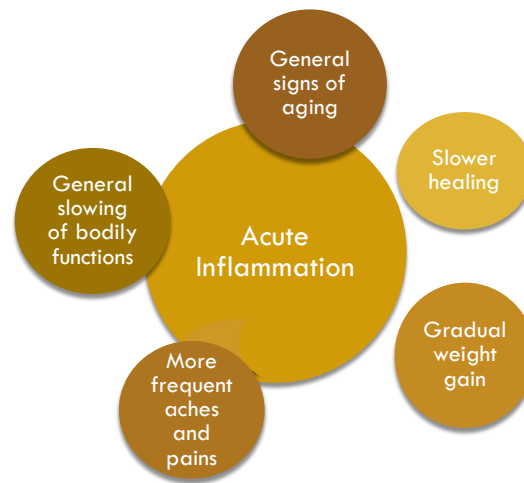
5

Two types of inflammation:

Acute (healing) & Chronic

Acute:

Acute inflammation is generally from food, resulting in a slower metabolism, which could show up in many ways in the body...



Acute conditions often go untreated and become chronic.

Copyright © 2022 Ocean View Nutrition. All Rights Reserved.

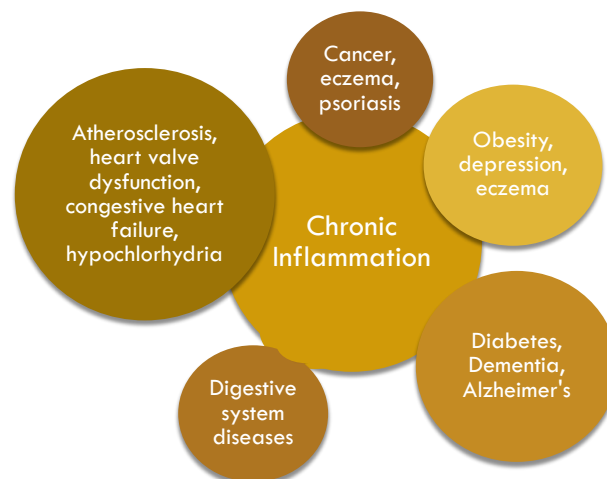
WHAT HAPPENS IF I IGNORE IT?

6

Chronic:

It may lead to many conditions and diseases, including cancer, heart disease and more...

Corrective actions will prevent or reduce 'age' related conditions.



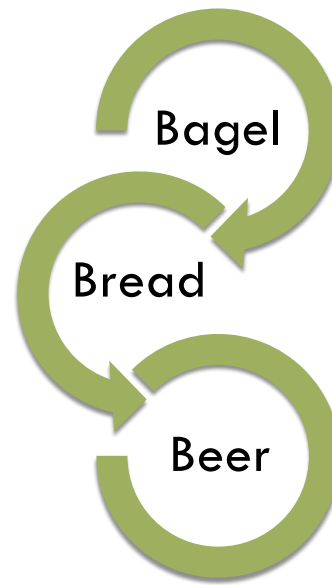
Chronic inflammation is often not recognized as a beneficial process.

Copyright © 2022 Ocean View Nutrition. All Rights Reserved.

WHAT HAPPENS IN THE BODY? (GLUTEN EXAMPLE)

7

1. Eat a bagel
2. Flows to the stomach – broken down
3. To small intestine (SI) – absorption of nutrients
4. If the substance (gluten) is seen as an allergen/enemy – triggers cells in SI wall to open the cell junctions
5. Gluten then pass through, to the liver and the body rather than continuing to the colon and out of the body
6. Cells on the other side of the gut lining try to protect the body from the toxins -
INFLAMMATION
7. The SI walls will reseal overtime if the toxins subside



Copyright © 2022 Ocean View Nutrition. All Rights Reserved.

WHAT ARE THE 'NOTICEABLE' INDICATIONS?

8

Skin	Intestinal	Other signs
• Rashes • Skin tags • Redness • Lumps under the skin • Eczema patches	• Indigestion after meals • Bloating	• Body shape • Weight gain • Bulging veins • Bleeding gums • Stiffness • Depression • Brain Fog

Symptoms from the healing process may or may not be either felt or visible

Copyright © 2022 Ocean View Nutrition. All Rights Reserved.

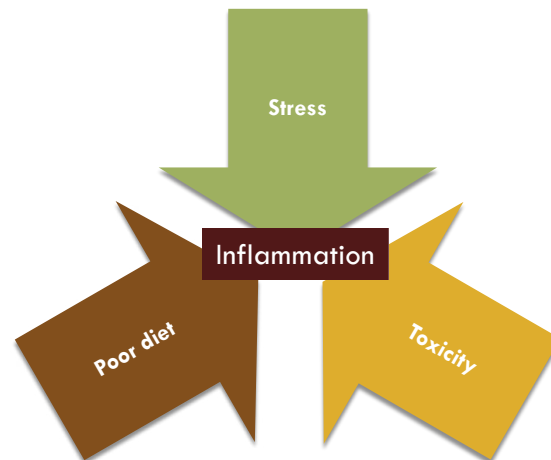
WHERE DID IT COME FROM?

9

‘Controllable’ inflammatory lifestyle

- Our Diet!
- Over-stimulated culture
- Stress
- Lifestyle
- Physical injuries
- GMO's

THE PERFECT STORM



Copyright © 2022 Ocean View Nutrition. All Rights Reserved.

BUILDING A DIET TO REDUCE INFLAMMATION

10

Targeted
nutrients
and how
to
include
them in
your diet

Foods, herbs & spices to include

- **Selenium & Zinc** - brazil nuts, tuna, almonds
- **Vitamin D** – flaxseeds, walnuts, and fish, eggs
- **Vitamin E** – walnuts, pecans, pistachios, pumpkin seeds
- **Magnesium** - dark leafy greens, nuts, seeds, seaweed
- **Bioflavonoids** - berries, grapes, green tea, bright veggies, sweet potatoes
- **Omega 3s** – (S.M.A.S.H) sardines, mackerel, anchovy, salmon, herring, cod liver oil, flax seeds, walnuts, cold water fish
- **B Vitamins** - garlic, mushrooms, lamb, pistachios
- **Fibrous foods** – flaxseeds, leafy veggies, gluten-free grains
- **Herbs** – turmeric, ginger, hawthorn, lime flower, horse chestnut, yarrow, licorice
- **Cruciferous vegetables** – brussel sprouts, Kale, cabbage, bok choy

Copyright © 2022 Ocean View Nutrition. All Rights Reserved.

HOW TO DISCOVER WHAT FOODS AFFECT ME?

11

If food could be the culprit, eliminating suspect foods for a period is an effective determiner

Foods to AVOID the first 8 weeks:

- Night shades
- Gluten
- Corn
- Sugar & sweeteners (except honey & maple syrup)
- Dairy
- Anything artificial
- Cured & smoked meats
- Vinegar (candida)
- Coffee & black tea
- Yeast
- Peanuts (mold)
- Non-fermented soy
- Processed oils – canola, safflower

After eliminating a food, re-introduce ONE food at a time and look for signs.

Re-introduce only one food every three days.

What about food allergy and sensitivity testing?

Copyright © 2022 Ocean View Nutrition. All Rights Reserved.

AND THERE IS MORE THAN DIET...

12

Lifestyle

- Sleep 8 hours (sleep deprivation significantly increases inflammation)
- Moderate Daily Weight-bearing and Cardiovascular Exercise for Bone Health
- Stay Hydrated to eliminate toxins and decrease inflammation
- Manage Stress



Copyright © 2022 Ocean View Nutrition. All Rights Reserved.

HERBAL TEA MIXTURE ANTI-INFLAMMATION

13

- Hawthorn tops
- Nettle Leaf
- Linden Flowers
- Licorice Root
- Marigold flowers



Mix equal amounts of each herb and store in a mason jar. 1 tablespoon per pint and infuse for 20 minutes in hot water. These herbs can be purchased at the Lhasa Karnak in Berkeley.

Class development in partnership with: Carol Davison, Medical Herbalist

Copyright © 2022 Ocean View Nutrition. All Rights Reserved.

ANTI-INFLAMMATORY TURMERIC DRINK

14

- Bring two cups of water, rice milk or almond milk to a boil.
- Add a tsp of ground or grated turmeric, a dash of black pepper, a Tbsp of coconut oil, a pinch of ginger, and a tsp of cinnamon) or cinnamon stick.
- Reduce to a simmer for 10 minutes.
- Strain the tea through a fine sieve into a cup, add honey and/or lemon to taste.



Class development in partnership with: Carol Davison, Medical Herbalist

Copyright © 2022 Ocean View Nutrition. All Rights Reserved.

TODAY'S ANTI-INFLAMMATORY DEMO RECIPE

15

Sesame-Crusted Tuna with Miso Dressing over a Seasonal Salad



Copyright © 2022 Ocean View Nutrition. All Rights Reserved.

WRAP UP / QUESTIONS?

16

About Lisa Michelle Miller, BS, NC

- Ocean View Nutrition – Consulting & Coaching

Owner & Nutrition Consultant, certified
Consultations, Classes & Presentations

lisa@kitchenonfire.com

lisa@oceanviewnutrition.com



- Kitchen on Fire Cooking School

- For the Home Chef in Berkeley & Oakland since 2005
- Owned by Chef Olivier Said (founder) & Lisa Miller
- Hands-on Cooking Classes, Events: In-Person and Virtual
- Nutrition Education, Corporate Wellness, Individual Consulting, Wellness Probiotics, Tonics & Teas - @drinkRebout

Link to today's presentation, demo info and more
<http://www.kitchenonfire.com/lifestyle-for-disease-prevention>

Copyright © 2022 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.