

TOP 5

ANTI-INFLAMMATORY UPGRADES

for everyday meals.



TRULYU HEALTH & WISDOM
For a better you + world.

Eat. Live. Cool. 
ANTI-INFLAMMATORY RECIPES
A food blog from TrulyU.com

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Congrats to you for stepping up and being ready to learn how to eat and live the anti-inflammatory way! Living life with an anti-inflammatory focus is a powerful approach to **prevent, reverse and reduce** symptoms with inflammation at its core **naturally**. The anti-inflammatory way will also set the stage for **vibrant health in body & mind**, and allow for **gradual lasting weight loss** if that is a goal.

The anti-inflammatory way to eat and live is about to go mainstream for very good reasons. I have listed some of them below and I hope they will **inspire you to join the anti-inflammatory way!**

◇ The anti-inflammatory way of eating is a **"forever diet"** that will help you steer clear of often harmful fad diets and it will **crowd out damaging ultra-processed food**. Your **anti-inflammatory diet** is rich in **tasty real foods** that is often **simple to prepare** with the right **knowledge and support**.

◇ **Inflammation is linked to basically all chronic disease**, including but not limited to cardiovascular disease, type 2 diabetes, asthma, allergies, depression, Alzheimer's and infertility in both women and men. Inflammation is also indicated in autism, both during pregnancy and in autistic children.

◇ **All autoimmunity has inflammation at its core**, almost **80% of autoimmune sufferers are women**, making this an **important women's health issue**. Examples of **autoimmune disease** are lupus, Crohn's disease, ulcerative colitis, psoriasis, MS, rheumatoid arthritis and Hashimoto's.

◇ A general feeling of being unwell such as **fatigue, headache, brain fog, skin rashes, indigestion and aging in general**, are also linked to inflammation.

As you can see **everyone stands to benefit** from anti-inflammatory eating and living. Let's get started today with **5 Simple Anti-inflammatory Upgrades to Your Everyday Meals!**

To your best health,

Annika

Annika Ek R.H.N. Functional Nutritionist and Wisdom Coach



MAKE AN OIL CHANGE



1

OUT WITH DAMAGING FATS

Processed, rancid and inflammatory fats makes your body rust from the inside.

AVOID:

◇ TRANS FAT + HYDROGENATED OIL: packaged baked goods, deep fried, margarine, veg. shortening

◇ INFLAMMATORY VEG OILS (omega-6): canola, safflower, sunflower and cottonseed

IN WITH HEALTHY FATS

The brain is 60% fat and relies, along with the entire nervous system, on healthy fats in the diet.

◇ Dressings and Drizzle: **Olive Oil**

◇ Low Heat (< 350F | 175C) Sauté, Baking, Roasting: **Coconut Oil**

◇ Higher Heat Sauté, Frying: **Avocado Oil, Ghee** (if tolerated)

POWER COUPLE: GINGER + GARLIC



GINGER + GARLIC EACH DAY KEEPS THE DOCTOR AWAY

Ginger soothe digestion. Garlic is heart healthy. Both are immune boosters and anti-inflammatory. Cook with them together or separately every day.

◇ Buy local or organic.

◇ Mince garlic and let sit for 10 minutes to activate garlic's superpower allicin.

MAKE A BATCH FOR THE WEEK!



GINGER GARLIC
PASTE

SCORE A VEGGIE HAT TRICK

3

TRIPLE POWER VEGGIES:

Eat a diversity of veggies to get the nutrients you need. Choose at least one from each category below:

- ◇ DARK LEAFY GREENS: kale, spinach, chard, collards
- ◇ SULPHUR RICH: onions, cauliflower, broccoli, garlic
- ◇ DEEP COLOURS: peppers, beets, carrots, tomatoes

MAKE AHEAD!



TRIPLE POWER SALAD BASE

REPLACE DAIRY WITH CASHEW BLENDS



DAIRY-FREE COOKING WITH CASHEW CREAM

Dairy is a very common food sensitivity. Replace with creamy and neutral tasting cashew cream and milk.

◇ Cashews are rich in **soluble fiber, vitamins and minerals.**

◇ Cashews are high in **heart-healthy monounsaturated fats.**

MAKE YOUR OWN!



REPLACE EGG WHITES WITH AQUAFABA

5

EGG WHITES - COMMON FOOD SENSITIVITY

Eggs has the potential to be a healthy food if well sourced and tolerated, but is one of the most common food sensitivities.

◇ Aquafaba is chickpea cooking liquid and can be used in place of egg whites.

◇ Use Aquafaba to make egg-free mayo, in baking and more.

PERFECT FOR SAUCES AND DRESSINGS



AQUAFABA MAYO
| EGG-FREE |

How I Can Help



TrulyU.com is the hub of everything I do from the Women's Circle, Food Blog, Courses, Events, and Individual Consultations.



TrulyU Women's Circle is where the magic happens. This is where women who want to be their best and lead lives that resonate deeply meet and accomplish together what we can't do on our own. Invited into the circle are female heart-centered entrepreneurs, and women who want to live authentic lives.



On my food blog EatLiveCool.com you will find recipes that are **gluten-free, dairy-free, egg-free and soy-free**. Eating anti-inflammatory is a corner stone of good health, especially as we get older since inflammation is linked to basically all chronic and often degenerative conditions, or just "regular" aging, aches and pains.



Annika Ek R.H.N. is a Functional Nutritionist and Wisdom Coach with a focus on anti-inflammatory eating and living. She shares recipes on her food blog EatLiveCool.com, and has consulted as recipe creator to industry. Annika has also been an avid student of consciousness teachings for over 20 years. This interest has brought her to Ph.D. studies in Wisdom Studies and the host of TrulyU Women's Circle. Annika loves dark chocolate, fresh berries and her fave co-worker is a red poodle named Miro.

