

ANTI-INFLAMMATORY LIVING

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

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WHO ARE KITCHEN ON FIRE & OCEAN VIEW NUTRITION?

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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

We're all good 😊

WHAT TODAY IS ABOUT...

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- 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?

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WHAT IS INFLAMMATION?

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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

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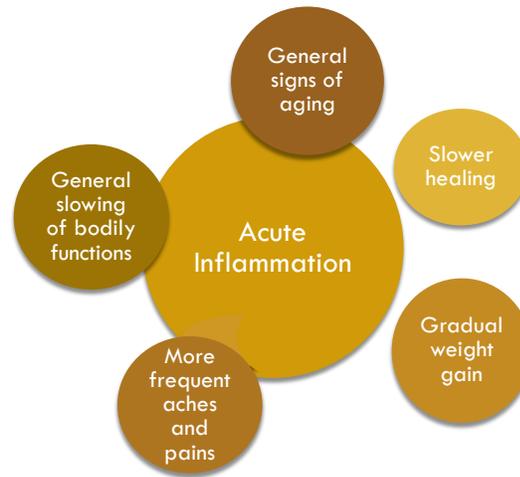
How does it affect my body?

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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.

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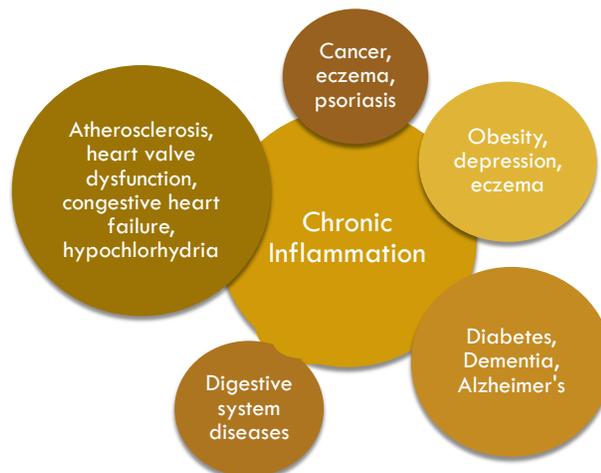
WHAT HAPPENS IF I IGNORE IT?

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Chronic:

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

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



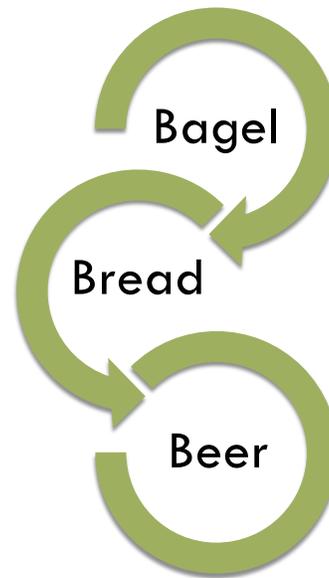
Chronic inflammation is often not recognized as a beneficial process.

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WHAT HAPPENS IN THE BODY? (GLUTEN EXAMPLE)

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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



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WHAT ARE THE 'NOTICEABLE' INDICATIONS?

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Skin	Intestinal	Other signs
<ul style="list-style-type: none">• Rashes• Skin tags• Redness• Lumps under the skin• Eczema patches	<ul style="list-style-type: none">• Indigestion after meals• Bloating	<ul style="list-style-type: none">• 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

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WHERE DID IT COME FROM?

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'Controllable' inflammatory lifestyle

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



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BUILDING A DIET TO REDUCE INFLAMMATION

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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

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HOW TO DISCOVER WHAT FOODS AFFECT ME?

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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?

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AND THERE IS MORE THAN DIET...

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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



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HERBAL TEA MIXTURE ANTI-INFLAMMATION

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- 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

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ANTI-INFLAMMATORY TURMERIC DRINK

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- 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

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TODAY'S ANTI-INFLAMMATORY DEMO RECIPE

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Sesame-Crusted Tuna with Miso Dressing over a Seasonal Salad



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WRAP UP / QUESTIONS?

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About Lisa Michelle Miller, BS, NC

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- 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>

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