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Low Carbohydrate Anti-Inflammatory Diet

The Whole 30 diet was developed by Dallas and Melissa Hartwig and is based on their book "It Starts With Food". It is a rigorous eating plan to be followed for 30 days. It involves avoidance of sugar, dairy, all carbohydrates from grains and flours, alcohol and processed foods.

At this point, you are probably saying, understandably "Why would I want to do this?" My answer: to address inflammation.

Chronic inflammation, whether subtle or obvious, plays a role in in every disease and syndrome. It contributes to high cholesterol, chronic fatigue, arthritis, osteoporosis, recurrent viral illnesses, digestive problems, allergies, hypothyroidism, out of control blood sugar and weight gain.

Inflammation is a normal biological process used by the immune system to attack infections and to manage injuries or to repair our bodies tissues wear and tear. Sixty to eighty percent of our immune cells reside in our intestines. What we eat can either support balanced immune function and inflammation or contribute to imbalance. It does start with food!

It takes 4 to 6 weeks of avoidance of food "antagonists" to down regulate immune dysfunction and inflammation. Whole 30 is an opportunity to reset our bodies metabolisms. Yes, most people doing following this diet will lose weight, but the potential health benefits gained far outweigh (pun intended) the pounds lost.

I recommend the book, "The Whole 30" The 30-Day Guide to Total Health and Food Freedom. I welcome patients to see me for implementation of the diet.