

Anti-Inflammatory Eating Framework

The framework here is the same for everyone. What's realistic to change first isn't. Coaching turns it into your own starting point — worked out together, then checked in on.

Making This Personal: What Coaching Adds

In your first session, we'd talk through: • Which patterns already sound like you • What's realistic for your routine • What's got in the way before • One or two changes to start with	Ongoing, after that: • Practical food swap ideas as you go • Nutrition insight from my own experience • Adjustments as things change for you • Support that continues, not a one-off plan
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Patterns linked to LOWER inflammation	Patterns linked to HIGHER inflammation
Fermented foods — Yoghurt, kefir, sauerkraut	Ultra-processed food — Packaged snacks, additives
Colourful vegetables — Variety matters most	Added sugar — Sugary drinks, snacking
Whole grains & fibre — Oats, beans, lentils	Refined carbs — White bread, pastries often
Nuts & seeds — Walnuts, flaxseed, chia	Excess alcohol — Above low-risk guidelines
Olive oil — Mediterranean-style base	Very low variety — The same narrow foods
Herbs & spices — Turmeric, ginger, garlic	Trans fats — Deep-fried, highly processed fats

Simple Ways To Start

- Add one extra portion of vegetables to a meal you already eat most days.
- Swap a refined-carb snack for nuts or seeds a few times a week.
- Include a fermented food like yoghurt or sauerkraut a few times a week.
- Notice patterns rather than perfection — consistency beats a strict short-term plan.

Track Your Own Patterns

A simple way to spot your own food-symptom links over time: log a quick 0–3 score (0 = no link noticed, 3 = happens most times) whenever a food and a symptom seem to show up together. After a few weeks, colour patterns tend to speak for themselves — and give us something concrete to work with in coaching.

Example only — track your own patterns here					
Dairy	3	1	0	1	0
Gluten/wheat	2	1	1	0	0
Caffeine	0	0	2	1	3
Alcohol	1	2	2	3	3
Added sugar	1	2	1	2	1
Fried food	2	1	0	0	1
	Bloating	Fatigue	Headache	Low mood	Poor sleep

This example is illustrative only. Your own version starts blank — we build it together from what you actually notice, not from a lab result.

This is general educational content, not a personalised nutrition or medical plan. For guidance based on your own testing or health history, speak with a registered dietitian, your GP, or the specialist who carried out your testing.