
10 Superfoods To Combat Inflammation, High Cholesterol and High Blood Pressure

Compiled By Laurel Inman, PCC, Health and Nutrition Coach
Adapted from *The Perricone Promise*, by Nicholas Perricone, MD

Dr. Perricone determined the following superfoods for cultivating optimal health by providing a low inflammation environment for your cells to thrive in! A body in balance has the ability to self-regulate and in some instances cure itself of disease. The rule of thumb:

What we eat is connected to our levels of health and nourishment.

When and how we eat is connected to our weight.

Why we eat is connected to our heart and values.

In this write-up, we cover Dr. Perricone's approach to creating and sustaining a low inflammatory body and sustaining vibrant health. In addition these super foods are excellent at reducing blood pressure, lowering bad cholesterol and have a low glycemic index (keeping your blood sugar steady). These foods are additionally beneficial to reducing symptoms and prevention of complications with Type 2 Diabetes. Under each category is a list of which foods specializes in what.

Acai Fruit

(Also Goji berries are excellent and easier to find in bulk at any health food store)

Dr. Perricone recommends Acai juice or purchasing the unsweetened pulp.

Great for:

- Ⓢ Concentrated antioxidant source
- Ⓢ Healthy fats and fiber
- Ⓢ Phytosterols (combative to bad or high cholesterol)

Allium Foods (onions, leeks, garlic, chives, shallots, scallions)

Note: The compounds are released in onions when cooked slightly. While cooking with garlic tastes amazing, cooked garlic kills the healthful properties. Adding it fresh minced is optimal.

Allium foods are great for:

- Ⓢ Flavonoids (help production of "glutathione", an excellent antioxidant of the liver, promoting toxin elimination)
- Ⓢ Cancer preventative
- Ⓢ Lowers bad cholesterol
- Ⓢ Lowers blood pressure
- Ⓢ Anti-blood clotting agents
- Ⓢ Helps prevent or address colds, viruses or bacterial issues

Barley

Dr. Perricone suggests hulled barley if possible. 1-5 servings per week. Great in salads, soups, side dishes and stir-fry.

Great for:

- Ⓢ High in soluble and insoluble fibers
- Ⓢ Feeds good bacteria in gut, reducing disease causing bacteria
- Ⓢ Lowers cholesterol
- Ⓢ Rich in vitamins B and E
- Ⓢ Antioxidant in form of phytochemicals (called lignans)

Buckwheat

Contrary to popular belief, buckwheat is not a grain, it is a seed and yet can be eaten like a grain. Great as a topping on salad, soup, yogurt or oatmeal. 1-5 servings a week.

Great for:

- Ⓢ Excellent source for cholesterol and blood pressure lowering
- Ⓢ Source of flavonoids
- Ⓢ Helps combat hypertension and supports the health and flexibility of the blood vessels and cardiovascular system

Beans & Lentils

1-2 servings per day or 5-7 per week. Good with soups, salads, side dishes and crock-pots.

Great for:

- Ⓢ Anti-aging phytochemicals
- Ⓢ Fiber and protein source –sustained energy and satiation
- Ⓢ High in potassium and folate for heart health
- Ⓢ Daily consumption lowers cholesterol
- Ⓢ Contain anti-inflammatory antioxidants called flavonoids and flavonals
- Ⓢ Red colored is most powerful: promotes healthy collagen (skin) and cartilage (joints)

Potent Greens

These are: wheat grass, barley grass, spirulina (powdered seaweed), chlorella (liquid drops)
The chlorophyll is what makes the above foods stand out. 3-7 servings per week.

Great for:

- Ⓢ Aiding our immune response
- Ⓢ Lowering bad cholesterol
- Ⓢ Supporting healthy blood pressure
- Ⓢ Inhibiting bad bacterial growth in the body
- Ⓢ Helps shorten allergies
- Ⓢ Powerful antioxidant and anti-inflammatory effects

Peppers

Peppers have capsaicinoids in the form of capsaicin which are highly anti-inflammatory. 1-3 servings per week.

Great for:

- Ⓢ Headache prevention and relief
- Ⓢ Arthritis help (can find capsaicin in topical form)
- Ⓢ Fights chronic inflammation
- Ⓢ Cancer prevention (specific study success on Leukemia)
- Ⓢ Increasing metabolism

Seeds and Nuts

These contain powerful antioxidant and anti-inflammatory compounds. Raw organic nuts and seeds still in shell are best. Raw is best and store in refrigerator in a sealed container to reduce spoilage. 3-5 servings per week. Great addition to stir-fry, salads and as a snack.

Eating them weekly helps:

- Ⓢ Studies showed reduced risk of heart disease or sudden death by up to **48-53%**
- Ⓢ Reduce negative cholesterol levels
- Ⓢ Cancer preventative due to richness in vitamins, minerals and antioxidants

Sprouts

Sprouts come from seeds of veggies, grains and beans, etc. They produce highly beneficial enzymes for the body and are loaded with chlorophyll. 1-7 servings per week. Great addition to salads, sandwiches, soups and wraps. (Grow your own, or, find these at Tucson grocery stores like Sprouts, Trader Joes or Co-Op on 4th Ave.)

Helps with:

- Ⓢ Contains saponins that lower bad cholesterol and do not effect the good
- Ⓢ Active antioxidants that prevent DNA breakdown
- Ⓢ Healthy bone maintenance
- Ⓢ Helps calm PMS or menopausal symptoms
- Ⓢ Rich sources of antioxidants, vitamins and minerals

“Canavanine, an amino acid analog present in alfalfa, demonstrates resistance to pancreatic, colon and leukemia cancers.”

- *Sproutman*

Kefir

Both yogurt and kefir are cultured milk sources high in good bacteria that combat overgrowth of disease supportive bacteria. Buy organic and non-sweetened unless sweetened with a 100% fruit. (Added sugar combats the positive effects.) Also, high in vitamin K (a hard to acquire vitamin mostly found in animal organs, which most American populations do not eat). 4-7 servings per week. Great as a breakfast item or snack.

Great for:

- Ⓢ Good source of vitamin K (hard to find in American diet) and aids in usage of Vitamin D3 and cholesterol processing
- Ⓢ High in protein and calcium
- Ⓢ Reduction in belly fat
- Ⓢ Maintains healthy bacterial balance for digestion

For more information on Dr. Perricone's work, visit:

www.PerriconeMD.com

For delicious and nutritious low inflammation recipes:

The Perricone Promise, by Nicholas Perricone, M.D.

Laurel Inman, PCC, Health & Nutrition Coach, Author of [Eating With Heart](#)