

7 Antioxidant Anti-Inflammatory Foods That Boost Your Health



[Click Here to Find Out How You Can Completely Clean Out the Plaque Build-Up in Your Arteries](#)

Almost all modern diseases are completely or partly caused by inflammation and oxidation.

Type 2 diabetes, plaque build-up in arteries (causing stroke and **heart attack**), arthritis, many cancers, **high blood pressure**, and even obesity could all be avoided if your body didn't suffer inflammation and oxidation. That's why it's so important to include antioxidant and anti-inflammatory **foods** in your **diet**.

The good news... in today's article I'm going to reveal the most powerful antioxidant anti-inflammatory **foods** I know. And you can find all of them (usually dirt cheap) in your local supermarket or health food store.

Antioxidant Anti-Inflammatory Foods #1 - Sauerkraut:

With a name that wants you to lick your lips, this fermented cabbage treat is not only a powerhouse of vitamins but also full of live cultures

that help cure stomach illness. Go for homemade, organic, or pure sauerkraut for best results.

Antioxidant Anti-Inflammatory Foods #2 - Kefir:

Kefir is a tangy, protein-rich fermented beverage with a host of probiotic bacteria to delight your gut microbes. Even for those who have lactose intolerance, kefir is available in mixtures of water or coconut water instead of milk.

Antioxidant Anti-Inflammatory Foods #3 - Pickles:

The fermented ones, instead of the vinegar-based pickles are the real deal. The fermented variety has beneficial bacteria but make sure that the pickle does not contain artificial color, flavor or additives.

Antioxidant Anti-Inflammatory Foods #4 - Greek yogurt:

Fermented milk products like kefir might not be for everyone, but yogurt is a simple and delicious choice for most people. Milk and live yogurt cultures should ideally be the only ingredients in Greek yogurt for best benefits.

Antioxidant Anti-Inflammatory Foods #5 - Kimchi:

Kimchi might not be as well-known as sauerkraut but its benefits are even more powerful, considering that it has the added benefits of garlic, ginger and scallions, apart from live culture.

Antioxidant Anti-Inflammatory Foods #6 - Kombucha:

This famous Chinese fermented drink is known to boost energy levels, help in weight loss, and overall wellbeing. It is made by fermenting sweetened black tea with yeast and bacteria.

Antioxidant Anti-Inflammatory Foods #7 - Miso:

A paste made of fermented soybeans, salt and a type of fungus called kojikin, this Japanese delicacy can be added to soups or stews to get its benefits.

Watch this Video – [Top 15 Anti-Inflammatory Foods](#)

For more info on healing each of these inflammation diseases, click the link below:

[These three easy steps reverse Type 2 Diabetes in 28 days or less...](#)

[Arthritis healed in 21 days using this simple strategy...](#)

[Cholesterol heart plaque completely removed by cutting out this ONE single ingredient...](#)

This post is from the Oxidized Cholesterol Strategy Program created by Scott Davis. He once suffered from High Cholesterol so much that he even had a severe heart attack. This is what essentially led him to finding healthier alternatives to conventional medication.

The program is highly focused on eliminating one simple ingredient you consume every single day, an ingredient you had no idea you were even putting it your body. What's scary is that this ingredient isn't even listed on the label of many common food choices. It's terrifying stuff! So, this system starts you off with valuable information about this one simple ingredient, what it's doing to your body and what you can do about it. But it doesn't end there.

The *Oxidized Cholesterol Strategy* goes on to teach you a wide range of diet, fitness, lifestyle, exercise, sleep and eating tips that will help you maximize your results. More importantly, these tips will help completely clean out any plaque build-up in your arteries.

To find out more about this program, go to [How to Maintain Healthy Cholesterol Level](#).

You may also like:

[Revealing Here the 5 Amazing Blueberry Health Benefits](#)

[How Rotten Eggs Cure Just About Everything \(I'm not joking\)](#)

[Here is Everything You Need to Know about Type 2 Diabetes](#)

[What Can Really Prevent High Blood Pressure and Diabetes?](#)

[Why Do I Have Diabetes; What Are the Main Diabetes Cause?](#)

[Are There Really Direct Link Between Cholesterol Level and Death?](#)

Does This Cause High Blood Pressure, High Cholesterol, High Blood Sugar, Really?

What Should be My Normal Blood Sugar Level Range?

How Allergy Makes this Blood Pressure Drug Terribly Deadly?

What Makes this Worst Unknown High Blood Pressure Cause?

How to Detect Heart Attack and Prevent It?

What Can Terribly Happen If You Slept Less Than 6 Hours?

How to Improve High Blood Pressure and Overall Cardiovascular Health?

7 Risky Herbal Medication Interactions Best to Avoid Here

Gum Disease is a Common Cause of Bad Breath

This Weird Morning Activity Can Boost Your Health & Cure Diseases

6 Absolutely Scary Triggers for Heart Attack

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