Session Details

Session #: 214  
Title: The Anti-Inflammatory Diet  
Speaker: Lori von der Heydt, ND  
Date: Friday, October 14  
Time: 2:45-4:00pm  
CE Contact Hours: 1.25  
Pharm Hours: 0

Session Description

Balancing pro and anti-inflammatory processes in the body is a cornerstone of health and wellness. Our food choices impact systemic inflammation. We will review the role of inflammation in the body and how foods influence it. I'll identify not only the foods that are pro/anti-inflammatory but how growing practices, processing and cooking affect food's potential to inflame, or not. We'll briefly make the connection between the food we eat, the gut bugs we cultivate and how that relates to inflammation. Lastly, I will present and offer tips for successful anti-inflammatory diet prescriptions.

Learning Objectives

Upon completion of this session, the learner will be able to:

1. Discuss the inflammatory process.
2. Describe how foods affect the inflammatory process.
3. Identify inflammatory and anti-inflammatory foods.
4. Recommend an anti-inflammatory diet for anyone suffering from inflammation.

Disclosures

Conflict of Interest for Presenter:

• The presenter(s) of this session declare no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.