

Anti-inflammatory FAQs

What's the deal with avoiding gluten and dairy?

Are grains and legumes compliant if I'm on the Anti-inflammatory plan?

Gluten-free grains (quinoa, rice, millet, oats, buckwheat, etc) and beans are healthful plant based foods that are ok to eat on the Anti-inflammatory plan. That being said, many people see more symptom relief by avoiding these as well

If you do choose to consume gluten-free grains and beans, I strongly encourage soaking or sprouting them. Both contain phytic acid that can bind to minerals that the body needs. Soaking and/or sprouting can reduce phytic acid.

Phytic acid can be broken down in as little as 8 hours using filtered water and an acetic medium such as lemon juice, yogurt or apple cider vinegar. Always soak in a warm, dry place and remember to rinse grains or beans very well after soaking.

For a helpful guide on soaking and sprouting:

<https://deeproootsathome.com/soaking-beans-and-grains-byebye-phytic-acid-and-beano/>

Can the Anti-inflammatory diet be sustainable and healthy for long periods?

Absolutely! Many people, after adhering to this diet, experience many health benefits and therefore choose to simply continue following an Anti-inflammatory diet. This diet provides every essential nutrient we need for optimal health while avoiding common inflammatory foods.