

## “Inflammatory Foods: Why the Foods We Love Don't Always Love Us Back”

By UnconventionallyWise.com

### What Inflammatory Foods Are

Foods that create irritation inside the body and trigger low level inflammation.

Common symptoms include joint discomfort, digestive issues, headaches, skin reactions and general fatigue.

### Main Inflammatory Foods

- Refined sugars
- Deep fried foods
- Processed meats
- Highly processed grains such as refined wheat
- Industrial seed oils such as soybean or corn oil
- Foods high in preservatives or artificial colors
- High histamine foods for sensitive individuals
- Alcohol for some people

### Why Processed Foods Cause Problems

Processed foods often contain:

- preservatives
- stabilizers
- emulsifiers
- artificial flavors
- thickeners
- industrial oils
- refined sugars

These ingredients can irritate the gut, affect gut bacteria and increase inflammation.

### Restaurant Food Concerns

They may be using centralized ingredients with additives, hidden preservatives in sauces and marinades, recycled frying oils that oxidize and create inflammatory compounds

### Glyphosate in American Wheat

- widely used herbicide in the United States
- also used for pre-harvest drying of wheat and oats
- residues detected in bread, cereals and baked goods
- long term effects of daily exposure remain debated
- some experts prefer organic or European sourced wheat where pre-harvest spraying is restricted

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### Diseases Linked to Chronic Inflammation

- cardiovascular disease
- type 2 diabetes
- arthritis
- autoimmune conditions
- obesity related conditions
- digestive disorders
- neuroinflammation

### Why Sensitivity Increases with Age

- digestive enzymes decrease
- gut permeability increases
- immune system becomes more reactive
- years of exposure to chemicals and processed foods
- hormonal changes influence inflammation
- slower recovery from irritants

### Histamine Sensitivity

Some people also react to foods naturally high in histamine such as:

aged cheeses, fermented foods, cured meats, mushrooms, alcohol and refrigerated fish.

### Anti-Inflammatory Foods

Anti-inflammatory foods can help the body repair and maintain balance. These include omega-3 rich foods such as salmon and walnuts, colorful fruits and vegetables, extra virgin olive oil and avocados, and spices like turmeric and ginger.

### Simple Ways to Reduce Inflammatory Load

- choose foods with fewer ingredients
- avoid preservatives when possible
- limit industrial seed oils
- reduce processed wheat products
- be selective with restaurant meals
- observe patterns in your own body
- support digestion and recovery
- include anti-inflammatory foods daily

### Bottom Line

Inflammation builds over time. Reducing irritants and choosing supportive foods helps the body function with less stress.

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