

Foods That Increase Inflammation

From Medical News Today

- processed meats
- sugary drinks
- trans fats, found in fried foods
- white bread
- white pasta
- gluten
- soybean oil and vegetable oil
- processed snack foods, such as chips and crackers
- desserts, such as cookies, candy, and ice cream
- excess alcohol
- too many carbohydrates



PAIN REVEALED

