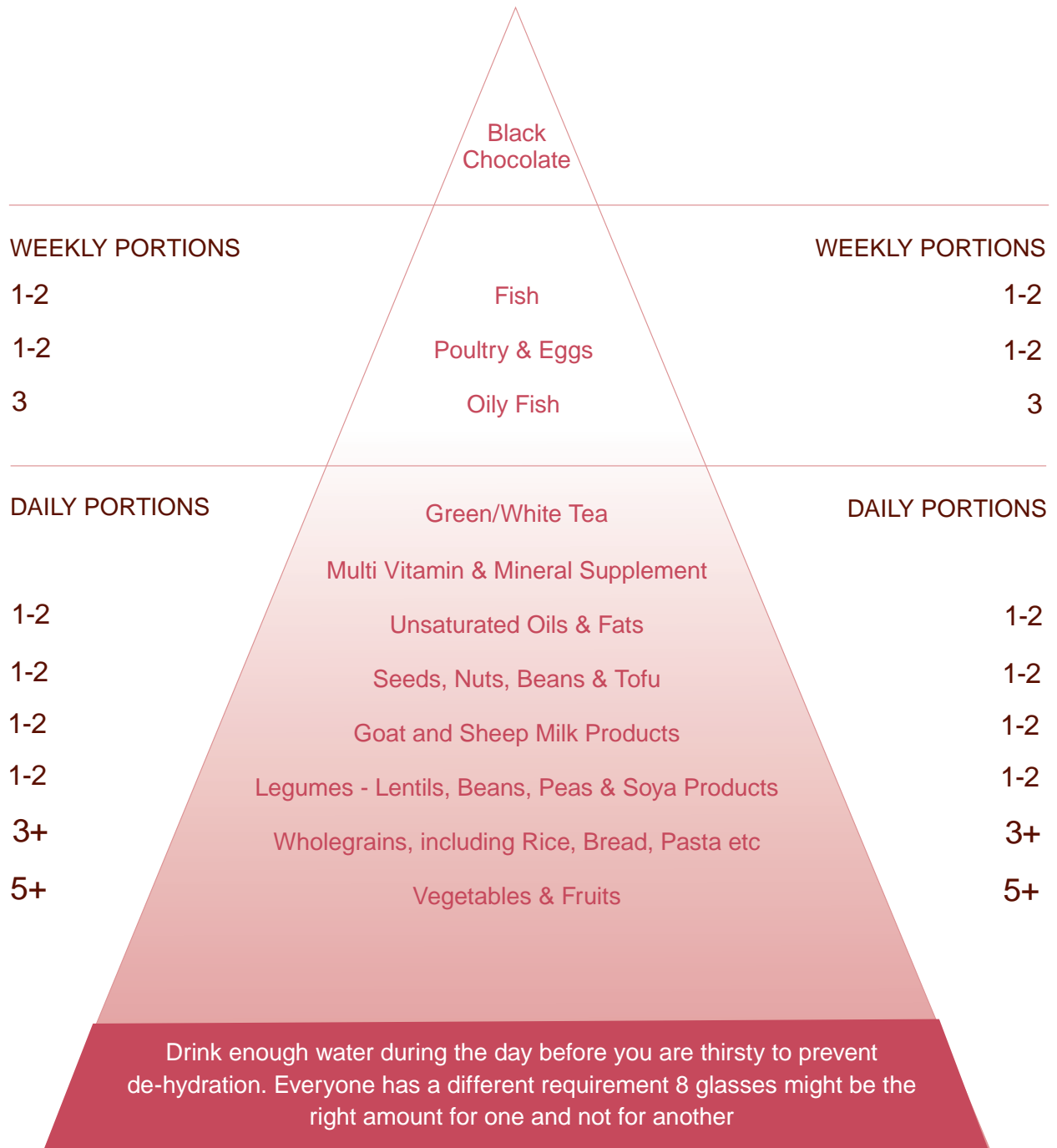


# ANTI INFLAMMATORY FOOD PYRAMID (TAKING OUT SOME ACIDIC FOODS)

The shape of the Food Pyramid show the foods you should fill up on at the base.  
The 'naughty but nice' are at the top!

SPARINGLY

SPARINGLY



**Optional:** Red Wine (in moderation and not for everyone)  
Supplements As Directed

