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NATUROPATHIC

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7200 FRANCE AVE STE #135
EDINA, MN 55435
WWW.NEIGHBORHOODNATUROPATHIC.COM
(612) 259-8529

Food Strategies

These are simple ways to eat healthy to maintain a healthy body, retain insulin sensitivity, and reduce inflammation.

1. Eat organically. Include fermented foods, seeds and nuts, and a rainbow of fruits and veggies in your daily diet.
2. Avoid sweeteners, processed, and inflammatory foods. If you don't know what it is, don't eat it.
3. Have good food practices- cook meals, chew each bite fully, and enjoy the flavor. This will help you feel full and satisfied
4. Choose low glycemic index foods
5. Enjoy a wide range of spices.
6. Eat at regular intervals.
7. Discover and avoid food intolerances.