



**A Nutrition Guide
Limiting Inflammation
and
Balancing Cortisol - Supporting
Thyroid Function**



Hi My Name is Katie Slanker?



I teach runners how to achieve optimal balance in their training to avoid pain and injury without giving up the training they love.

Having had 3 ACL reconstruction surgeries and one complex root tear repair of my medial meniscus, I know what it is like to be told you have to stop running and fitness (even if for a short period of time).

I have taken the last year to deep dive into new research on running injuries and rehab and the shifts compared to what used to be standard recommendations, as well as other aspects that affect healing like nutrition.

I now specialize in helping runners and athletes modify their training to keep running and training as much as they safely can as well as getting back to running after time off from injury.

As an athletic trainer, running coach, personal trainer, nutrition coach, mom and wife, I know we also have to do all our training within a busy schedule and help people find ways to make it all fit!



- This information in this is not intended to treat, diagnose, cure or prevent any disease.
- This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes.
- The material provided in this document is for educational purposes only.

ANTI-INFLAMMATORY FOODS

Berries (blueberries, raspberries and strawberries) - Low in sugar and loaded with Fiber, antioxidants, vitamins and minerals, making them a great at balancing blood sugar, fighter of free-radicals and balancing PMS type Symptoms.

Broccoli - Associated with reducing the risk of heart disease and cancer, as well as promoting healthy metabolism and balancing hormones especially estrogen. Other cruciferous vegetables are beneficial as well!

Red Bell Peppers - Contains Antioxidants Vitamin C and Quercetin. Other bell peppers do not have as much anti-inflammatory effect.

Spinach - Contains Vitamin C and E and carotenoids and flavonoids, all of which help fight inflammation.

Tart Cherries or Tart Cherry Juice - These can help block inflammation and help prevent muscle damage. Great Addition to any post workout drink or bedtime routine.

Omega-3 Fatty Acids - Great for reducing inflammation - Found in Avocados, Extra Virgin Olive Oil (best not heated), wild caught fish, flax seeds (for seed cycling), pumpkin seeds, hemp seeds, Chia Seeds, Brazil nuts, and walnuts.

Beets - Full of phytochemicals and antioxidants to help fight inflammation, rev the metabolism, disease prevention and possibly increase hemoglobin levels.

ANTI-INFLAMMATORY FOODS

Green Tea - Contains EGCG (Epigallocatechin-3gallate) which is linked to reduced risk of heart disease, and, obesity. Matcha green tea is a great option.

Spirulina and Seaweed - Rich in Calcium, Potassium, and Magnesium as well as helping with inflammation. Also a good protein source that helps with blood sugar management and gut health. Best if consumed in the morning or afternoon

Turmeric - Curcumin is the powerful compound which has anti-cancer and anti-diabetic properties. Best absorbed when consumed with fat and black pepper.

Dark Chocolate (at least 70% cocoa) - Packed with antioxidants to help reduce the risk of heart disease by supporting artery health. Candy Bars are not ideal due to the high sugar content!

Ginger - Ginger works by managing inflammation through suppressing pro-inflammatory compounds. Another great addition to a post workout routine. Also helps support the immune system, calm the GI tract.

Garlic - No only does it have cold fighting benefits, the anti-inflammatory benefits to boot from allicin! Don't forget to crush the garlic first!

INFLAMMATION PRODUCING FOODS

Dairy

Gluten

Processed Foods

Alcohol

Lunch Meats

Sugar Laden Foods - Candy, Juice, Soda, Store Bought Baked Goods, Sugar Cereals, Etc.

Vegetable Oils - Including Mayonnaise, Processed Salad Dressings, Potato Chips, Etc.

Trans Fats "Partially Hydrogenated oil" - Read your Labels
Artificial Sweeteners

Refined Flours - Found in "Great White Hazards" - Pasta, white bread, crackers, pretzels, flour tortillas, bagels, cereals and muffins.

If you are looking to learn more about what foods are an issue for you; please ask about the elimination diet!

ADRENAL SUPPORT FOODS AND HABITS

Add These Foods and Habits

Healthy Fats - Fats help control blood sugar as well as Like coconut oil, ghee, avocado, duck fat, fatty fish like wild salmon. Know which oils to use when! Add 2-3 Tbsp/day. Help support the adrenals in case of fatigue.

Balanced Breakfast - Within 1 hour of rising a balanced breakfast; meaning, rich in Protein, Healthy Fats and Fiber and water. Eggs are also helpful in supporting the adrenal glands. Notice I didn't say carbs; Hint... Think Veggies!

Superfoods - To nourish the adrenals. Examples include bone broth, vegetable broth, ferments and sprouted foods. Sea Salt with these can help as well (1/2 tsp. sea salt/day).

Sleep and De-Stress - Getting enough sleep is critical in allowing the adrenals to recover and repair. But this also includes saying "no" to un-necessary items and making time to recharge with "me time".

Water - Dehydration can create a level of stress in the body as well and cause an increased production of cortisol.

Magnesium - Add magnesium rich foods to help support the adrenal glands as well as relax muscles and nerves. Examples include dark leafy greens, Black Beans and Raw Oats and many more.

ADRENAL STRAIN FOODS AND HABITS

Remove or Modify These Foods and Habits

Blood Sugar Fluctuations - With the adrenals helping with blood sugar regulation, large fluctuations add strain.

Coffee and Caffeine - Coffee causes an increase in blood sugar and can mimic stress. Switch to Matcha Green Teas or Caffeine and Herbal Teas and Avoid Caffeine if sensitive.

Food Intolerances - Culprits could be: Gluten, dairy, eggs, soy, corn, sugar, nightshades, yeast, sometimes grains and, of course, sugar. The elimination diet can be very helpful.

Alcohol (I know, I Know) - Alcohol is still a sugar. Trying to limit to 2-3 drinks per week when in adrenal fatigue. Drinking with meals or food can make a big difference. And limiting late night drinking can help improve sleep.

Excessive Exercise - Especially cardiovascular exercise. If you notice lasting fatigue after exercise, your body could use a break. There are other options, please ask if needed.

Stress - Can come from past or present physical, emotional, digestive, or chemical. Elimination, re-framing or creating new coping skills can be life changing! If you need help, please ask about DBT!



Katie Slanker

<https://www.katieslanker.com>

Learn More In My [Free Facebook Group](#)