

Reflections

Foods that Fight Inflammation

Inflammation can be a good thing, such as when your body rallies to respond to an injury or infection. This is a targeted response by your immune system to protect your health.

But chronic, low grade inflammation can damage your body and threaten your overall well-being. Chronic inflammation has been linked to many diseases that are often associated with aging—cancer, heart disease, diabetes, arthritis, depression, and Alzheimer’s.

Good news

Research shows that what you eat can affect the levels of C-reactive protein (CRP)—a marker for inflammation—in your blood. Fruits and veggies help your body fight against oxidative stress, which can trigger inflammation. Foods that are anti-inflammatory tend to provide additional health benefits as well.

The Mayo Clinic suggests these rules of thumb for anti-inflammatory eating: Eat more plants and less red meat, cut processed foods out of your diet and choose foods rich in antioxidants and Omega-3’s instead. A simple way to do this is to follow the Mediterranean diet.

An anti-inflammatory diet should include these foods:



TOMATOES

Tomatoes contain lycopene and vitamin C that help curb inflammation. Watermelon and papaya do, too.

(continued)

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Released*

THIS MONTH:
September 27

NEXT MONTH:
October 27

At Rest

*Each quarter we
publish a list in
remembrance of
those who have
passed to their rest.*

Abrahams, Johan (AZ)
Adegbile, Jonathan K. (MD)
Adels, Elizabeth Marion (TN)
Aguilar, Trinidad P. (CA)
Alarcon, Robert G., Jr. (CO)
Allard, Alfred J. (FL)
Altman, Orville W. (OH)
Banks, Laurence R. (TX)
Barcelona, LuAnne (TN)
Barfield, Gwendolyn D (KY)
Barker, Laurene Ismay (MA)
Bates, Edward P. (NE)
Bauman, Herman (AZ)

(continued)



OLIVE OIL

Olive oil provides monounsaturated fat, which lowers total cholesterol and low-density lipoprotein (or “bad”) cholesterol levels. Olive oil is calorie dense, so use sparingly in place of other, less healthy fats.



LEAFY GREENS

Green leafy vegetables, such as spinach, kale, and collards are an important part of a healthy diet. They’re packed with vitamins, minerals and fiber, but are low in calories. Eating a diet rich in leafy greens can offer numerous health benefits including reduced risk of obesity, heart disease, high blood pressure and mental decline according to a study published in the journal *Neurology*.



NUTS

Nuts and seeds are rich sources of heart-healthy fats, fiber, plant protein, essential vitamins and minerals, as well as antioxidant and anti-inflammatory phytochemicals.



FRUITS

Berries, especially blueberries, provide antioxidants known as anthocyanins. These compounds may reduce inflammation, boost immunity, and reduce your risk of heart disease. Citrus fruits are also good sources of inflammation-fighting antioxidants.

Try to avoid or limit these foods that cause inflammation:

- ▶ refined carbohydrates, such as white bread and pastries
- ▶ French fries and other fried foods
- ▶ soda and other sugar-sweetened beverages (beware of bottled teas and lemonades)
- ▶ red meat (burgers, steaks) and processed meat, such as hot dogs
- ▶ margarine and shortening

No content in this newsletter, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.

At Rest *(continued)*

Beavers, Gloria (WV)
 Beers, Ardith A. (GA)
 Beeson, Jack L. (OH)
 Beierle, Rosalee J. (WA)
 Benedicto, George H. (CA)
 Benedict, Roy E. (TX)
 Benner, Clois E. (CA)
 Binsfield, Jamia L. (CA)
 Blakely, Kenneth (NM)
 Bledsoe, Helen S. (TN)
 Boettcher, Ingetraud P. E. (CO)
 Brasher, Roy V. (CA)
 Brooks, Darlene J. (OK)
 Brownlow, Margaret J. (FL)
 Bruington, Dorothy L. (CA)
 Bullock, Neva Joyce (WA)
 Campbell, Joyce Fae (MI)
 Cazan, Titus (CA)
 Chamberlain, Janice M. (FL)
 Chapman, Harold L. (CA)
 Chiesa, Ardith M. (CA)
 Clark, Hugh M. (WY)
 Coles, Don J. (CO)
 Collins, Betty Lou (FL)
 Collins, Wanda R. (AR)
 Council, Ellen A. (MI)
 Cozzi, Anthony W. (AR)
 Davidian, Richard D. (CA)
 Davis, Connie M. (OH)
 Davis, Evelyn N. (WA)
 DeChenne, Doris L. (ID)
 Decker, Loretta Orton (CO)
 Destin, Fenelon (PA)
 Dichoso, Bernardita F. (MD)
 Dickson, Catherine E. (MD)
 Doyle, Bethel Jean (OH)
 Dumdey, Marie (IL)
 Dykema, Lambert (SC)
 Egger, Michael (WI)
 Enevoldson, Lula M. (KY)
 Enright, Alberta Marie (FL)
 Eslinger, Bernie (OR)
 Espinosa, Samuel (CA)
 Estephan, Annette (MI)
 Evangelista, Gregorio (OR)

GO PAPERLESS!

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At Rest *(continued)*

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Fisher, Lucy M. (AL) Lawson, Joanne (OH)
Floodman, John A. (CA) Leary, Roselyn J. (WY)
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Funk, Herbert L. (AR) Lenigan, Jeannene (DE)
Galeno, Wenceslao (VA) Lightbourne, Lois N. E. (DV)
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Irwin, Luz V. (GA) Oh, Kenneth (MD)
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Sheldon, Betty L. (CA) VanDenburgh, Clara R. (CA)
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Shortridge, Lorraine I. (FL) Vincent, Ron M. (GA)
Shotwell, Vern O. (CA) Washington, Eula (FL)
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Simpson, Elizabeth E. (OR) Witzel, Everet W. (CA)
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SHARP Corner

Medicare Open Enrollment is Coming Soon!

October 15–December 7 is the time window to make changes in your Aon enrollments. If your current plans work for you, no action is needed. **If you want to review options for 2022, call Aon at 844-360-4714 and ask for an appointment with a Benefits Advisor for 2022 plans.** The earlier you call to schedule, the better. Keep in mind that insurance providers don't release cost information until October 1.



Staff Return to the Office

After working from home for more than 16 months, Adventist Retirement staff, on August 2, returned to work at the NAD building in Columbia, Maryland. It's good to be together again and enjoy the warmth of in-person collaboration. We thank you for your patience and understanding as we strived to serve you well from our home offices. A silver-lining of this situation is we are now prepared and equipped to assist you from anywhere we have an Internet connection!