



# Anti Inflammatory Diet

**Wise Words of Dr. Richard Bechert, DC**

**"Diets do not work. You must have a program you can live with every day, not just for 6 weeks or a New Year's resolution, Here's what I have found that works for most people.**



**Eat clean and lean meat. Avoid hot dogs, processed meats, etc.**

**Drink water, Unsweetened tea, black coffee, and/ or milk. No alcohol**

**Water**



**Eat all the fruits and vegetables you want**



**Avoid breads and sweets for 6 out of 7 days.**

**Cheat one day per week and eat what you want**

**Thats it. Now go do it. Only you can hunt it down and kill it.**