

Anti-Inflammatory Eating Guide

A gentle, practical guide to eating in a way that supports a calmer body. This is the approach I have personally found most helpful for living with fibromyalgia and chronic inflammation, and it is the foundation I return to again and again in clinic.

WHY THIS MATTERS TO ME

I live with fibromyalgia and chronic inflammation, so this is not theory for me. Changing the way I eat did not happen overnight, and it is not about perfection. What helped most was steadily building meals around whole foods, quietening the things that reliably flared my pain and fatigue, and giving my body enough consistency to settle. Some days are still hard. But eating this way gave me more good days than I had before, and that felt like getting a piece of myself back.

FOODS TO BUILD YOUR PLATE AROUND

- Colour, generously — leafy greens, broccoli, cabbage, beetroot, carrot, capsicum, tomato, berries and citrus.
- Good fats — extra virgin olive oil, avocado, olives, nuts and seeds, and oily fish such as salmon, sardines and mackerel two to three times a week.
- Quality protein at every meal — fish, eggs, poultry, legumes, lentils and tofu — to steady energy and blood sugar.
- Herbs and spices with every meal — turmeric with black pepper, ginger, garlic, rosemary, cinnamon, parsley and coriander.
- Fibre and fermented foods for the gut — oats, chia, flaxseed, legumes, sauerkraut, kimchi, kefir and plain yoghurt if dairy suits you.
- Green tea, herbal teas and plenty of water through the day.

FOODS WORTH REDUCING

- Ultra-processed and packaged foods, and anything with a long list of additives.
- Refined sugar and sweet drinks — often the single biggest shift for pain and energy.
- Refined flours and white carbohydrates as the base of most meals.
- Industrial seed oils used for frying, and deep-fried food generally.
- Processed meats and charred, heavily blackened cooking.
- Alcohol — even modest amounts can flare pain, sleep and fatigue for many people.
- For some, gluten and dairy are worth a considered trial with practitioner support.

HOW TO ACTUALLY BEGIN

- Change one meal at a time rather than everything at once. Breakfast is often the easiest.
- Aim for a plate that is half vegetables, a palm of protein, a thumb of good fat and a fist of whole carbohydrate.
- Cook a little extra at dinner so lunch is already handled.
- Keep three simple meals you can make without thinking, for low-energy days.
- Eat at regular times — long gaps and blood sugar dips can worsen pain and fatigue.
- Do not skip protein at breakfast; it changes the whole shape of the day.

BEYOND THE PLATE

- Sleep is anti-inflammatory. Protect it as fiercely as you protect your diet.
- Gentle, consistent movement — walking, water, stretching, restorative yoga — rather than boom-and-bust exercise.
- Stress and pain feed each other; slow breathing, warm baths and magnesium soaks genuinely help.
- Warmth and rest are not indulgences when you live with chronic pain — they are part of the treatment.

KEEPING TRACK

- Keep a simple two-week note of meals, sleep, pain and energy — patterns show up quickly.
- Look for trends across weeks rather than reacting to single days.
- Reintroduce foods one at a time, three to four days apart, so you can read your body clearly.

WHERE I CAN HELP

If you live with fibromyalgia, chronic pain or ongoing inflammation, an individualised plan is worth far more than a general guide. In consultation we can look at your history, nutrition, gut health, stress load and sleep, consider functional testing where useful, and build something realistic for the life you actually have. You can book an initial consultation through the website.

This guide offers general wellbeing and lifestyle information and is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, breastfeeding, taking medication or managing a health condition, please speak with your healthcare practitioner or book a consultation. This guide is general in nature and does not replace individualised care. Please do not stop or change prescribed medication without speaking to your doctor.