

A Supplement to Dr. Micozzi's

Protocol for Eliminating Deadly Inflammation

Remarkably Fast and
Easy Ways to Reverse
the #1 Cause of
Disease and Aging



BONUS REPORT

My Inflammation-Erasing Recipe

Throughout my *Protocol for Eliminating Deadly Inflammation*, I discuss some of the best dietary sources of effective, naturally occurring, inflammation-fighting nutrients. But sometimes, seeing a long list of foods can be overwhelming... Especially if you're not very comfortable in the kitchen.

So I'd like to focus now on just one of my favorite inflammation-thwarting recipes: **Arctic Char with Chinese Broccoli and Sweet Potato Puree**

Today, I'm going to break it down ingredient-by-ingredient to show you just how each element of the dish contributes to its overall anti-inflammatory benefits. And of course, you can take what you learn here today, and substitute in different ingredients to come up with your own spin on this healthy—and tasty—dish.

Let's get started by talking about the main star of this dish:

Fish

There's ample proof that **omega-3 fatty acids** have significant anti-inflammatory benefits.

Fresh, wild-caught fish like salmon, sardines, anchovies, and Arctic char are among the best sources of these fatty acids. Strive to eat a moderate amount—about two to three times a week.

To get the freshest, highest-quality fish, I recommend purchasing wild-caught varieties. You can buy them frozen or talk with someone who works behind the counter at your local seafood market.

And if you're not big on fish or seafood, know you can also get omega-3s from certain vegetables, like Brussels sprouts, cauliflower, and avocado. A high-quality olive oil is another good source, whether you like to cook with it or drizzle it over some of your favorite foods.

Sweet potatoes

Astaxanthin is an antioxidant. It's the yellow-orange-red carotenoid that gives salmon, shrimp, and lobster their reddish color. It's also found in marine microalgae and kelp—which is often used as a main source of astaxanthin supplements.

On land, astaxanthin is prominent in leafy green vegetables, sweet potatoes, and the healthy spice turmeric.

There have been thousands of studies on astaxanthin. And the research clearly shows that astaxanthin decreases all types of inflammation...

Inflammation from sunburn. Inflammation in the liver, caused by excessive alcohol use. Inflammation after a head injury. Inflammation in diabetes. Inflammation of the lung in asthma. The brain inflammation that leads to Alzheimer's. And on and on.

Broccoli

One mistake a lot of people make is that they focus on eating a large amount of one particular "super food." Instead, I encourage you to eat a *diverse variety* of greens to provide your body with an array of essential nutrients.

I also suggest incorporating plenty of greens from the *Brassica* family, such as broccoli, Brussels sprouts, cabbage, cauliflower, collards, mustard greens, and mustard spinach. Research links high intake of these greens with a lower risk of chronic inflammation—and even cancer!

In addition, all greens contain healthy fiber, which research links to lower levels of C-reactive protein in the blood—a major marker of chronic inflammation associated with heart disease.

Now that you've seen the anti-inflammatory effects of these ingredients on their own, it's

time to put it all together in a well-rounded inflammation-fighting recipe:

Arctic Char with Chinese Broccoli and Sweet Potato Puree

Ingredients:

- 3 red-skinned sweet potatoes (around 2-3 pounds)
- 1 teaspoon hot prepared Chinese mustard
- 1 cup balsamic vinegar
- 1 ½ teaspoons soy sauce
- 1 pound Chinese broccoli or broccoli rabe, cut crosswise on diagonal into pieces that are ¼ inch thick
- 2 slices of uncured bacon, cut into 1 inch pieces (make sure it's phthalate-free)
- 2 teaspoons yellow mustard seeds
- 4 Arctic char fillets (5-6 ounces each)
- 2 tablespoons vegetable oil, divided

Instructions:

1. Preheat oven to 400 degrees F.
2. Wrap sweet potatoes individually in foil, and roast until tender (around 1 to 1 ½ hours).
3. Cool and puree in a blender. Leave the skins on.
4. Pour the puree into a microwave-safe bowl, stir in the mustard, and season with salt.
5. Boil vinegar in a small saucepan for 8 minutes, until reduced to a ½ cup. Stir in soy sauce and remove from heat.
6. Steam broccoli in a pot with an inch of water until tender (approximately 1-2 minutes). Remove from heat and water, and set aside.
7. Cook bacon in a medium skillet over



medium heat until the edges are crisp. Transfer to paper towels to drain.

8. Process mustard seeds in a spice grinder until coarsely ground.
9. Sprinkle fish with salt, pepper, and ground mustard seeds.
10. Heat 1 tablespoon oil into large skillet over medium-high heat. Add fish, mustard-side down, and cook until brown and just opaque at the center, about 3 minutes per side.
11. Meanwhile, rewarm sweet potato puree in the microwave until heated through.
12. Heat 1 tablespoon olive oil in a large skillet. Add broccoli and bacon, and sauté until heated through. Season with salt and pepper.
13. Divide broccoli, fish, and puree among plates.
14. Drizzle with balsamic reduction and serve.

The bottom line? Inflammation is *everywhere*, and what's even scarier is that it's the root cause of a majority of chronic diseases and painful conditions. You can learn more about the power of optimal nutrition in lowering your levels of inflammation and protecting your health in Unit Three of my *Protocol for Eliminating Deadly Inflammation*.

**For more information about Dr. Micozzi's
Integrative Protocol for Defeating Diabetes, visit:
www.OVHLearning.com**

**For more information from Dr. Micozzi, visit his website:
www.DrMicozzi.com**

ABOUT DR. MICOZZI

Marc S. Micozzi, M.D., Ph.D. was the founding editor-in-chief of the first U.S. journal in Complementary and Alternative Medicine and organized and edited the first US textbook in the field, *Fundamentals of Complementary & Integrative Medicine* in 1996. He has published nearly 300 articles in medical literature and is the author or editor of over 25 books. Dr. Micozzi served as Senior Investigator of cancer prevention at the National Cancer Institute, where he published the original research on diet, nutrition, and chronic disease. He continued this line of research as the Associate Director of the Armed Forces Institute of Pathology and Director of the National Museum of Health and Medicine.

In recent years, Dr. Micozzi has served as the Founding Director of the Policy Institute for Integrative Medicine in Bethesda, MD, working to educate policy makers, the health professions, and the general public about the opportunities for integrative medicine and the need for clean, clear science within our modern medical establishment. Dr. Micozzi writes a monthly newsletter called *Insiders' Cures* as well as a free e-letter called *The Daily Dispatch*.



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