

Juicing for inflammation is one of the smartest things you can use your juicer for. After all, inflammation is at the root of so many diseases that many of us struggle with every single day.

In and of itself, inflammation is not the devil – it's actually just a defense mechanism our bodies use to protect itself from foreign invaders. A skinned knee or a twisted ankle will often become inflamed following a trauma, causing redness, swelling, heat at the sight of injury, and sometimes even fever.

But chronic inflammation is a different story and it's a condition that's experienced by many people in the form of a variety of diseases including arthritis, asthma, Crohn's, irritable bowel syndrome (IBS), and many others.

Chronic inflammation is not a response to an acute injury – rather, it's a result of long-term oxidative stress. In other words, your body is in constant distress.

The good and bad news is that inflammation is influenced by the foods you eat. Certain foods will increase inflammation in the body, while other foods fight inflammation and reduce pain in the body.

You obviously want more of the latter – ready to meet the best natural anti-inflammatory foods?

Juicing for Inflammation? Juice Anti Inflammatory Foods

Know what many of these natural anti-inflammatory foods have in common? They contain plenty of antioxidants which fight free radical damage in the body as well as repair blood cells and soft-tissue cells that may have been affected by free radicals.

Another commonality they share is that so many natural anti-inflammatory properties of foods are totally juice-able, meaning you have a way to instantly add a whole bunch of them to your diet. And you'll want to, whether or not you're currently affected by a chronic inflammation disease because everyone can benefit from an anti-inflammatory diet.

Simply add plenty of the below foods to your juicer on a regular basis and you'll find that you have more energy and less pain due to less inflammation!

So, without further ado, here's what you should be juicing for inflammation!

Dark Leafy Greens

Dark leafy greens like kale, spinach, collard greens, or chard, are all excellent sources of antioxidants including carotenoids lutein and zeaxanthin which are essential for eye health. Studies show that regular consumption of leafy greens can reduce the risk of cancer and inflammatory diseases.

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Leafy greens are also some of the best sources of vitamin C, an antioxidant vital to immune function. Other important nutrients that you'll get from leafy greens include vitamin E, calcium, iron, and phytochemicals which all reduce inflammation. Check out a huge list of leafy greens so you can mix things up!

Broccoli

Cruciferous vegetables like broccoli, brussels sprouts, cauliflower, and cabbage are all famous for their high concentration of antioxidants. One 100 gram serving of broccoli contains 150% of your daily recommended intake (DRI) of vitamin C.

Broccoli is one of the foods with the highest concentration of bioflavonoids, or "super-antioxidants," which fight all kinds of diseases including heart disease, atherosclerosis, and Alzheimer's disease.

In addition, regular consumption of broccoli can lower cholesterol, reduce allergic reactions, boost immune function, improve bone health and heart health, and protect your eyes and skin.

Carrots

Carrots are an excellent source of beta-carotene, a nutrient that we all know so well as the eye-protector. Beta-carotene is red-orange pigment and a type of carotenoid found in many fruits and vegetables. It works as a precursor to vitamin A.

Studies show that regular consumption of carrots can lead to lower cholesterol and blood sugar levels, improve digestion, and prevent cancer especially lung cancer. Carrots also help to fight off eye disease like macular degeneration.

Peppers

Red peppers contain three times the amount of vitamin C than orange juice, and are full of powerful phytochemicals which pack a mean punch against inflammation.

Peppers contain a nutrient called capsaicin which lower levels of substance P, the compound which triggers inflammation in the body.

Bell pepper have been linked to cancer prevention, cardiovascular health, diabetes protection, and healthy eyes. One cup of bell peppers contains 317% of your DRI of vitamin C, 93% of your DRI of vitamin A, and plenty of vitamin B6, folate, vitamin E, potassium, vitamin K, manganese, and niacin.

Bitter Melon

This funky-looking, bitter-tasting fruit often doesn't get the respect it deserves. And when it comes to fighting inflammation, it deserves a whole lot of respect because it's one of the best natural anti inflammatory foods out there.

Research shows that this underrated fruit is rich in bioactive chemical compounds like triterpenoids, triterpene glycosides, phenolic acids, flavonoids, essential oils, saponins, fatty acids, and proteins and has anti-oxidant, anti-inflammatory, anti-cancer, anti-diabetic, anti-bacterial, anti-obesity, and immunomodulatory activities.

When added to your diet, bitter melon can help stimulate fat metabolism, improve blood glucose levels and reduce inflammatory stress in the body. And there are a bunch more reasons you'll want to drink bitter melon juice.

Tomatoes

Tomatoes contain lycopene, an antioxidant that has been shown to reduce inflammation in the body, especially in the lungs. It has been connected to protection against lung, prostate, and stomach cancers.

Lycopene works to maintain the strength and flexibility in the cell membranes which are responsible for allowing different substances entrance and exit through the cell wall—they allow nutrients in, and force toxins out.

Beets

This jewel-toned root vegetable contains powerful anti-inflammatory, anti-carcinogenic and antioxidant properties

which detox your liver, clean out your blood, and repair damaged cells. Some of the phytonutrients that beets contain with the highest anti-inflammatory potential include betanin, isobetanin, and vulgaxanthin.

Beets are an important source of betaine, an amino acid that protects the body's cells, proteins, and enzymes"also playing a role in reducing inflammation. They are also a great source of vitamin C and essential minerals like potassium and manganese. Good for overall health.

Turmeric

Historically, turmeric has been used all over the world for its medicinal benefits. Turmeric is one of the best foods out there for fighting inflammation. This is due to the powerful anti-inflammatory compound curcumin, found in turmeric.

Turmeric is not just anti-inflammatory, but antiviral, antibacterial, and anticarcinogenic. It is packed with healthy nutrients that protect the body from a variety of diseases and ailments.

Some of the most common diseases that turmeric can improve include arthritis, diabetes, Alzheimer's (may even help prevent it), and liver disease.

Ginger

For thousands of years ginger has been used for its medicinal properties. Ginger contains the anti-inflammatory substances gingerols which may help reduce pain and inflammation associated with arthritis, various forms of cancer, neurodegenerative diseases, and digestive issues.

Studies show that ginger has anti-inflammatory, medicinal properties similar to non-steroidal anti-inflammatory drugs.

Ginger is also a known cure for nausea and vomiting, and can be used safely by people with conditions which cause indigestion, such as pregnancy.

Berries

Berries are especially high in antioxidants compared to many other fruits. Blueberries have an especially high concentration of antioxidants including quercetin, and has been linking to reduced risk of cancer and other diseases.

All berries are a great source of vitamin C, but strawberries take the cake with 150% of your DRI of vitamin C in just one cup.

Tart cherries

Tart cherries, or sour cherries, have high a concentration of antioxidants and flavonoids anthocyanins which reduce muscle damage and muscle pain during and after exercise, according to a 2010 study published in the Journal of the International Society of Sports Nutrition.

Another study on patients with osteoarthritis (OA) of the knee found that those who consumed tart cherry juice found relief from mild to moderate knee OA.

One cup of tart cherries contains 40% of your DRI of vitamin A and 26% of your DRI of vitamin C. It also provides a substantial amount of vitamin K, potassium, copper, and manganese. Remember to use tart cherries though " the sweet ones don't contain the same antioxidants as the sour ones.

The only thing is that tart cherries can be a pain in the butt to get your hands on. If you can't find any locally, there's always the option to order raw, frozen tart cherries. They're already de-pitted so you can either blend them into smoothies in their frozen state or thaw them a bit and then juice them.

Oh, and when adding these cherries to your juice, choose a sweet fruit, like pineapple, to balance out the taste!

Pineapple

Pineapple contains a unique enzyme and antioxidant that is not found in any other food we eat. The stem of a pineapple has a unique compound called bromelain which has powerful medicinal properties. Bromelain is used to reduce swelling.

As soon as bromelain enters the body, it goes to work repairing damaged cells and fighting off pain and swelling. It

is especially effective in the nose and sinuses to treat infection or swelling after injury or surgery.

Bromelain is also effective in treating other inflammatory diseases including ulcerative colitis and inflammatory bowel disease.

In addition to all the wonderful anti-inflammatory benefits bromelain provides, it also boosts immune function, speeds recovery, aids in digestion, builds strong bones, protects the eyes and teeth, fights cancer, and enhances fertility.

When juicing a pineapple, make sure to add that hard middle part that people always avoid. That's where all the bromelain is!

5 Best Anti Inflammatory Juice Recipes

If you already consume lots of fruits and veggies or you juice them often chances are you're already on an anti-inflammatory diet. Inflammatory foods are processed, fried, sugary, or oily so if you opt for lean protein, whole-grains, and lots of fruits and vegetables, you're on the right track to an inflammation-free lifestyle.

That being said, having a go-to collection of simple yet effective anti inflammatory juice recipes is an easy way to up your anti inflammatory game without taking up too much of your time.

Here are a few of the best anti inflammatory juice recipes to get you started with the healthy recipes!

Anti Inflammatory Juice Recipe for Cleanse

We're going to kick this one off with a pretty bare bones juice recipe that is admittedly intense but it is a highly beneficial recipe when you're juicing for inflammation:

1 bitter melon

2 cucumbers

1 inch ginger

optional: 1 cup water or coconut water

Again, this juice recipe is strong and lacks sweetness so if it's too much for you, feel free to dilute it with water or even add in some fruits and veggies to make it more palatable. Both carrots and beets work well with this recipe and will sweeten it up, as do pineapple and pears.

Pineapple Anti Inflammatory Juice

Here's a very simple, very effective anti inflammatory juice that's sweet, green and full of pain-fighting prowess:

2 carrots

2 cups pineapple (with the core!)

6-12 kale leaves and stems

This juice's main squeeze is the pineapple's or, the bromelain in the pineapple which is proven to quickly heal and strengthen tendons, ligaments, and bones. So if you have a sprained wrist or ankle, if you have swollen joints, or brittle bones, this is the juice for you. Such a delicious drinks!

Beet Inflammation Juice

When you want a serious dose of inflammation-fighting antioxidants in a glass, this is the juice recipe to turn to:

3 - 4 small beets

1.5 cups pineapple

1 cup blueberries (such a delicious fruit)

2 inch ginger

small handful of basil

This makes for a delicious anti inflammatory juice that's chock full of betaine to promote liver detox, protect your body's cells, and repair damage as well as inflammation-fighting pineapple and antioxidant-rich blueberries.

Tart and Tasty Anti Inflammatory Booster

This is delicious juice that's got a bit of a bite to it:

1 cup tart cherries (frozen/thawed or fresh)

2 oranges (peeled)

1 carrot

1 lime (peeled)

1 inch ginger

The oranges help water things down a bit but if it's still too tart/sour/spicy for your tastebuds, feel free to dilute with water or coconut water!

Golden Anti Inflammatory Juice

Here's a simple go-to anti inflammatory juice recipe that'll perk up your tastebuds with its combination of sweet, sour and spicy:

2 carrots

1 cup fresh pineapple (include the core!)

1 inch fresh ginger

1 inch fresh turmeric

1 lemon (peeled)

This clever juice recipe contains a heap of pain-fighting goodness like pineapple with its infection-fighting, damage-repairing bromelain as well as ginger and turmeric, both of which are potent anti inflammatories. Just sprinkle a little bit of pepper on top to boost the bioavailability of turmeric! Overall a great recipe to support your immune system.

Reference

[The Drug Hunters: The Improbable Quest to Discover New Medicines](#)

[Acupuncture Research: Strategies for Establishing an Evidence Base](#)