Anti-inflammatory Recipe

Grilled Fish with Tropical Relish

Description

The tropical relish in this recipe is more to flavorful than a pure fruit topping because the sweetness of the mango is offset by the robust tartness of the capers, vinegar, with salsa, and the basil providing an unexpected spicy note.

Food as Medicine

Omega-3s, found in both cod and halibut, help to protect against fatal heart arrhythmia (is this proven to be true?), or erratic heart rhythms. (A four-ounce serving of cod contains 13 percent of the Daily Value and the same serving of halibut contains 26 percent). The omega-3s in cod, halibut and other fish also improve the ratio of HDL (“good”) to LDL (“bad”) cholesterol, and help to prevent cholesterol deposits on artery walls. Basil, a main component in the relish, is full of volatile oils such as estragole and limonene, known antibacterials.

Ingredients

- 4 fish fillets, such as cod or halibut (about 6 ounces, each)
- 1 teaspoon extra virgin olive oil
- Salt and freshly ground black pepper to taste

RELISH

- 1 ripe mango peeled, pitted, and finely chopped
- 1 sweet onion, finely chopped
- 1 red bell pepper, seeded and finely chopped
- 1 bunch fresh basil, chopped
- 1 tablespoon capers, drained
- 1 teaspoon balsamic vinegar
- 1 tablespoon salsa

Instructions

- Rinse the fish fillets under cold running water and pat them dry.
- Brush them with the olive oil and season with salt and pepper.

Meanwhile, prepare the relish: Stir together the mango, onions, peppers, basil, capers, vinegar, and salsa in a bowl.

- Grill the fish on high heat or broil, 2 - 3 minutes per side or until desired doneness.

Sources: [http://www.drweil.com/](http://www.drweil.com/)
Q: I recently read that inflammation can lead to many serious illnesses. What can I do to reduce or eliminate this danger?

A: There has been a great deal of recent interest in inflammation as the root cause of many chronic diseases, decreased energy levels and poor health. It’s important to note that there are two types of inflammation: acute and chronic. The former occurs when, for example, you cut your finger. The body recognizes the injury and mounts a counter-attack of invading pathogens, rushing them to the site of the damage, to help the body heal. This type of inflammatory response has a life-saving purpose and when its job is done, it “turns off.” The problem arises when the inflammatory response does not turn off and can, thus, cause more harm to the body. This is referred to as “chronic inflammation.” While genetics can play a large role in chronic inflammation, other factors, such as lifestyle, contribute, as well. Stress, lack of sleep, and exposure to toxins (such as smoking and second-hand smoke), can all contribute but one of the biggest culprits can be our diet. We all lead busy lives on a tight schedule throughout the day, and this often determines what foods we put into our bodies. We turn to meals and snacks that are quick and easy to prepare and eat and this, unfortunately, can cause us to make unhealthy dietary choices.

An anti-inflammatory diet is one that is designed to reduce the inflammation in the body, as well as provide more energy throughout the day. While there is no single “diet” that accompanies the anti-inflammatory lifestyle, there are common themes that link it most closely with a Mediterranean-type regimen. Those themes include healthy fats (think avocados, nuts, olive oil, and omega-3s), lots of fruits and vegetables, whole grains, fish and other lean proteins, and minimally processed foods. Despite the word “diet”, this way of eating should not be thought of, as such. It is, rather, a lifestyle, in that it is a continuing way of living. Instead of having meat take center stage on your dinner plate, let vegetables play the lead and give your protein a supporting role. Ideally, your plate should be composed of one half vegetables and fruit, one quarter protein and one quarter whole grains or starchy vegetables. Finally, don’t lose sight of the biggest and most important rule in anti-inflammatory eating: slow down and taste your food! Practice mindful eating: turn off the computer, put down your cell phone, and make it a point at each and every meal or snack to focus on the food that you are putting into your body. Enjoy the meal you are eating and let the healing begin!