

Simple Snacks for Reducing Inflammation and Nerve Pain Naturally

Inflammation is peripheral neuropathy's best friend...which means it's your body's worst enemy. Chronic inflammation is one of the most common causes of nerve damage, and one of the best ways to beat it back is with an anti-inflammatory diet.

Inflammation and peripheral neuropathy [have a tendency to go hand-in-hand](#). It's not exactly the *only* cause of peripheral neuropathy – there are quite a few of those, and they can come about in a number of different ways. But it is one of the main contributions to widespread nerve damage.

While inflammation is typically something that our bodies use to aid in the healing process after certain types of trauma or injury, it can sometimes run amok. And when it does, nerve damage follows, more often than not.

But here's the good news. You have the power to fight inflammation, and you can do it with solutions that are as easy to deal with as just making sure to eat more anti-inflammatory foods and less of inflammatory foods.

Certain foods can be very helpful when it comes to cutting down on inflammation, which can offer some incredible relief from the aggravating symptoms of peripheral neuropathy.

Inflammation and Neuropathy: Enemies Forever

Your nerves are some pretty delicate little things. They come in varying degrees of relative thickness, but they're *all* pretty small when it comes down to it. And the farther away

they get from the central parts of your body (ie, your hands and your feet), the tougher it is to reach them with oxygen and nutrients, making them that much more susceptible to damage.

Inflammation, in most cases, is an immune response, which means it's designed to heal your body when something's gone wrong.

However, when the inflammatory response continues due to a continuous bombardment of foreign invaders, like toxins, viruses, and bacteria, for example, inflammation runs amok. When inflammation remains present in the body for longer than it was designed to, it begins to cause cellular and tissue damage. In the case of peripheral neuropathy, it kills off your nerve endings.

Inflammation-Causing Foods to Avoid

Certain foods can either increase or decrease the amount of inflammation we have in our bodies. Foods that are known to [trigger inflammatory responses](#) in the body include:

- sweet drinks, loaded with sugar: artificial juices, sodas, and such
- alcohol
- unnatural food additives and preservatives, commonly found in fast food and packaged foods
- snack foods, treats, cookies, and other high-sugar treats

- fried foods (they're especially heavy in inflammatory trans fats)
- bread, pasta, and other gluten-heavy items
- lunch meats, cold cuts, and other types of processed meat

Anti-Inflammatory Snacks to Satisfy That Sweet Tooth

We all need something sweet from time to time. Nobody's going to fault you for craving a treat! It's always best, however, to avoid refined sugars, heavily processed foods, and snacks that are stuffed with all kinds of additives and preservatives.

Instead, here are some healthy, inflammation-fighting options to help you put that sweet tooth to sleep.

1. Nut Butter on Dates, Apples...You Name It!



Nuts are impressive in how loaded they can be with compounds that help your body [reduce inflammation](#). Healthy fatty acids (that help our bodies make that important myelin sheath), fibers that are good for digestion and to balance blood sugar, antioxidants that help conquer free radicals, and those B vitamins you all know and love – all right there in your favorite nuts, like almonds, walnuts, cashews, and more!

Nut butter is a really tasty and easy way to get all the goodness from your favorite variety of nuts, and it goes great paired with a nice variety of other natural inflammation-fighting foods.

Dip some dates in your favorite nut butter for those healthy antioxidants and even more of that fiber! Spread on a tart organic green apple. You can even **spread some on almond flour crackers** (make sure you grab a gluten-free option) for a bit of crunch.

2. Berry Medley Smoothie



[Berries are a delightfully effective anti-inflammatory.](#) It really just doesn't get much better: they're tasty, easy to transport on the go and pair great with many other natural foods.

Another thing that's great about berries? You can freeze them for blending them into smoothies for an antioxidant-rich snack that's tasty and portable in surprisingly equal measures. Throw in some organic unsweetened yogurt and chia seeds, for a boost of extra nutrition.

Savory Snacks for Healthy Nerves

3. Kale Chips



Please don't say you haven't tried kale chips yet! They're not as "Whole Foods health nut" as they sound. Kale chips are surprisingly delicious, and they possess natural anti-inflammatory superpowers.

Kale is rich in plant nutrients known as [flavonoids](#) that have beneficial anti-inflammatory effects and protect your cells from oxidative damage that can lead to disease.

4. Sweet Potatoes



Not only are sweet potatoes great for helping your body to [rid itself of inflammation](#), but they're quick, easy, and a perfect complement to a healthy dinner (they make a great breakfast, lunch, or snack all by themselves, too). As if all this weren't enough, they're a solid source of fiber, to boot.

Sweet potatoes go great with just about [any healthy meal](#) and are so easy to prepare. An hour in the oven at about 350, and you're all set – cut 'em open and enjoy! Or replace your favorite trans fat chips with a batch of baked sweet potato chips by slicing them very thin and baking them until crisp.

Reducing Nerve Pain Naturally With Simple Food Changes

As you can see, an anti-inflammatory diet isn't as dreary as it might sound. All kinds of vibrant flavors and delicious dishes are not only enjoyable but helpful in battling inflammation that causes you discomfort. Do your feet hurt first thing in the morning? Are you having a hard time falling

asleep with strange sensations in your legs? If so, think about your diet. What inflammatory snacks have you been eating? Time to make a switch.

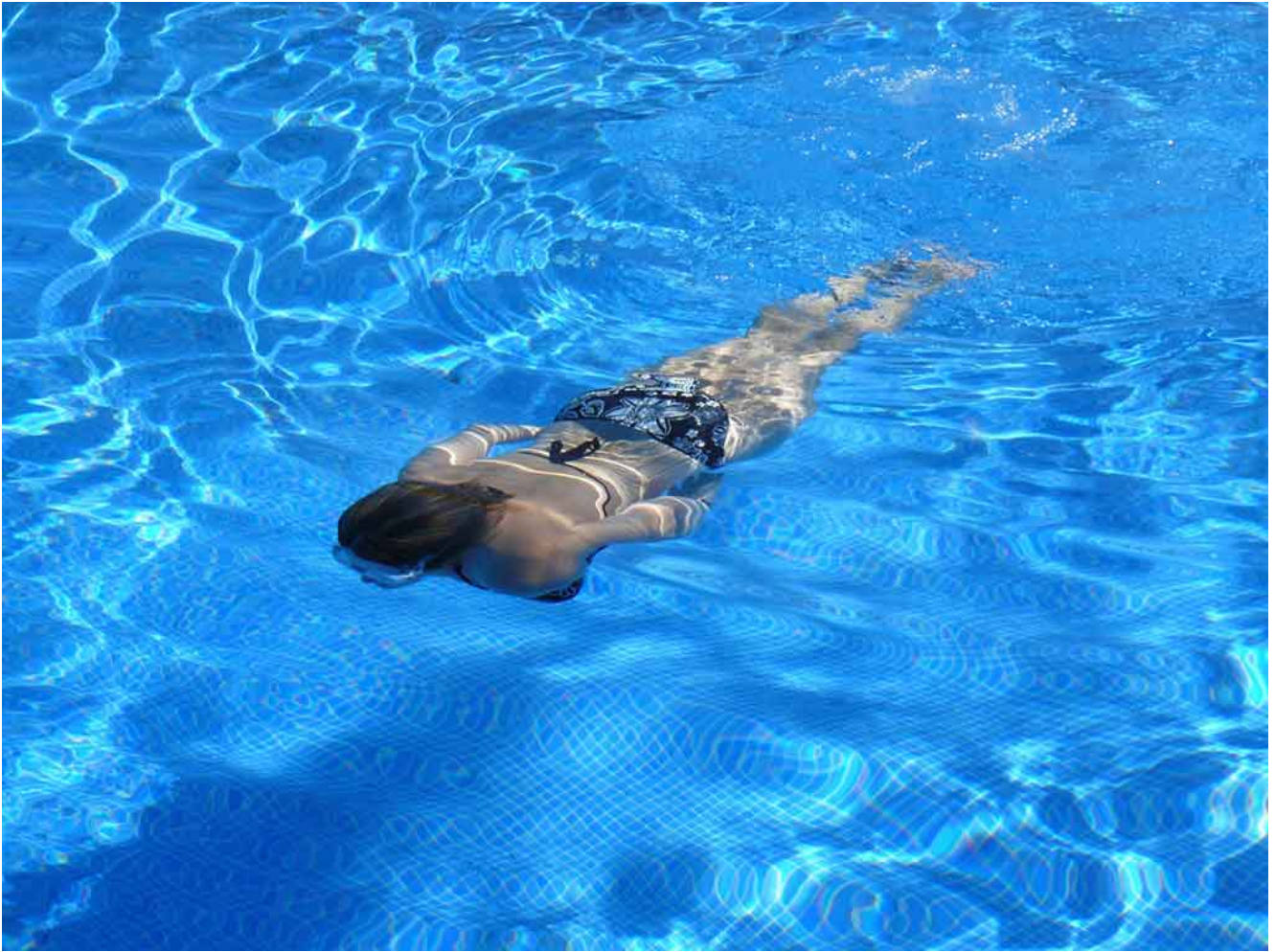
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