



BONUS #5

ANTI-INFLAMMATORY  
SPICES &  
INGREDIENTS  
IN YOUR KITCHEN  
WITH AIP  
(Autoimmune Protocol)  
SUPPORT!

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Your spice cabinet holds more healing potential than you might realize (and even when compared to most medicine cabinets). Many of these spices and ingredients contain concentrated compounds that directly impact your body's inflammatory pathways, working at a cellular level to provide balance and support throughout your healing journey.

These anti-inflammatory ingredients also support our hormones, stress, and immune systems. They work with your body—not against it. And the best part is that you don't need a total lifestyle overhaul or pricey supplements—just simple, intentional choices in the kitchen that add up over time.

In this guide, you'll learn what to use and whether they're relevant during the elimination phase of your diet. And keep in mind that healing isn't about a single food or spice; rather, it's about small, thoughtful choices working together. So, allow these ingredients (and more) to become part of your daily routine, bringing nourishment and intention to every bite!

## Complete List of Anti-Inflammatory Spices & Herbs

Name	Herb	Spice	Not AIP-Compliant During Elimination Phase
Ginger		✓	
Turmeric		✓	
Clove		✓	
Cumin		✓	X (seed-based)
Coriander		✓	X (seed-based)
Fennel		✓	X (seed-based)
Paprika		✓	X (nightshade)
Cayenne Pepper		✓	X (nightshade)
Black Pepper		✓	X (seed-based)
Chili Flakes		✓	X (nightshade)
Oregano	✓		
Rosemary	✓		
Thyme	✓		
Basil	✓		
Sage	✓		
Cardamom		✓	X (seed-based)
Mint	✓		
Cilantro	✓		
Cinnamon		✓	
Bay Leaf		✓	

## Complete List of Anti-Inflammatory Spices & Herbs

Name	Herb	Spice	Not AIP-Compliant During Elimination Phase
Tarragon	✓		
Saffron		✓	
Lemongrass	✓		
Chamomile	✓		
Spearmint	✓		
Dill	✓		
Lavendar	✓		
Peppermint	✓		

# EVERYDAY ANTI- INFLAMMATORY INGREDIENTS



The healing power of your kitchen is truly endless. Within those jars of spices, bundles of herbs, and baskets of colorful produce lies a pharmacy of natural anti-inflammatory compounds—medicine that your body recognizes. For centuries, traditional healers across many cultures understood the profound connection between what we consume and how our bodies respond. Now, modern science is catching up, validating what our ancestors knew through intuition and observation.

This guide brings together the most potent anti-inflammatory spices, herbs, and ingredients that nature offers. You'll discover an array of flavorful options that you can use throughout your journey, empowering you to take your healing journey into your own hands.

## Everyday Anti-Inflammatory Ingredients

Ingredient	Category	Not AIP-Compliant During Elimination Phase
Extra virgin olive oil	Oils & Fats	
Avocado oil	Oils & Fats	
Coconut oil	Oils & Fats	
Garlic	Aromatics & Flavorings	
Onion	Aromatics & Flavorings	
Lemons & Limes	Aromatics & Flavorings	
Apple cider vinegar	Aromatics & Flavorings	
Leafy Greens - Spinach, kale, chard, arugula	Vegetables	
Beets	Vegetables	
Sweet potato	Vegetables	
Carrots	Vegetables	
Zucchini & squash	Vegetables	
Bell peppers	Vegetables	X (nightshade)
Mushrooms - shitake, maitake, reishi	Vegetables	
Cruciferous veggies - Broccoli, cauliflower, Brussels sprouts	Vegetables	
Berries - Blueberries, raspberries, strawberries, blackberries	Fruits	In moderation
Apples	Fruits	

## Everyday Anti-Inflammatory Ingredients

Ingredient	Category	Not AIP-Compliant During Elimination Phase
Avocado	Fruits	
Pineapple	Fruits	
Tart cherries	Fruits	
Pomegranate	Fruits	
Fatty fish - Salmon, sardines, mackerel	Proteins	
Pasture-raised eggs	Proteins	X
Bone broth	Proteins	
Grass-fed beef	Proteins	
Lentils & chickpeas	Proteins	X
Green tea	Beverages	
Fermented foods - kimchi, sauerkraut, kefir, miso, plain yogurt	Fermented Foods	Some Not AIP-Compliant (dairy, soy, or spicy ingredients)
Quinoa	Grains & Legumes	X
Brown rice	Grains & Legumes	X
Buckwheat	Grains & Legumes	X
Oats	Grains & Legumes	X
Nuts & seeds - flax, chia, hemp, walnuts, brazil nuts, almonds, pumpkin seeds, sunflower seeds	Nuts & Seeds	X