

Anti-inflammatory foods



What helps?







about us ...

FITNESS CHIX IS ABOUT STRENGTH, CONDITIONING, MOBILITY & MINDFULNESS.

WE OFFER ONLINE TRAINING
PROGRAMS TO DO IN THE
COMFORT OF YOUR OWN HOME.

PROGRAMS INCLUDE TARGETING SPECIFIC ELEMENTS
OF YOUR TRAINING TO ACHIEVE YOUR GOALS

Bur Mission . . .

OUR AIM IS TO ENCOURAGE YOU TO STRENGTHEN YOUR BODY, CULTIVATE YOUR MIND, AND ADOPT SKILLS THAT SUIT YOUR LIFE

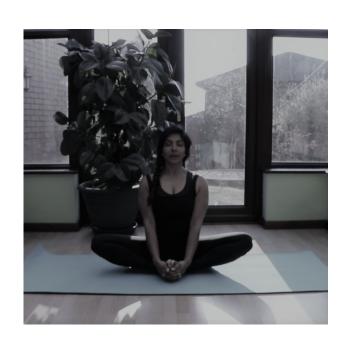


Our Philosophy...

BY CULTIVATING YOUR
PURPOSE IN LIFE, IDENTIFYING WHAT
YOU WANT, ADJUSTING YOUR HEALTH
AND WELLBEING TO SUIT WILL
AUTOMATICALLY FALL INTO PLACE

Bur Martra...

UNLEASH YOUR INNER GODDESS





What Bur Clients say

TULSHI GOT ME THROUGH SOME OF THE HARDEST TIMES IN MY LIFE MENTAL HEALTH WISE WITH HER SUPPORT, DURING PANIC ATTACKS. WITHOUT TULSHI I WOULDN'T HAVE THE POSITIVE RELATIONSHIP WITH EXERCISE I DO NOW AND AM NOW MORE COMFORTABLE TO WORK OUT





I THOROUGHLY RECOMMEND TULSHI AS A COACH AND AN OVERALL ASSET TO ANY FITNESS GOALS YOU MAY WANT TO ACHIEVE.

I'D BEEN TRYING TO OVERCOME PREVIOUS INJURIES AND SHE HAD CREATED A PROGRAMME TO MAKE THESE A THING OF THE PAST.TULSHI MADE THE SESSIONS VARIED, ENJOYABLE AND CONSTANTLY DEVELOPING.

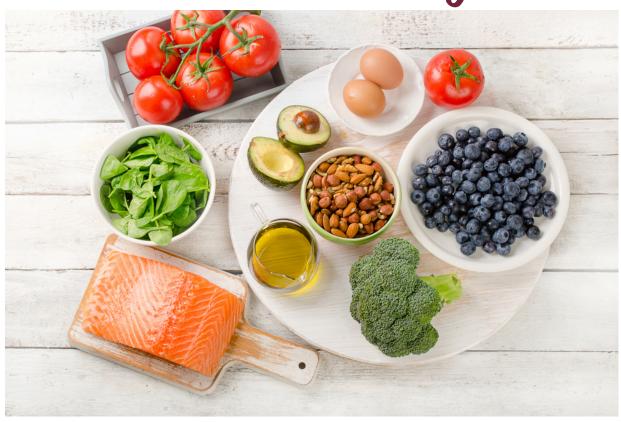




'AFTER YEARS OF NEGLECTING BOTH MY PHYSICAL AND MENTAL HEALTH, AND HATING WHAT I SAW IN THE MIRROR; I FINALLY DECIDED IT WAS TIME TO MAKE SOME HUGE CHANGES.TULSHI HAS BEEN A HUGE MOTIVATOR AND INSPIRATION WITH ALL HER POSITIVITY AND SUPPORT!



Importance of anti-inflammatory foods



INFLAMMATION HELPS THE BODY FIGHT ILLNESS & PROTECTS IT FROM HARM.

CRUCIAL FOR HEALING

THERE IS EVIDENCE THAT DIETARY CHOICES MAY HELP MANAGE THE SYMPTOMS OF VARIOUS DISEASES, SUCH AS PSORIASIS, RHEUMATOID ARTHRITIS, AND ASTHMA

AN ANTI-INFLAMMATORY 'DIET' FAVORS FRUITS AND VEGETABLES, FOODS CONTAINING OMEGA-3 FATTY ACIDS, WHOLE GRAINS, LEAN PROTEIN, HEALTHFUL FATS, AND SPICES.

IT DISCOURAGES OR LIMITS THE CONSUMPTION OF PROCESSED FOODS, RED MEATS, & ALCOHOL.



arti-inflammatory foods

COLOURFUL BERRIES

BERRIES OF EVERY COLOUR, INCLUDING
GRAPES & CHERRIES

PACKED WITH VITAMINS (INCLUDING C)
MINERALS (INCLUDING MAGNESIUM)

BERRIES PROVIDE ANTIOXIDANTS KNOWN AS ANTHOCYANINS.

THESE COMPOUNDS MAY REDUCE INFLAMMATION, BOOST IMMUNITY, AND REDUCE YOUR RISK OF HEART DISEASE.





FATTY FISH

A RICH SOURCE OF PROTEIN

SALMON, SARDINES, HERRING & MACKEREL

FATTY FISH BOAST HIGH AMOUNTS OF THE OMEGA-3 FATTY ACIDS EPA AND DHA, WHICH HAVE ANTI-INFLAMMATORY EFFECTS.

BROCCOLI

VERY NUTRITIOUS

BRUSSEL SPROUTS, KALE & CAULIFLOWER
ARE ALL CRUCIFEROUS VEGETABLES

BROCCOLI IS ONE OF THE BEST SOURCES OF SULFORAPHANE, AN ANTIOXIDANT WITH POWERFUL ANTI-INFLAMMATORY EFFECTS.





AVOCADOS

A SUPERFOOD

PACKED WITH MAGNESIUM, POTASSIUM & HEALTHY (MONOUNSATURATED) FATS

AVOCADOS OFFER VARIOUS BENEFICIAL COMPOUNDS THAT PROTECT AGAINST INFLAMMATION AND MAY REDUCE YOUR CANCER RISK.



arti-inflammatory foods

GREEN TEA

THE HEALTHIEST DRINKS YOU CAN CONSUME

REDUCES RISKS OF HEART DISEASE,
CANCER, ALZHEIMERS DISEASE & OBESITY.

GREEN TEA'S HIGH EGCG CONTENT
REDUCES INFLAMMATION AND
SAFEGUARDS YOUR CELLS FROM DAMAGE
THAT CAN LEAD TO DISEASE.





PEPPERS

LOADED WITH VITAMIN C

BELL PEPPERS PROVIDE THE ANTIOXIDANT
QUERCETIN,
CHILLI PEPPERS CONTAIN SINAPIC &
FERULIC ACID

THESE MEANS REDUCING INFLAMMATION AND CONTAINS OTHER ANTIOXIDANTS



TRUFFLES, PORTOBELLO & SHIITAKE ARE RICH IN SELENIUM, COPPER AND B VITAMINS

EAT THEM RAW OR LIGHTLY COOKED OVERCOOKING LEADS TO REDUCING THEIR
ANTI-INFLAMMATORY PROPERTIES





TUMERIC

MIXED IN INDIAN DISHES AND CAN BE ADDED TO MILK DRINKS

A POWERFUL ANTI-INFLAMMATORY NUTRIENT.

TURMERIC REDUCES INFLAMMATION
RELATED TO ARTHRITIS, DIABETES, & OTHER
DISEASES

CONTAINS ANTI-INFLAMMATORY
COMPOUND CALLED CURCUMIN. BLACK
PEPPER + TURMERIC CAN SIGNIFICANTLY
ENHANCE THE ABSORPTION OF CURCUMIN.





Our training platform offers guided meditation journey. . .

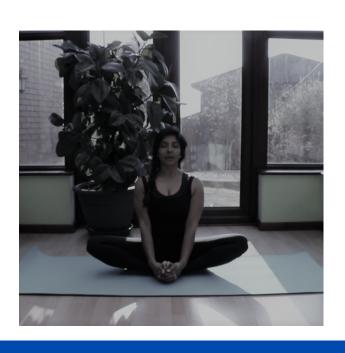
STRENGTH
CONDITIONING
MOBILITY
MINDFULNESS

Our online community...

OFFERS PRIVATE ACCESS TO FACEBOOK GROUP WHERE WE SHARE PERSONAL STORIES AND EXPERIENCES WITH OTHER FITNESS CHIX MEMBERS

INSTAGRAM - SHOWCASES
INSPIRATIONAL MOVES, QUOTES AND
ACCESS TO OUR BOOK CLUB

YOUTUBE
GIVES YOU A WIDE VARIETY OF ALL
THE VIDEOS INCLUDING MINDFULNESS
& LIVE EVENTS EACH WEEK!



VISIT OUR WEBSITE - FITNESSCHIX.COM
INSTAGRAM - @FITNESSCHIXUK