Anti-inflammatory diet

Testimonial and fragmentary summary of the book
« Comment j'ai vaincu la douleur et l'inflammation chronique par l'alimentation »
('How I overcame pain and chronic inflammation through diet')

by Jacqueline Lagacé, PH.

Personal testimony

I have significant acromioclavicular osteoarthritis (between level 2 and 3 severity on a scale of 3) and suffered from Hashimoto's thyroiditis which disappeared after starting this diet in 2019. Interestingly, I didn't follow a very strict diet at first, but this was enough to help me recover from Hashimoto's thyroiditis (a chronic autoimmune disease of the thyroid that results in insufficient hormone production.). This contrasts with osteoarthritis, where all the symptoms and pain disappeared only after I started following a very strict diet. The very last step in getting rid of the last traces of pain and discomfort was for me to stop drinking coffee altogether (except for one or two cups at the weekend).

If I didn't follow this diet, it would no longer be possible for me to do pole-sport / pole-dance, because the pain would no longer be bearable.

This 'summary' of the book is not really a summary. Rather, it's a few points that apply to my osteoarthritis (with which I've struggled for about ten years). Given that the book explains other types of chronic illness and especially why they respond favorably to this diet, I haven't ventured to try and explain what is firstly difficult for me to understand and secondly doesn't concern me. The diet, on the other hand, is the same for all these illnesses. A healthy diet has helped relieve or even completely stop 85 chronic illnesses. Here is a non-exhaustive list (according to the book) of diseases that can be treated with this anti-inflammatory diet:

Autoimmune diseases:

Disease	**Success rate**
Systemic lupus erythematosus	95 %
Rheumatoid arthritis	82 %
Pseudopolyarthritis rheumatica	94 %
Psoriatic arthritis	92 %
Inflammatory rheumatism	93 %
Gougerot-Sjégren	86 %
Scleroderma	100 %
Multiple sclerosis	98 %
Ankylosing spondylitis	95 %
Acute anterior uveitis or iridocyclitis	86 %

Slagging diseases:

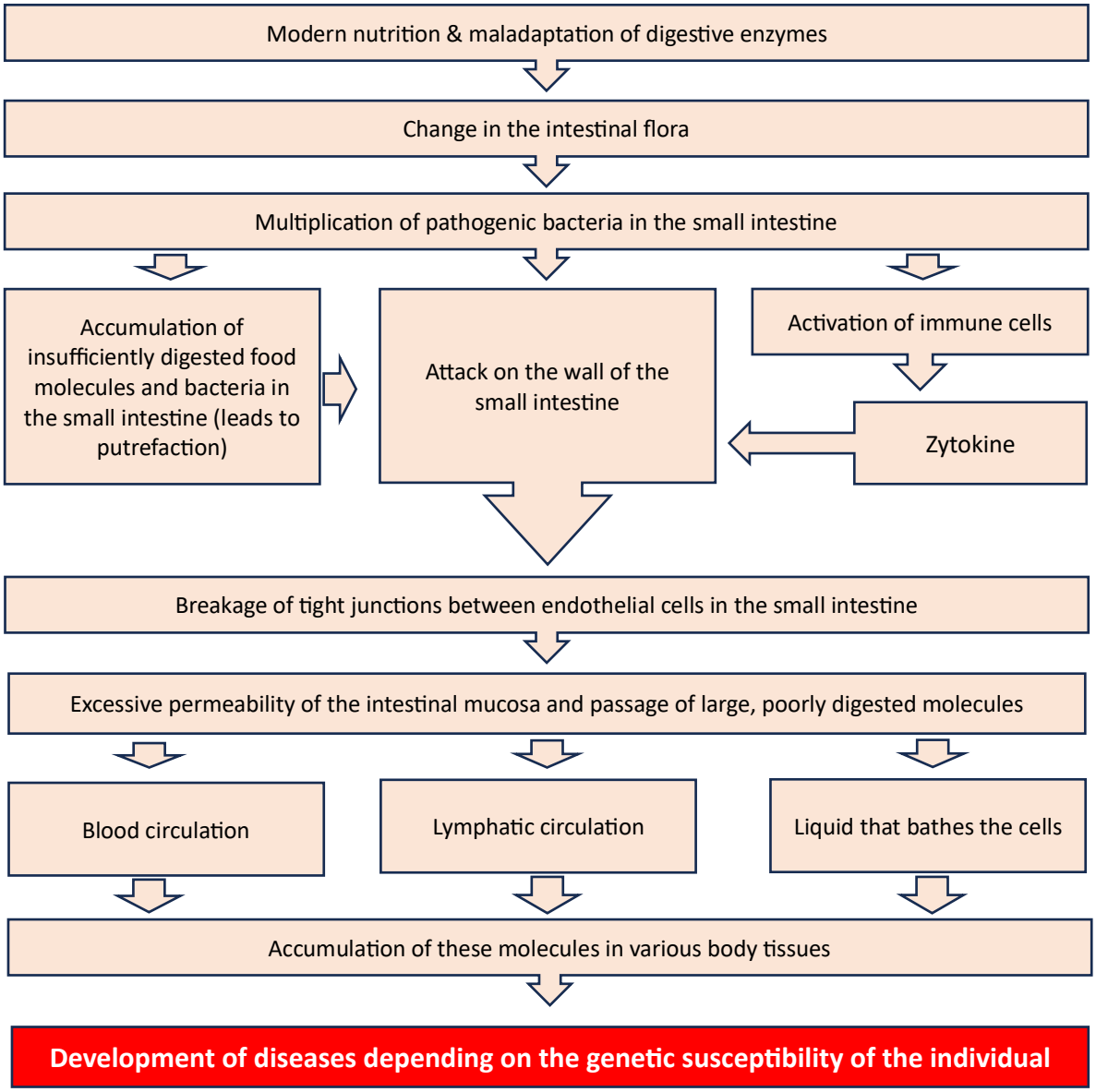
Disease	Success rate
Angina	100 %
Osteoarthritis	94 %
Tension headache	93 %
Endogenous depression	100 %
Type 2 diabetes	100 %
Dyspepsia	100 %
Unexplained fatigue	80 %
Fibromyalgia	90 %
Parkinson's disease	91 %
Migraines	93 %
Osteoporosis	70 %
Spasmophilia	94 %
Overweight	94 %
Hypoglycaemia	87 %
Hypercholesterolemia	98 %
Tendonitis	88 %

Elimination diseases:

Disease	Success rate
Acne	100 %
Aphthosis	100 %
Asthma	98 %
Chronic bronchitis	100 %
Colitis	98 %
Allergic conjunctivitis	97 %
Constitutional eczema	93 %
Gastritis	100 %
Recurrent ENT infections	80 %
Crohn's disease	99 %
Angioedema	96 %
Psoriasis	83 %
Chronic rhinitis	97 %
Hay fever	97 %
Chronic sinusitis	92 %
Gastro-oesophageal reflux disease	69 %
Urticaria	100 %

Summary of the book

Many chronic diseases are the result of an unhealthy, inflammation-inducing diet. Hard-to-digest molecules are no longer disposed of in the faeces as we age if we eat a systematically unhealthy diet, but instead cause the small intestine to become over-elastic, so that hard-to-digest molecules are deposited in the body and, depending on our genetic predisposition, cause inflammation. Dr Jacqueline Lagacé, who draws on decades of research by the late Dr Seignalet, explains it this way:



Unfortunately, the Seignalet diet can no longer reverse the disease, it can only slow down its progression or bring it to a complete standstill. Personally, I have osteoarthritis, but I no longer feel any pain because I have been able to stop my inflammation.

Dr Jacqueline Lagacé distinguishes between three different types of disease:

1. Autoimmune pathology, i.e. diseases that occur when certain cells and molecules of a person's immune system attack their own cells and tissues.
2. Slagging pathology is caused by the gradual accumulation of waste or toxic molecules in certain tissues that come from large bacterial molecules or insufficiently digested food that has passed through the very permeable wall of the small intestine.
3. Excretory pathology consists in the fact that the molecules that cannot be broken down by human enzymes become too numerous to be effectively eliminated by the various excretory organs, which are mainly represented by the kidneys, liver, skin, mucous membranes, lungs and intestines.

All diseases that could be stopped by the Seignalet method are due to one or two of these pathologies.

Principles:
According to Seignalet, you should eat as much raw food as possible, as cooking food often leads to the development of toxic products resulting from the Maillard reaction. The Maillard reaction was described almost 100 years ago by a French biochemist. When cooked at high temperatures, it leads to a yellow-brown colour, an intense odour and taste. As many foods must be cooked before consumption, you should at least try to reduce the cooking temperature and cooking time as much as possible. Cooking at high temperatures should be avoided, as the heat above approx. 120 °C changes the nature of the proteins in the presence of carbohydrates (sugar). These changes can lead to toxic or carcinogenic derivatives, as new, strong chemical bonds, known as covalent bonds, are formed between carbohydrates and amino acids, or proteins. These molecules are extremely complex, and our enzymes find it increasingly difficult to digest them as their complexity increases. Glycotoxins have been categorised into five to seven groups (depending on the author), and these different groups would not all have the same degree of toxicity. Maillard had already surmised that the proteins altered in the Maillard reaction could play a role in the pathogenesis of chronic diseases. Glycotoxins and their receptors therefore play a central role in the inflammatory reaction and are involved in the ageing process as well as in many chronic diseases associated with silent inflammation. Cooking also leads to potassium loss. Potassium plays a key role in the transmission of signals to the cells. A lack of potassium can lead to cardiac arrhythmia, muscle weakness (paresis) and reduced reflexes, for example.

Foods to avoid

Category	Food	Notes
Animal milk	All milk from any animal source and its derivatives, such as **butter, cream, cheese, yoghurt, ice cream,** etc.	In particular, milk powder should be avoided because, in addition to the harm associated with milk itself, it leads to a marked increase in the amount of glycotoxins in food. Milk powder is found under the names 'milk products', 'milk proteins' or 'milk ingredients' in many industrial foods.
Cereals	All foods containing **wheat, rye, kamut, barley, oats, maize, spelt** and, in particular, ready-to-eat cereals, breads, biscuits, crackers, pastries, pasta and even **beer**, which contains barley proteins.	Breads and other foods made with **whole-grain** cereals contain more acrylamide, a glycotoxin concentrated mainly in the husk of the grain, which is toxic in the long term for many individuals, depending on their genetics and age.
Fats & oils	Refined oils, i.e. oils that have been subjected to heat and/or chemical treatment, as opposed to virgin, cold-pressed oils. Limit trans fats, which are present in large quantities in shortenings and margarines made from hydrogenated oils. Avoid palm oil, which is commonly found in commercial cakes and pastries. Limit saturated fat intake.	
Seasonings	Limit consumption of refined **white salt** as much as possible.	(Alternative if used sparingly: Himalayan pink salt.)
Sweets	Limit consumption of **refined white sugar** as much as possible. Juices, fizzy drinks and jams full of white sugar should be avoided.	
Meat	Reduce your intake of **red meat** in favour of white meat, limiting consumption to around 70g, no more than twice a day. **Avoid** foods made industrially from animal products such as **cold meats, bacon,** powdered egg whites and milk powder.	**As far as possible, avoid cooking food at temperatures above 110-120°C** to prevent the formation of glycotoxins. Avoid eating meat and fish cooked at very high temperatures, such as **grilling, frying** and **barbecuing**. This type of cooking encourages the production of high levels of glycotoxins. However, cooking at high temperatures produces fewer glycotoxins in fish than in meat.
Prepared Food	Limit consumption of industrially prepared foods as much as possible. Avoid **chips** and **French fries**.	Prepared foods generally contain large amounts of sugar, salt, bad fats, preservative chemicals, colourings, glycotoxins, etc. Exposing potatoes to very high temperatures leads to the formation of large quantities of acrylamide; this is not a problem when potatoes are boiled.

(Tables copied from the book by Dr Jacqueline Lagacé)

Authorized or recommended foods

Category	Food	Notes
Cereals	**Rice (brown and white), buckwheat, sesame,** quinoa, tapioca, pasta made entirely from white or brown rice or quinoa.	**Brown rice** is preferable to white rice because of its superior nutritional qualities.
Vegetables	**All vegetables** are allowed and encouraged.	We strongly advise you to eat as many vegetables as possible **raw**. For vegetables that need to be cooked, favour **gentle steaming.**
Pulses	**Broad beans, white or kidney beans, lentils, peas, chickpeas.**	
Fruits	All **fresh fruit** is highly recommended. **Dried** and tinned **fruit** are widely represented in the diet: almonds, peanuts, dates, hazelnuts, walnuts, olives, pine nuts and prunes.	Dried or tinned fruit should be eaten **raw**.
Probiotics	Probiotics are recommended in the form of soya or rice-based yoghurt.	Probiotics are the normal micro-organisms of the healthy intestine and help to maintain a healthy balance of intestinal flora.
Meat & fish	Oily fish such as salmon, halibut, herring, mackerel, anchovies and sardines, as well as white meat.	Omega-3 is found in oily fish. Omega-3s are recommended for normal brain development and function. Essential fatty acids also play a key role in the synthesis and function of brain neurotransmitters and immune system molecules.
Fats & oils	**Only virgin oils used raw** should be included in our diet: **olive oil, walnut oil, canola oil,** soya oil, evening primrose oil and borage oil, etc.	**Omega-3** is found in certain **oily fish, seaweed,** chia, linseed, soya and canola oil, and omega-6 in most **vegetable oils.**
Sweets	Wholegrain sugars in moderation (**maple syrup, honey,** unrefined brown sugar). Dark chocolate, particularly raw chocolate, is recommended, but in small quantities.	Wholegrain sugars are rich in potassium, magnesium, calcium, phosphorus, iron, vitamins and antioxidants, particularly in the case of maple syrup.
Drinks	Water, rice and almond-based drinks, soya, soya cream and soya yoghurt. Coffee and tea should be consumed in reasonable quantities. Chicory is encouraged. Alcoholic beverages other than beer are permitted in moderate doses.	Eat unfermented soya products in moderation. Miso and natto are preferable as they are fermented soya. Consumption of certain mineral waters is highly recommended when they are rich in calcium (from 200 mg/l) and bicarbonate (from 700 mg/l) and low in sulphate.
Seasonings	**All seasonings are permitted:** pepper, vinegar, lemon, onion, garlic, mustard, parsley, capers, curry, herbs, etc.	Salt should be used sparingly and preferably in the form of **whole salt, such as Himalayan salt,** which is rich in minerals and trace elements.
Food supplements	Only vitamin D supplements are strongly recommended.	

(Tables copied from the book by Dr Jacqueline Lagacé)

Personal comments

This means:

- No pizzas, chickens from the oven (as they are normally cooked at around 200°C), etc.
- No food heated at high UHT temperatures (a process that improves the preservation of food, but also makes it more difficult to digest).
- No industrially processed (heated) oils, i.e. only cold-pressed oils

In chemical terms, table salt is sodium chloride, a compound of sodium and chloride. 2.5 grams of salt correspond to one gram of sodium. In the body, salt is a vital component of the metabolism. However, too much sodium / salt promotes inflammation. Humans need approx. 5 grams of salt per day. However, the average Swiss person consumes 9 to 11 grams, i.e. about twice as much. Just as salt leads to corrosion (rusting) in metals, too much salt leads to undesirable symptoms in the human body. Foods that are rich in sodium and therefore have an acidifying effect should be avoided. These include red meat or cheese, for example Parmesan. The following connections are important:

1. **Salt (sodium) is acidifying**
2. **Potassium is alkalising (i.e. the opposite)**
3. **Cooking leads to potassium loss!**

The acidifying or alkalising effect is the ability of a food to supply the body with more or less acid. In this way, food can regulate the acidity of the body and influence the acid-base balance. Here are a few foods that are rich in potassium and therefore alkalising.

- Green vegetables
- Pineapple
- Citrus fruits
- Lentils

So, if you cook boiled potatoes at 200° in the oven, you lose the essential potassium, change covalent bonds and consume carcinogenic glycotoxins. Fruit and vegetables are therefore only healthy if you don't heat them too high.

Gluten (and unfortunately also maize) promotes the production of zonulin. If zonulin is produced in large quantities, this leads to a loosening of the tight junctions. Repeated and prolonged loosening of the tight junctions results in the passage of macromolecules (intestinal hyperpermeability or so-called hyper elasticity of the small intestine). However, gluten is not the only problematic grain. Maize should also not be consumed, but maize starch (i.e. maize sugar) is not a problem.

The milk protein casein is one of the main allergens in milk. It plays an important role in cheese production and is mainly found in cheese, quark, yoghurt, cream and butter. Like gluten, milk casein will attack the intestinal wall and make it porous.

Here is my diet:

- No gluten, no maize (but maize starch is ok): Be careful with so-called gluten-free products, as they sometimes contain corn!
- No dairy products in any form, because even lactose-free dairy products contain casein, which attacks the intestinal wall.
- Only cold-pressed oils.
- As much raw food as possible.
- As little cooking as possible, and when I do cook, I steam the food with water vapour (because steam at 100° C is below the crucial 120° C limit).
- As little salt as possible.
- No industrially processed sugar (white sugar).
- Only raw sugar (so I buy no chocolate containing white sugar, milk powder, etc.).
- I easily replace sugar with honey (also in coffee).
- Fish is the healthiest meat of all, I eat fish once or twice a week. It also contains the anti-inflammatory Omega 3 oil.
- I also take Omega 3 oil capsules every day.
- I also take collagen, and vitamin supplements every day for my skin and joints.
- I only eat gluten-free and lactose-free brown bread in the morning, which also contains no maize (only maize starch).
- I replace pasta with rice pasta (gluten-free pasta mostly contains maize). I generally eat a lot of rice or lentils. Both contain a lot of protein.
- With a few exceptions (at weekends), I no longer drink coffee, and only a little chocolate, because during roasting, the beans are heated to sometimes over 300°C. Cocoa is less of a problem, as it is roasted at lower temperatures (130° to 150°).
- Alcohol is a cell poison and is harmful to health in large quantities – it promotes inflammation and encourages the development of cancer in the digestive tract, for example. Alcohol should only be consumed in small quantities and sporadically.

The following foods are particularly healthy and should be consumed every day:

- ginger
- Cinnamon
- Onions
- Garlic
- Curcuma
- Green tea

Every morning, I take a small glass of fruit juice blended by myself. The following mixture with ginger is enough for a fortnight. Warning: you should not consume more than 3-4 g of ginger a day, as over time a larger quantity could attack the intestinal lining. In reasonable doses, ginger is a powerful anti-inflammatory and antioxidant:

- 50 gr. Ginger
- 1 lemon
- 80 g liquid honey
- A little fruit juice (I particularly like pineapple or mango).

Very important is

- Healthy sleep
- No stress
- Exercise and sport