



# 3 FOODS THAT CALM INFLAMMATION AFTER 50

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# The 3 Foods that Calm Inflammation

After 50, our bodies naturally become more sensitive to inflammation — especially around the joints, gut, skin, and energy levels. The good news is that certain foods offer powerful, natural support. These three simple choices — fatty fish, berries, and leafy greens — are rich in anti-inflammatory nutrients that help calm the body, nourish your cells, and support long-term wellbeing. Each one is easy to enjoy daily, and even small, consistent changes can make a meaningful difference. Let's explore them one by one.



**Food 1:  
Fatty Fish  
(Omega-3)**

# Fatty Fish

## Omega-3 Rich Support

**What it is:** Fatty fish such as salmon, mackerel, sardines, and trout are some of the richest natural sources of Omega-3 fatty acids — essential fats that the body cannot produce on its own.

**Benefits:** Omega-3s help reduce inflammation throughout the body, support heart health, nourish the brain, and ease stiffness in the joints. They're especially supportive for women 50+ as hormone shifts can increase inflammatory responses.

**How to enjoy it:** Aim for 1–2 servings per week. Try baked salmon with lemon, tinned sardines on wholegrain toast, or a simple mackerel salad for a quick, nourishing meal.

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**Food 2:  
Berries**

# Berries

## Antioxidant-Rich Protection

**What they are:** Blueberries, raspberries, strawberries, and blackberries are packed with antioxidants, fibre, and polyphenols — natural compounds that help protect cells from inflammation.

**Benefits:** Berries help calm oxidative stress, support brain health, balance blood sugar, and nourish the gut microbiome. Their anti-inflammatory properties make them a powerful daily choice for energy, skin health, and cognitive clarity.

**How to enjoy them:** Add a handful to your morning yoghurt, blend into a smoothie, or enjoy as a simple afternoon snack. Frozen berries are just as nutritious and perfect for convenience.



**Food 3:  
Leafy  
Greens**

# Leafy Greens

## Everyday Anti-Inflammatory Support

**What they are:** Spinach, kale, Swiss chard, rocket, and mixed greens are rich in vitamins A, C, K, magnesium, and plant compounds that help regulate inflammation.

**Benefits:** Leafy greens support bone health, digestion, hormone balance, and immune function. Their high nutrient density makes them one of the most effective daily foods for reducing inflammation naturally.

**How to enjoy them:** Add a handful to soups, omelettes, or smoothies, or enjoy a simple side salad with olive oil and lemon. Even one cup a day can make a noticeable difference.

# A Gentle Closing Note

Small, nourishing choices can create meaningful shifts in how your body feels each day, especially after 50, when inflammation can quietly influence energy, mood, digestion, and overall wellbeing.

These three foods are simple, accessible ways to support your body's natural healing and bring more calm, clarity, and vitality into your life.

Remember, it's the consistent, compassionate steps that matter most. You deserve to feel supported, nourished, and well.

If you'd like to explore more free and paid wellbeing resources designed especially for women 50+, you're warmly invited to visit my website.

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