

Nutritional Support After Smoke Exposure

A simple food-first checklist to support recovery, antioxidant defences, hydration and regular elimination after wildfire smoke exposure.



Main goal: do not force a harsh detox. Help the body calm inflammation, replace nutrients, keep bowels moving and recover from oxidative stress.

FOOD-FIRST RECOVERY CHECKLIST



Hydrate well

Use clean water or herbal teas. Good hydration supports normal kidney filtration, mucus clearance and bowel regularity.



Prioritise protein

Protein provides amino acids used for repair, glutathione production and normal liver detoxification pathways.



Eat colourful plants

Berries, citrus, peppers, herbs and greens provide polyphenols and antioxidants that help counter oxidative stress.



Add cruciferous vegetables

Broccoli, cabbage, rocket, kale and cauliflower support normal liver and antioxidant enzyme activity.



Keep bowels moving

Fibre from vegetables, oats, beans, chia and flax helps regular elimination and supports the gut microbiome.



Choose omega-3 foods

Sardines, salmon, anchovies, flax and walnuts support balanced inflammatory responses.



Use vitamin C foods

Kiwi, citrus, parsley, berries and peppers help antioxidant defences after smoke exposure.



Rebuild minerals

Magnesium- and mineral-rich foods such as greens, pumpkin seeds and legumes help cellular resilience.



Use gentle herbs and spices

Turmeric, ginger, rosemary, green tea and colourful herbs can support antioxidant status.



Sleep and recover

The body repairs during sleep. Reduce training intensity and allow extra rest after heavy smoke exposure.



Temporarily reduce extra burden: avoid smoking, alcohol, heavy outdoor exercise, very processed foods and unnecessary chemical exposures while air quality is poor or recovery is underway.



Seek medical help urgently for chest pain, shortness of breath, severe wheezing, confusion, fainting, blue lips, worsening asthma/COPD symptoms, or symptoms in pregnancy or young children.