

Anti-Inflammatory Tips:

Inflammation is nature's double edged sword. Inflammation, characterized by pain and swelling, is triggered as a healing response in the body when it is injured or attacked by negative bacteria and viruses. Once the body recovers, the inflammation goes away. However, for tens of millions of Americans with disorders such as arthritis, sinusitis, bronchitis, fibrocystic breast disease, and carpal tunnel syndrome, the inflammation does not go away.

1. The Anti-Inflammatory Diet

- 4-6 servings of vegetables a day, especially dark greens like broccoli and collards
- Nuts and seed high in Omega-3 such as walnuts, flaxseeds ground fresh daily, pecans, and almonds
- Fruits high in antioxidants and low in sugar such as apples, blueberries and strawberries
- Olive oil on salads and main dishes
- Coconuts, grape seed or avocado oil for cooking
- Herbs high in antioxidants such as oregano and rosemary
- Herbs high in anti-inflammatory properties such as ginger and turmeric
- Fish low in mercury and high in Omega-3s such as wild salmon and sardines
- Free-range chicken and turkey – especially cooked slowly in home-made soups with lots of vegetables
- Small portions of grass-fed, red meat (beef or buffalo) (3 oz.); free-range, organic eggs; and low-fat dairy foods

2. Eat Your Apple a Day!

Apple, blueberry, spinach and other spirulina are all high in anti-oxidants and significantly reverse age-related increases in pro-inflammatory cytokines.

3. Take a Daily Probiotic

Natural friendly bacteria in the intestinal tract (also called “micro flora” or “friendly flora”) play an important role in preventing chronic inflammation. Because there are many medication and environmental conditions that destroy our natural friendly bacteria, such as antibiotics, steroids, birth control pills, chlorinated water, high-sugar foods and others, it may be necessary to supplement with a probiotic.

4. Take a Daily Protein Enzyme

Proteolytic (protein) enzymes found in natural foods and animal sources can help reduce inflammation.

5. Take a Daily Omega-3 Fish Oil Supplement – 2,000-3,000 mg Per Day

All inflammation experts agree that a diet rich in natural Omega-3 acids and a fish oil supplement high in Omega-3 is a critical component of any strategy to defeat chronic inflammation.

6. Supplement with an Anti-Inflammatory Herb

Tumeric, Nettle leaf extract, boswellia, cat's claw, devil's claw, ginger and green tea extracts all have anti-inflammatory effects.

7. Gamma-Linolenic Acid (GLA)

Take at least 1.4 grams daily from evening primrose, borage oil, or other GLA source.

8. Vitamins

Vitamin C: 500 mg. The latest research published in the April 2004 issue of the *Journal of the American College of Nutrition* confirms that taking vitamin C helps reduce levels of C-reactive protein, a marker of chronic inflammation.

Vitamin E: 400-600 I.U. (natural only).

9. Get Help

Find a doctor or holistic health and nutrition specialist that can support you in making the changes in your diet and lifestyle that are necessary to stop the inflammatory response. Don't give up. Ask your primary care provider, your chiropractic physician or your local nutrition store.

10. Exercise and Appropriate Rest

Exercise helps maintain healthy and strong muscles, joint mobility, flexibility, endurance and helps control weight. Rest, on the other hand, helps to decrease active joint inflammation, pain and fatigue. For best results, a good balance should be pursued and maintained.