

NATURAL ANTI-INFLAMMATORY PROTOCOL

1. Omega 3 Essential Fatty Acids: DHA/EPA (fish oil based) is preferred, but a flax seed source is good as well. 1000mg-4000mg a day.
2. Antioxidants: The best known of the antioxidants are vitamins C, E, and A. Others, such as copper, manganese, selenium, and the amino acids cysteine and methionine assist the body's own antioxidants, like superoxide dismutase (SOD).
3. Ice: 1 -4 times/day, 10-20 minutes each time. Avoid heat especially in the first 72 hours after injury.
4. Breathing Exercises: In nose 7 seconds, hold 8 seconds, out mouth 4 seconds. 4 in a row, 4 times a day.
5. Increase aerobic fitness: walking (20 minutes 4-5 times a week). Preferred to allow arms to stride as well.
6. Reduce trans-fatty acids (hydrogenated vegetable oil): they are pro-inflammatory (popcorn butter, margarine, cookies, cakes, pastries, salad dressings, etc.)
7. 5-10 fresh fruits and vegetables per day.
8. Avoid excite-toxins: glutamate, aspartate, cysteine (things with MSG-mono sodium glutamate, NutraSweet –aspartame, hydrolyzed vegetable proteins.
9. Stop or decrease smoking.

In this office, we recommend that you avoid mega-doses of any supplement. A smaller dose, several times per day is better for your assimilation. Also note that these ideas are intended as a natural approach to decrease general inflammation. These are not intended as a prescription.