

Nature's Ibuprofen
Pain Relief from Within!

The majority of today's chronic health conditions and the aches and pains that so many of us suffer from have one common cause, **INFLAMMATION!** Fortunately, Nature has provided us with some of the best ways to reduce chronic inflammation so we can feel better and live more productive lives. The causes of chronic inflammation are multiple and for many result from a combination of nutritional imbalances, environmental toxins, chronic stress and pathogens. What you eat, breath, absorb and how you think and feel, all play a critical role in reversing and preventing inflammation.

Your diet can either contribute to inflammation or reduce it!

Common **Pro-Inflammatory Foods** include:

- "Bad Fats": Trans Fatty Acids /Hydrogenated oils (found in many packaged snack products and fried foods.
- Refined Sugars, synthetic and artificial sweeteners (like high fructose corn syrup, aspartame, saccharin), and "white" or highly refined flours
- Processed Meats and meat products preserved with synthetic or artificial preservatives that was factory farmed
- Red Meat (grass fed is less inflammatory because the fat content is different)

Common **Anti-Inflammatory Foods** include:

- All Fruits and vegetables because they contain various photochemicals like antioxidants (vitamins C, E, beta-carotene and various minerals), bioflavonoids (like quercetin, limonene, hesperidin), and fiber which is needed for daily elimination of waste and support the healthy balance of the micro flora of the digestive tract. Grown women should aim for at least 7 servings a day and men should get 9.
- Herbs and spices are showing some very promising research in reducing inflammation and are a culinary delight! Add flavor and powerful anti-inflammatory punch to your dishes!
 - Turmeric (contains curcumin which has much research supporting it powerful anti-inflammatory capacity.)
 - Oregano
 - Garlic
 - Green tea
 - Ginger
 - Rosemary
 - Holy Basil

- ESSENTIAL Fatty Acids found in:
 - Wild, Clean Seafood
 - Wild Alaskan salmon (canned pink/sockeye is also a good choice)
 - Arctic Char
 - Sardines, anchovies, mackerel, herring
 - Sablefish or Black cod
 - Nuts and seeds (Raw, organic)
 - Flax seeds and walnuts are some of the best!
- Whole (un-refined) Grains are high in several minerals and vitamins and provide a good source of fiber. They are also absorbed slower into the blood stream, preventing spikes in blood sugar and pro-inflammatory insulin. Because many people have varying degrees of sensitivity to gluten, it is best to consume grains that do not contain this protein such as:
 - Quinoa
 - Brown rice
 - Buckwheat
 - Millet
 - Amaranth
 - Teff
- Beans/Legumes : provide one of the best sources of fiber which again support daily elimination of toxins in the bowel.

Because it is often difficult for some people to get ideal amounts of these nutrients from diet alone, there are several **supplements** that can reduce inflammation.

- Fish Oil (ex. cod liver oil)
- Good quality multivitamin and mineral supplements
- Antioxidants (such as C, E, beta-carotene, selenium, N-acetyl-cysteine, alpha Lipoic acid)
- Bioflavonoids (quercetin)
- Chlorella/sea vegetables
- Glucosamine and chondroitin (sulfate)

It is important to recognize **other lifestyle changes** that can be very powerful in reducing inflammation. They include:

- Daily Exercise and Physical activity (note: excessive exercise increases inflammation)
- Addressing and reducing emotional/mental stress with therapy and development of coping techniques such as meditation and breath work
- Getting adequate sleep and rest
- Laughing and smiling often!

- Limit Toxic exposure (as much as possible)
 - Buy Organic and Local
 - Use Water Filters to help remove impurities (carbon or reverse osmosis)
 - Avoid drinking/eating PLASTIC, aluminum or other toxic chemicals and metals.
 - HOUSE PLANTS....Get Them
 - Use non toxic, biodegradable cleaning and body products

Additional Resources

- Institute of Functional Medicine: www.functionalmedicine.org
- UltraMetabolism, Mark Hyman MD
- Dr. Sinatra, MD: www.drsinatra.com
- Fats That Heal Fats That Kill, by Udo Erasmus
- Environmental Working Group: www.ewg.org
- Children's Health Environmental Coalition: www.chechnet.org/healthhouse