

Anti-Inflammatory Protocol Important Dietary and Nutritional Guidelines

- ◇ **Omega 3's:** specifically **EPA** and **DHA** found in fish oils
 - Studies suggest **3 grams/day of EPA+DHA** is the minimum anti-inflammatory dose. I would recommend this be your minimum daily dose.
 - Take 6 grams/day for the first 4 weeks, then taper back to 3 grams/day.
 - Must be “**molecularly distilled**” aka “**pharmaceutical grade**”
 - Studies suggest that a 2:1 ratio of EPA:DHA is ideal.
 - **Trader Joe's OMEGA-3 FATTY ACIDS** (Red Label) fish oil supplement fits the above criteria and is my favorite. **5/day = 3g/day.**
 - Consult with your MD before taking a Fish Oil supplement if you're on any type of blood thinner, blood pressure, or heart medication.
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- ◇ **Water:** drink **3** liters per day
- ◇ **Ice: 4-6** sessions per day **10-15** minutes per session
 - Wait 1 hour in between sessions and do not put ice directly on the skin!
 - If you don't wait 1 hour in between sessions, or if you go longer than 15 minutes per session, you can make your condition worse.
- ◇ **Breathing Exercises:** In nose 7 seconds, hold 8 seconds, out mouth 7 seconds
 - 4 in a row, 1x/hour with **eyes closed**
 - Be attentive to avoid shallow breathing during your day, your body needs Oxygen to heal!
- ◇ **Antioxidants:** Vitamins A, C, E, Beta Carotene, Selenium, and CoQ10
 - follow recommendations on bottle
- ◇ **Reduce** Trans Fatty Acids (hydrogenated vegetable oil) and Saturated Fats
 - they are pro-inflammatory (bad)
- ◇ **Avoid Excitotoxins:** Glutamate (MSG is one of many forms), Aspartame, Cysteine, etc
 - avoid all foods with flavor or color additives
- ◇ **Increase Aerobic Fitness:** walking **15-30** minutes per day
- ◇ **Stop Smoking** (seriously, do it)
- ◇ **Reduce Stress**