

## 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**