

## INFLAMMATION PROTOCOL From Your Healthy Living Coach

Nutrition: Eliminate as much of these proinflammatory foods as possible: red meat, dairy, eggs, fried foods, processed/packaged foods, commercial oils and margarines, alcohol, coffee, sweeteners, and refined flours, and peanuts. These either contain fats that create inflammation or create a condition in the body that promote inflammation.

Do eat lots of vegetables of a variety of colours, moderate amounts of fresh fruits, especially the berries, only whole grain products in moderation, and protein from fish, white poultry, organic or omega 3 rich eggs, nuts, seeds, beans, and lentils. Best oil to use is extra virgin olive oil.

Drink at least 1 ½ liters of water a day.

Supplements: Super EFA (Fish oil from Dr. Yim. This has way more therapeutic properties than the capsules.) Take 1 Tbsp 2 times a day after meals. Start with 1 Tbsp a day first and then work up.

Glucosamine hydrochloride (You might need to call the Vitamin Shop in Victoria for this form since you are allergic to sulpa.) 500 mg capsules 2 capsules 2 times a day with food. Again work up to this dose. Start at one capsule once a day and work up to full dose.

Vitamin E (You can get the rest of the supplements from the Vitamin Shop for the best prices.) 400 I.U. of mixed tocopherols and take 1 a day with food.

Vitamin C with bioflavonoids 500 mg capsules One capsules 3 times a day with food. Get buffered or ester C if acidic things bother your gut.

Serrapeptidase (This is a proteolytic enzyme that is very good for controlling inflammation. Get dose from Vitamin Shop.) Take between meals on empty stomach.

Continue your own supplements but you can stop the fish oil capsules while using the liquid.

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