



Nutrition

At its core, inflammation represents a warning sign from the body that there is damaged or an insult to the body tissues.. When acute, it represents the first line of defense, but when chronic, it begins to break down the body. If we do not deal with the cause of the repeated inflammatory response, healing becomes a futile effort. !!!

The list:

• Start:

- Arnica Montana
- Turmeric-combined with coconut milk and a pinch of black pepper
- Ginger
- Garlic-cooking destroys alicin. Anti-inflammatory, cardiovascular benefits,
- Boswella
- Pineapple (bromelain) and/or Papaya (papain)
- Vitamin C- ester C (type 2 cartilage)
- Antioxidants
 - B1 or vit B complex, NAC.
- Chondroitin sulphate
- White willow
- 3,000 mg of omega-3, 240mg EPA, 210mg DHA. 1 1000mg per day with meals
- Flaxseed
- Quercetin (apples and red onions)
- Grass fed meats (as opposed to grain fed meats)
- Asian, maitake, Reishi, and shiitake mushrooms
- Wild Alaskan salmon
- Blueberries
- Quinoa
- Brussels sprouts
- Onions
- Green tea
- Vitamin D



- CoQ10-. 30 mg a day, up to 300 mg a day
- Chili Peppers
- Seeds and Nuts
- Alpha Lipoic Acid (ALA): found in the mitochondria, involved in energy production, soluble in water and fat (means it can go to all parts of the cell), increase the body ability to take glucose into cells. Prevents glycation, works with coQ10, carnitine. Raises levels of glutathione, A, C, and E. Take with meals, 25-30mg day, 200-400 mg a day for therapeutic effects
 - Apple cider vinegar
 - Chromium
 - Exercise 5+ times a week 30-45 minutes. A brisk walk is sufficient to get the benefits. It does not need to be a heart pounding, high intensity experience.
- **Stop:**
 - Trans-fats (hydrogenated fats)
 - Sugar
 - Caffeine
 - Dairy
 - Foods to avoid include high-omega-6 oils, such as those made from corn, safflower, sunflower, and cottonseed; inflammatory saturated fats from animal sources, as found in processed meats like bologna and hot dogs; trans fats; and refined sugars such as High Fructose Corn Syrup
 - look for words like refined, enriched, and processed
 - Stress-Stress releases cortisol (an inflammatory substance). If you need help with stress reduction techniques, please email me doc@drscottjahn.com or ask at your next appointment.