



Inflammation Managed Naturally

- Protect, Rest, Ice, Compress, Elevate,
- Exercise: Limited, motion within limits of pain (unless leads to further inflammation).
- Lifestyle/Ergonomics: Rest, maintain comfortable position, do not “freeze” rest of body.

Diet/Nutrition:

- Vitamin B Complex- Tissue repair (3x daily).
- Vitamin C with bioflavonoids- Tissue repair & decrease inflammation (3000-6000 mg daily).
- Essential Fatty Acids- Evening primrose oil, flaxseed oil & fish oils decrease inflammation, interrupt pain cycle.
Glucosamine and Chondroitin Sulfate- decrease inflammation, interrupt pain cycle.
- Grape seed extract- Antioxidant.
- Zinc- Tissue repair & decrease inflammation (50 mg daily).
- Superoxide dismutase (SOD)- Free radical scavenger, decrease infection & inflammation.
- Alfalfa- source of minerals.
- Bilberry- contains flavonoids that decrease inflammation.
- Aloe Vera, Arnica, Boswellia, Bromelain, Cat's Claw, Curcumin (turmeric), Echinacea, Ginger Root Extract, Goldenseal, Pau d'arco, Red Clover, White Willow Bark Extract & Yucca- all help with inflammation.

*Always check with a doctor/chiropractic when managing an injury.

As Always, we never charge to sit down with your friends and family to see if we can help them their with unwanted health conditions. We appreciate your referrals!