INFLAMMATION

TO HELP:

If recent injury, use ice packs (20 minutes on, 1-2 hour off). If an old injury, use heat (1/2 hr on, 1 hr off).

Use Turmeric (Curcumin longa): mix 1 teaspoon in a cup of milk or liquid and drink twice daily or put the turmeric powder into "00" capsules and take 2-3 times a day.

R1 by Reckeweg is homeopathic combination for inflammation.

ANTI-INFLAMMATION DIET:

This diet is designed to take the stress off the body so it can rebuild and heal. Excellent for pain from arthritis, or any type of inflammatory problems. If there is something you tested against, avoid that particular food for the present time:

- **Chicken twice a week (organic is definitely best)**
- **Tuna or Salmon 1-2 times a week**
- **All veggies cooked or raw**
- **Fruit: avoid acid fruits, eat very limited amounts of other fruits**
- **No gluten (wheat, oats, rye, barley, spelt, kamut). Instead you may have: rices, buckwheat, quinoa, amaranth, teff, lentils, dried peas and beans, corn.**
- **Limited amounts of almonds (no hazelnuts or walnuts). No peanuts.**
- **3-4 chicken eggs (range free) a week**
- **No beef, pork, lamb, or any other red meat**
- **No cows milk or cheese made from cow but you can have goat milk and goat cheese**
- **No sugar (white or brown), corn syrup, or synthetic alternatives. Honey and stevia are fine. Erythritol is usually well tolerated as is brown rice syrup and coconut sugar.**
- **Avoid coffee and black tea during inflammation**
- **For oils and spreads - use flaxseed oil, extra virgin olive oil, coconut oil, avocado oil (no margarine).**
- **Also avoid any food sensitivities you may have.**
- **Limited amounts of almonds (no hazelnuts or walnuts). No peanuts**