

HARMONY CHIROPRACTIC CENTER, INC.

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NUTRITION & INFLAMMATION

Inflammation is one of the things that causes us to heal. We have all had minor cuts from time to time. When a cut starts to heal, the redness, swelling and tenderness that can develop around the scab is inflammation. When inflammation is controlled, it heals and repairs the body. It is one of our first defenses against infection.

When inflammation is out of control, and we are in a **pro-inflammatory** state, we are setting the stage for chronic and autoimmune diseases such as arthritis, cancer, heart disease, multiple sclerosis and Alzheimer's disease. Just being inflamed will lead to more pain if you have an injury. A sprained ankle would swell more and be more painful than if our body's immune system is not overreacting. Trying to eat correctly and supplementing with the basics may help contribute to a faster recovery time and prevent some chronic diseases.

ARE YOU INFLAMED?

- Do you eat inflammatory foods?
- Do you feel tired all the time?
- Are you overweight?
- Do you have aches & pains?
- Does exercise seem too stressful?
- Do you easily get cold & flu symptoms?
- Do you look older than you are?

Answering **Yes** to any of these questions would mean you are at risk for chronic diseases.

INFLAMMATORY FOODS

- Sugar
- Grains
- Any animal that eats grains
- Dairy
- Legumes and Soy
- Trans-fats (partially hydrogenated...)
- Margarine, processed foods
- Oils from seeds (Canola, Sesame, etc.)
- Packaged Foods
- Potato chips
- Delayed Onset Food Allergies (Toxicity)

ANTI-INFLAMMATORY FOODS

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|---|---|--|
| <ul style="list-style-type: none">• Fruits (organic if eating skin)• Vegetables (organic if poss.)• Nuts (in moderation)• Cold Water Fish<ul style="list-style-type: none">◦ Alaskan or Wild Salmon• Grass-Fed Animal Products• Potatoes (in moderation) | <ul style="list-style-type: none">• Eggs• Herbs/Spices• Garlic, Ginger or Tumeric (Curry)• Extra Virgin Olive Oil• Butter• Coconut Oil• Green Tea | <ul style="list-style-type: none">• Lots of Water• Dark Chocolate<ul style="list-style-type: none">- At least 60% Cocoa• Red Wine• Stout Beer |
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BASIC SUPPLEMENTATION

- Quality Whole Food Multi-vitamin
- Fish Oils (EPA/DHA)
- Magnesium Citrate (non-tablet form)
- Vitamin D3
- CoQ10
- Ginger/Tumeric
 - supplement or food spice
- Proteolytic Enzymes
- Probiotics

ADDITIONAL SUPPLEMENTATION: Glucosamine, SP Green Food, Echinacea-C

FOR MORE INFORMATION

- The Paleo Diet by Loren Cordain, PhD
- Know Your Fats by Mary G. Enig, PhD
- Coconut Oil (www.coconutoil.com & www.tropicaltraditions.com)
- Grass Fed Meat (www.eatwild.com & www.lgbeef.com)
- www.Deflame.com