

Nutrition for Inflammation Control

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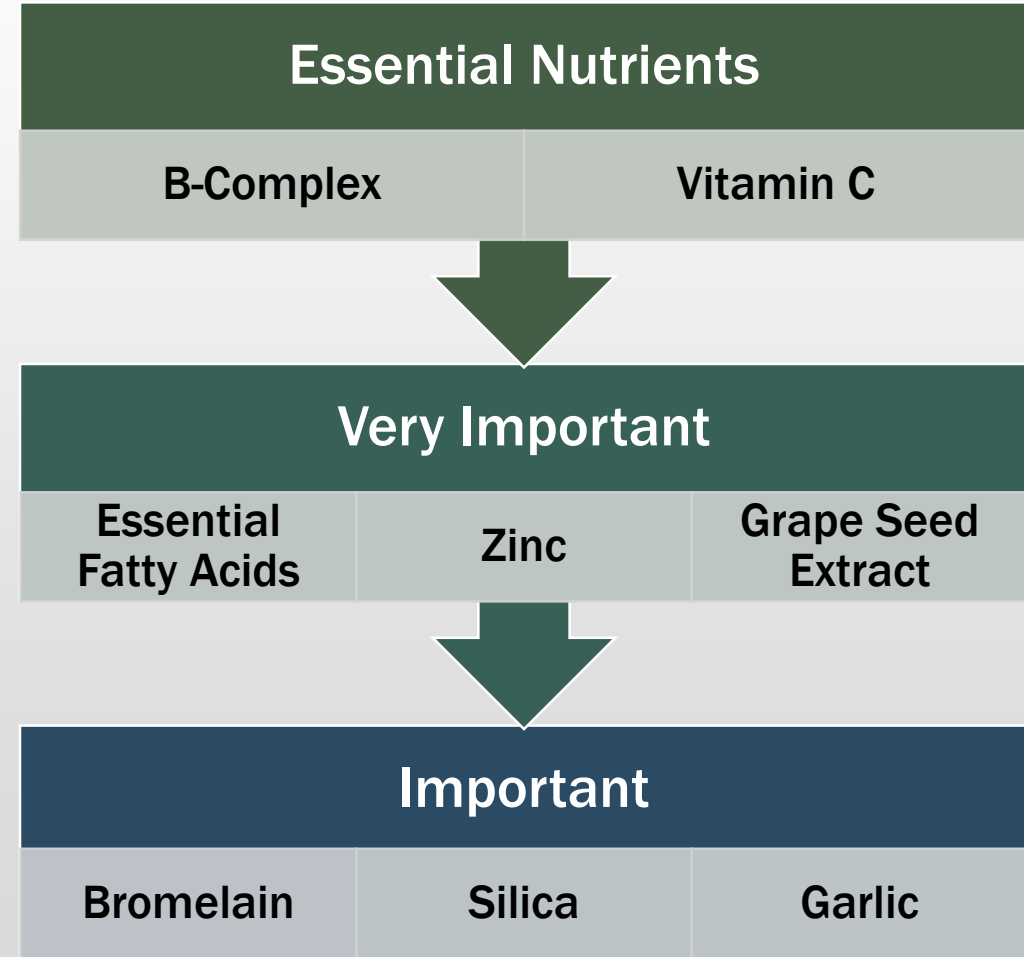
Inflammation and Injury

- The following is general inflammation regarding foods that help to reduce inflammation in our bodies after injury. This is for informational purposes only.
- Inflammation is a natural reaction to injury.
- Symptoms of the affected tissue can include
 - Swelling
 - Redness
 - Warmth
 - Tenderness
 - Pain

Inflammation Control

- Essential Nutrients
- Very Important Nutrients
- Important Nutrients

- Helpful additional Nutrients
 - Kelp
 - Alfalfa
 - Selenium
 - Vitamin E



Common Herbs

WHICH HAVE BEEN SHOWN TO REDUCE INFLAMMATION

Herbs

Herbs

- Alfalfa
- Aloe Vera Juice
- Bilberry
- Boswellia
- Turmeric (Curcumin)
- Cat's Claw

Herbs

- Echinacea
- Ginger
- Goldenseal
- Pau d' arco
- Red Clover
- Yucca

Additional Recommendations

- Eat diet of 75% raw foods.
- Eat Foods high in flavonoids with are powerful antioxidants.
 - Spinach
 - Blueberries
 - Strawberries
 - Quercetin (in Onions)
- Consume fresh pineapple and/or papaya daily.
 - Pineapple has bromelain
 - Papaya has papain
 - Both have enzymes that reduce swelling and pain in 2 – 6 days.

Additional Recommendations

- **Eat Coldwater Fish**
 - Herring
 - Mackerel
 - Salmon
 - Sardines
- **Limit Saturated Fats and Salts.**
- **Avoid Cola, Sugar, White Flour products and general junk foods.**