

## **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 & ↓ inflammation (3000-6000 mg daily).

Essential Fatty Acids- Evening primrose oil, flaxseed oil & fish oils ↓ inflammation.

Grape seed extract- Antioxidant.

Zinc- Tissue repair & ↓ inflammation (50 mg daily).

Superoxide dismutase (SOD)- Free radical scavenger, ↓ infection & inflammation.

Alfalfa- source of minerals.

Bilberry- contains flavonoids that ↓ 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 ↓ inflammation.

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