



PAIN AND INFLAMMATION - ACUTE

Nutritional Support Protocol

(sprains/strains, sports injuries, whiplash, acute low back pain, etc.)

Lifestyle Recommendations:

1. Avoid aspirin, ibuprofen and acetomenophen if possible to avoid interference with healing.
2. Avoid alcohol consumption and smoking.
3. Relax and avoid stress.
4. Do not resume exercise without permission from your health care practitioner.
5. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow the Insomnia Nutritional Support Protocol if needed.

Dietary Recommendations:

1. Eat protein at every meal emphasizing salmon, mackerel, sardines and herring.
2. Limit red meat consumption to two meals per week.
3. Avoid omega 6 oils that aggravate inflammation such as corn oil, soybean oil, safflower oil and sun flower oil.
4. Avoid hydrogenated vegetable oils and fried foods.
5. Eat spices such as ginger and garlic.
6. Drink naturally decaffeinated green tea or take EGCg (standardized green tea product).
7. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
8. Replace sugar with the polyol sugar xylitol.
9. Carry PaleoBars with you to prevent missing snacks throughout the day.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

Inflammatone:	2 caps every 2-3 hours on an empty stomach as needed for pain
MSM Capsules:	2 caps every 2-3 hours as needed for pain
OmegAvail Synergy:	2 softgels with each meal, 6 per day

If needed for muscle spasm or calming effect:

MyoSedate: 1 caps with breakfast, lunch and dinner, 3 per day

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