



## **PAIN AND INFLAMMATION - CHRONIC**

### **Nutritional Support Protocol**

**(long-term joint pain, chronic inflammatory diseases)**

#### **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. Avoid white flour and all refined carbohydrates including cereals, pasta, bread, bagels and English muffins. Replace these with brown rice, sweet potato, or steel-cut oats.
6. Eat spices such as ginger, garlic, turmeric, cilantro, rosemary, oregano, and thyme.
7. Drink plenty of water.
8. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens™ and PaleoReds™ to your favorite drink.
9. Avoid Sugar. Replace with the polyol sugar xylitol.
10. 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:

<b>Inflammatone™:</b>	2 caps twice daily in between meals
<b>MSM:</b>	2-3 caps 3 times daily with meals or 2 T MSM powder
<b>Grape Seed Supreme™:</b>	1 cap with breakfast and dinner
<b>OmegAvail™ Synergy:</b>	1 softgel per day (or as directed by fatty acid recommendations on CMP)
<b>C3 Curcumin Complex:</b>	2 capsules daily with food.

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