

NUTRITIONAL ANTI-INFLAMMATORY PRINCIPLES

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- Eat small, frequent meals (e.g. breakfast, snack, lunch, snack, dinner, snack).
- Focus on whole, fresh, organic, local and seasonal foods.
- Poultry and red meat should be free range and without hormones or antibiotics and fed organic feed or grass
- Avoid sugar, high fructose corn syrup, full strength fruit juices, refined carbohydrates such as those containing white flour (cakes, cookies, doughnuts, etc.), white rice and other refined grains
- Avoid known food allergens or sensitivities e.g. dairy, gluten, corn, soy, nuts etc.
- Avoid partially hydrogenated oils and trans fats
- Use extra virgin olive oil for low heat and Spectrum walnut, almond and Non-GMO canola oils and coconut oil for higher heat
- Stay hydrated with adequate water intake
- Use fresh garlic, onions, ginger, turmeric, red chili, basil, rosemary, cinnamon and other herbs.
- Eat a rainbow of foods every day. Eating colorful foods ensures you're getting a wide range of vitamins, minerals and phytonutrients.
- Maintain your ideal body weight
- Supplement with high potency multiple vitamin/mineral

SUPPLEMENTS:

1. ACES + Zinc (anti-oxidants)
2. Curcumin
3. Bromelain
4. C/Bioflavonoids
5. Inflammation Balance (omega 3 and omega 6)
6. Multiple vitamin/mineral