

CLARK CHIROPRACTIC CLINIC

ANTI- INFLAMMATORY DIET

DIAGNOSIS

And

CARE

of the

Inflamed Patient



CLARK CHIROPRACTIC CLINIC
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WHY THE ANTI-INFLAMMATORY DIET?

We Americans tend to eat ourselves into an inflammatory state. The average diet is responsible for driving a subclinical chronic inflammatory state that promotes pain and such chronic conditions as cancer, heart disease, and Alzheimer's. We think of inflammation as the red thumb after being hit by the hammer. This is acute inflammation. The inflammation that drives the above conditions is subclinical and chronic and occurs on a cellular level.

A diet that is rich in grains and carbohydrates and deficient in fruits and vegetables will ultimately promote inflammation. How might this be? First, the phytonutrients and fatty acids in fruits and vegetables are anti-inflammatory. And second, consider what people who avoid fruits and vegetables eat. They eat copious amounts of pro-inflammatory grains in the form of bread; muffins; pasta; cereal; chips; pretzels; and dessert foods.

WHAT MAKES GRAINS PRO-INFLAMMATORY?

Many people make the mistake of thinking that whole grains are healthy, while refined grains represent the problem. This is an incorrect notion. Grains, in general, are problematic, and here is why. Grains and bread contain excessive amounts of pro-inflammatory omega-6 fatty acids, gluten (to which many are sensitive) and lectins that inflame the gut and promote systemic disease. They are deficient in such key nutrients as vitamins C, A, B₁₂ and beta-carotene. The pH of grains is acidic. Lowering body pH can promote inflammation, pain and osteoporosis. A small amount of grains is not a problem for most, but they become problematic when they are relied upon extensively.

OMEGA-6 FATTY ACID IMBALANCES

Grains contain many problematic substances and a key one is omega-6 fatty acids. We are genetically accustomed to a 1:1 ratio of omega-6 to omega-3 fatty acids. Under 4:1 is an acceptable ratio, however, as the ratio increases, so does inflammation. The average American's ratio range is from 10:1 to 30:1, reflecting an extreme aberration that creates a pro-inflammatory state which underlies so many of the chronic diseases from which we suffer. In general, omega-6 fatty acids result in the production of eicosanoids and cytokines that are pro-inflammatory. Omega-3 fatty acids, on the other hand, have the opposite effect on eicosanoids and cytokines.

Pro-Inflammatory Foods-summary

Dairy/cheeses, meats, sweets/sugar, fried foods, starches, pasta, grains/wheat, junk foods

Anti-Inflammatory Foods- summary

Fruits, vegetables, beans, nuts, berries, nonfat dairy, chicken, fish, seeds, wild game

DIET

The key to deflaming is really diet, not supplements. The lion's share of calories should come from vegetation- fruits and vegetables, lean meat, fish, sweet potatoes, raw nuts, and seeds.

FRUITS & VEGETABLES

Broccoli provides an impressive 1:3 ratio of n6 to n3, and kale offers a 1:1.3 ratio, while most lettuces give a 1:2 ratio.³ Fish ranges from 1:1 to 1:7, which represents the most significant source of n3 fatty acids. The ratio of n6 to n3 in fruits generally ranges from 2:1 to 1:1. To maintain a healthy tissue environment, the mainstay of our diet should be fruits, vegetables and fish. You can also buy special n3-rich eggs from your supermarket or health food store. Grass-fed beef rich in n3s is also available in some stores or on line at: www.Texasgrassfedbeef.com.

<u>CONDITIONS that could be helped:</u>	<u>Sources of Pro-Inflammatory Imbalances</u>
Chronic pain Fatigue Headache Low Back Pain OsteoArthritis/DJD Obesity Chronic Diseases- Heart disease, Alzheimer's, Depression, Osteoporosis, Cancer, allergies, asthma	Too much fast food Too much fried food Too much junk food Too many soft drinks Too many meals out Too many servings per meal Too much processed food Too much high-fat animal food Too many desserts Too much alcohol

BASIC 4 SUPPLEMENTS

Multivitamin/mineral
Magnesium 400 mg/d
Fish oil (EPA/DHA) 1,000-2,000 mg/d
Vitamin D 2,000 IU/d

<u>In Addition</u>	<u>-For conditions</u>
Acidophilus/Ultrabifidus	- digestion
Proteolytic enzymes	-acute injury CoQ10
MCHC, calcium	-osteoporosis
Glucosamine, MSM	-arthritis/ joint
Ginger, Tumeric, Boswellia, White Willow	

GINGER TEA

Boil 1 gallon water in stainless steel heat retaining pot. Add 1/2 pound sliced ginger, lightly boil for 5 minutes. Turn off and keep off. Add 2-6 organic tea bags. Steep for 30-60 minutes. Remove bags. Let sit 4-12 hours. Then strain out ginger and place in glass jar in fridge. Drink cold or re-heat. 1 quart/day.

Common Dietary Imbalances That Inflamm

Too many calories
Too much saturated fat
Too much sugar and refined carbs
High omega-6 to omega-3 ratio
High sodium to potassium ratio