



WHAT IS INFLAMMATION

Inflammation is what happens after an acute injury. Acute inflammation is critical to the healing process. It causes redness, pain, swelling and heat. It marks the beginning of tissue healing. With mechanical or chemical injury, your body is going to flood the injured area with inflammatory products. We call this an inflammatory soup. This “soup” includes inflammatory mediators such as Bradykinin, Substance P, Lactic Acid, Leukotrienes and many more. Among the most predominant of these chemicals are prostaglandins. There are three general classes of prostaglandins. Two that are pain-relieving (PGE-1, PGE-3) and one that is pain-producing (PGE-2). Greater amounts of the pain-producing prostaglandins increase the propensity towards pain. So, what if acute inflammation goes un-checked for long periods of time? This would mean that the “inflammatory soup” is constantly affecting the tissues. This is what is termed chronic inflammation. Chronic inflammation is a condition that is related to stress, pain, physical inactivity and dietary habits. Chronic inflammation is a major contributor to many, if not all, diseases that are on the rise (i.e. heart disease, diabetes, obesity, etc...).

NUTRITIONAL CONSIDERATIONS

What are the guidelines we follow at Trinity Chiropractic. We follow a simple plan to help patients get out of pain. These considerations are suggested by researchers and clinicians alike. The following are the suggested nutritional guidelines. Most are simple suggestions but sometimes the easiest things are the hardest to do.

1. Drink more water---stop soda and diet soda intake. These provide no nutritional support and actually create an acidic environment which activates nociceptors (pain) and drives inflammatory mediators.
2. Eat more greens. Vegetable and fruits provide an alkaline environment while supplying anti-inflammatory properties.
3. **EAT LESS GRAIN PRODUCTS!!!** This will be the hardest thing for people to grasp but it is a very important component. Ideally you would like to see breads and pastas reduced to 3-5 meals/week. **ALL BREADS supply Omega-6 fatty acids.** These can and may cause low-level inflammation. Yes, whole grains are preferred but still supply omega-6.

4. Eat more BERRIES AND CHERRIES – Supply anti-oxidants. Anti-oxidants prevent free -radical formation which causes cellular death. Free -radical formation is linked to cancer causing pathways as well.
5. Shop the perimeter. At the grocery store, spend more time and money on the outside aisles (“the perimeter”) than in the middle aisles. The middle aisles are where most canned, processed, enriched, packaged, etc... foods are. The perimeter contains fresh fruit, veggies, meats and dairy – a much happier and potentially less painful place for you to be.
6. Supplement diet with the following:
 1. *Multi-vitamin*
 2. Magnesium – Increased ATP production
 3. *Omega-3 fatty acid* – fish oil and flax seed
 4. Calcium
 5. others as needed

Omega-3 (EPA/DHA) has been shown to reduce hypertension, cholesterol, risk of cardiovascular disease (by lowering CRP levels) and decrease chronic inflammation.

These are simply guidelines that have been based on the mounting evidence of research. Pro-inflammatory states have been linked to cancer, Alzheimers, cardiac disorders, and most diseases non-genetic and non-transmissible in origin. Any changes made will be positive and helpful.

With so much mis-information about diets, vitamin supplementation, etc., Trinity Chiropractic would like to help you make an informed decision about your health. The best way to get the nutrients you need is consume whole foods. If people would eat the proper foods, no supplementation would be needed. However, the majority of people do not get enough balanced nutrition so supplementation is needed. Please do not feel overwhelmed. Eating should be fun and healthy. Call today if you have questions.

“One personal choice seems to influence long-term health prospects more than any other: what we eat.”