

## Letter # 102: Anti-inflammatory Protocol

(Adopted from Dr. Dan Murphy, faculty Life West Chiropractic College)

- Omega III EFAs: DHA/EPA, 1000-4000 mg/day
- Antioxidants: ACES
- Ice: 1-4 times per day, 10-20 minutes each.
- Breathing Exercises: In nose 7 secs, hold 8 secs, out mouth 4 secs: 4 in a row, 4x/day.
- Increase aerobic fitness: walking.
- Reduce TFAs (hydrogenated vegetable oil) and SFs: they are pro-inflammatory.
- 5-9 Fresh fruits and vegetables per day.
- Reduce or stop smoking.
- Avoid excitotoxins:

Glutamate

Aspartate

Cysteine

(these are often disguised as “Natural Flavors” or “Yeast extract”)

Hydrolyzed vegetable protein