



## **PAIN AND INFLAMMATION PROTOCOL - CHRONIC** **(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.

### **Dietary Recommendations:**

1. Eat protein at every meal emphasizing salmon, mackerel, sardines, albacore tuna 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. Eat spices such as ginger and garlic.
6. Drink green tea or take EGCg 500 (standardized green tea product).
7. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens to your favorite drink.
8. Replace sugar with the polyol sugar xylitol.
9. Carry PaleoPackets, PaleoBars and/or Brain Power Sours with you throughout the day to prevent missing meals or snacks.

### **Supplement Recommendations:**

The following supplements are in addition to **Twice Daily Essential Packets** to supply your core vitamins, minerals, antioxidants and essential fatty acids.

<b>Inflammatone:</b>	2-3 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>Omega Synergy:</b>	1 softgel with breakfast and dinner
<b>EGCg 500 (Green Tea):</b>	1 tablet daily with food.

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