



Fish is also a great source of omega 3 fatty acids. Make sure to inquire that the fish you are purchasing is wild and not farm raised. For instance, farm raised salmon contains no significant amount of omega-3 fatty acids. Salmon are supposed to be eating algae, insects, and other wild fish for food, but farmed raised salmon are fed soy and other grains to fatten them quickly which means that farmed raised salmon is unable to provide you with omega-3 fatty acids rather it has nothing but omega 6 fatty acids.

Over consumption of grains is a significant source of omega-6 fatty acids in the diet. Since 1992, the US Department of Agriculture recommended a 'food pyramid' of nutritional recommendations that placed grains at the bottom of the pyramid (i.e. to be eaten 6-11 servings per day). There have been some arguments that the USDA food pyramid and recommendation of 6-11 servings of grains and cereals is misleading and may lead to a deficiency of essential fatty acids in the diet(6). The new USDA food pyramid as of 2005 has reduced recommendations for grain consumption based on age, gender, and activity levels. Although the recommendations for grains have been reduced, the damage has been done with the previous food pyramid. Reducing grains to 1 serving a day or even eliminating grains such as cereals, most breads, pastas, crackers, and baked goods will help you reach a more ideal omega 6:3 ratio.

If you find yourself taking over the counter anti-inflammatory drugs on a daily basis to deal with excessive inflammation, proper supplementation and nutritional changes are effective ways of reducing inflammation. Make sure to use high quality fish oils that have been tested for heavy metals. Proper dosages are important to impart a physiological effect on the body. The optimal dosage of fish oils is 1-2 capsules per 50 pounds of bodyweight. For example, if you weigh 150 pounds, the optimal dosage would range from 3-6 capsules per day. Fish oil supplementation will always be optimized with proper nutritional changes. Make sure to limit or eliminate grain consumption, eat organic and free range animal foods, and use healthy oils such as organic butter, coconut oil and olive oil. Making these changes will ensure that your body will be in a anti-inflammatory state.

References:

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3. Serrano, Eric, M.D., Personal Communication 2001.
4. Simopoulos, A.P., J. Robinson, The Omega Diet. New York: Harper Collins Publishers, 1999. p.29. Kris-Etherton, P.M. & Taylor, D.S., et. al., American Journal of Clinical Nutrition, Vol. 71, No. 1, January 2000:179-188.
5. Siguel, E.N, Lerman, and R.H: Role of essential fatty acids: dangers in the US Department of Agriculture dietary recommendations

Anti-inflammatory herbs. Many herbs have powerful anti-inflammatory actions. Here’s just a sampling.

At OSC we provide a high quality Boswellia Complex that contains Boswellia, Ginger, Celery Seed and turmeric. It is recognized in for its anti-inflammatory benefits. Today scientists studying extracts of boswellia report that it can switch off key cell signalers and pro-inflammatory mediators known as cytokines in the inflammatory cascade.

Ginger (*Zingiber officinalis*). Valued for centuries the world over for its medicinal qualities, ginger today is being studied by biochemists and pharmacologists interested in its analgesic, anti-inflammatory, anti-nausea, and sugar-moderating effects in the body. In the past 30 years or so their work has confirmed how ginger shares properties with conventional over-the-counter and prescription NSAID’s, in that it suppresses the synthesis in the body of the pro-inflammatory molecules known as prostaglandins — but with few if any side effects. Recently, however, an even more exciting body of work is emerging that shows how ginger extract can actually inhibit or deactivate genes in our body that encode the molecules involved in chronic inflammation.

Turmeric (*Curcuma longa*), an ancient culinary spice native to South East Asia, has been used as an anti-inflammatory agent for centuries in Indian Ayurvedic medicine. Also known as curcumin, it is a mild COX-2 inhibitor, but works differently from the prescription-strength drugs that can increase your risk of myocardial infarction or stroke. Like Boswellia and ginger, it seems to inhibit joint inflammation by preventing the production of prostaglandins and activation of inflammation-regulating genes through its effects on cell-signalling.

| STD PROCESS SUPPLEMENTS: | | | |
|--|-------------------|-------------|---|
| <input type="checkbox"/> | Cardioplus | 240 Tablets | 2 Tablets, 3 x p/day with meals for antioxidant support |
| <input type="checkbox"/> | Omega 3 Fish Oil | 120 Perles | 2 Perles, 2 x p/day with meals for EFAs |
| <input type="checkbox"/> | Boswellia Complex | 30 Tablets | 1 tablet 2-4 times daily for systemic inflammation. |
| Your practitioner may increase doses for acute inflammation. | | | |

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