



ANTI-INFLAMMATORY LIFESTYLE

Do

- 1. Eat organic produce and organic, range-fed poultry, meat, dairy and eggs**—Eating organic reduces the overall chemical stress on the liver, kidneys, & immune system.
- 2. Eat colorful vegetables**—Enjoy eating vegetables of every color. Color equates to anti-oxidants which soothe your chemistry. Eat purples, reds, blues, yellows, oranges, and all shades of green.
- 3. Balance your blood sugars**—Eat more protein and simple complex carbs. Both high and low blood sugars are sources of stress for the body. Stress provokes the release of Cortisol, which raises the blood sugar, releasing Insulin into the blood system. This stimulates inflammation and also causes weight gain. A high-carb diet also enables the release of Insulin and sets the same chemistry in motion.
- 4. Take Omega 3 oils**—Fish oil is an excellent anti-inflammatory & tissue lubricant. Use two capsules twice daily of our Ultra Omega Plus (buy online at LMClinic.com). For more optimal results and customized dosing, talk with your Longevity doctor, especially if you are experiencing trouble digesting Omega 3 oils.
- 5. Use olive oil for light or short frying only (<250-350 degrees), or in salads**—Olive oil is quite delicate and is damaged by high heat (don't let the oil smoke). Use coconut oil in place of butter or margarine.
- 6. Drink clean, distilled water 60 - 80 ozs per day**—This helps keep your cells hydrated and functioning better, and helps wash metabolic waste products out of your system.
- 7. Manage stress**—Stress only serves to irritate the system which is already aggravated and irritated.
- 8. Maintain a positive attitude**—If you have ill feelings towards others, resolve them. Carrying grudges or resentments towards others only perpetuates the stress.
- 9. Get adequate rest and exercise**—Get plenty of rest, relaxation, and exercise 4-6 times per week to help manage stress.
- 10. Take a comprehensive nutritional supplement**—our Longevity Essentials contains the finest ingredients and nutritional support available for healthy adults. (buy online at LMClinic.com)
- 10. Take a Vitamin D supplement**—Vitamin D helps to keep your immune system working properly, contributes to keeping your blood sugar at optimal levels, and decreases Interleukin-6, a pro-inflammatory mediator. Talk to your Longevity doctor about checking a blood level and calculating your proper dose. (buy online at LMClinic.com)
- 11. Take an herbal anti-inflammatory supplement**—Use our Optimal Relief System in place of over the counter pain medication. Be sure to adjust curcumin and omega 3 doses if you they are already in your regimen. (buy online at LMClinic.com)
- 12. Try ginger**—drink ginger tea, or chew and eat 1" of raw ginger 1-2 x daily.
- 13. Sunshine**—Get as much of your body into sun-shine for 20-30 minutes daily (without sun-screen).



LONGEVITY[™]

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Kirkland 425.576.9272 | Tacoma 253.682.4100 | Lynnwood 425.670.1000

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Avoid

- 1. Sugars, sweets and foods made from refined flour**—Consuming these foods will tend to raise the blood sugar which will provoke release of Insulin to keep the blood sugar normal. Insulin is a “mischief maker” and is pro-inflammatory. (it aggravates the inflammation process), and will convert the unused calories to fat, causing you to gain weight. See *The Five Worst Foods* for more information.
- 2. Omega 6 vegetable oil**—Stay away from corn, canola, sunflower, safflower, and soy. These oils are pro-inflammatory. It’s better to avoid meals requiring these oils for deep-frying. See *The Five Worst Foods* for more information.
- 3. Animal fats, butter, whole milk, fatty cuts of meat**—Animal fats, including butter, contain Arachidonic Acid that also stimulates inflammation.
- 4. Foods with artificial additives, sweeteners, flavorings, colorings, preservatives**—See *The Five Worst Foods*. These additives just place more chemical load on the system which is already aggravated and irritated.
- 5. Trans-fats and hydrogenated fats**—See *The Five Worst Foods*. Margarine, chips, most processed & packaged foods, non-dairy creamers, cool whip, frostings, baked goods etc. should be avoided. Learn to look for these bad fats on labels.
- 6. Food allergies**—Allergies aggravate the Immune System and increase inflammation. Identify foods to which you might have an allergy. Year-round allergy symptoms suggests a hidden food allergy. Talk to your Longevity doctor about getting food allergy testing or trying an Elimination – Challenge diet.
- 7. Skin creams and lotions with a mineral oil base**—Mineral oils are petroleum products and again pose a stress to the liver and immune system. Anything applied to the skin is absorbed into your body. Instead, use creams made from a base of almond, olive or avocado.
- 8. Smoking** - Smoking is overall the most pro-inflammatory activity to which you can expose your body. Consequently, stopping is the single best thing you can do to reduce inflammation.
- 9. Anti-Inflammatories** - These medications are very irritating to the stomach & intestines, and can also affect the liver and kidneys. Some can cause heart attacks.



Tips:

- Choose the easiest first!
- Be patient and persistent, and you will feel change
- Optimize your hormones. The best way to keep your body running smoothly is to maintain its metabolic processes

