

A Day in the Anti-Inflammatory Life

Using Nutrition, Supplementation, and Exercise to Inhibit Inflammation in the Body



Centre for Chiropractic & Sports Rehabilitation

An integrative, biomechanical approach to the everyday sports and spinal injuries.

Research indicates that long-term, subclinical inflammation in the body is the primary cause of most, if not all, chronic diseases: heart disease, cancer, Parkinson's disease, Alzheimer's disease, osteoporosis, osteoarthritis, chronic pain, and most other conditions are rooted in a state of constant bodily inflammation. Luckily, research also shows that our lifestyle can decrease the risk of developing these diseases by inhibiting the body's inflammatory response. Mindful diet, supplementation, and an active lifestyle are proven to inhibit inflammation in the body, thus acting as highly effective preventative measures.

Mindful Diet

What we eat – and how we eat it – can either exacerbate or inhibit the body's inflammatory response, and so cultivating a mindful approach to mealtime can have a significant impact on the way that the body functions. A diet that supports optimal health is one that keeps the metabolism active: this means five to six small meals during the day, rather than three large meals.

Be aware of your food choices when eating these five to six small meals, as some foods are more inflammatory than others. Foods that create inflammation in the body include refined sugar, refined starches (like white flour, white rice, etc.), non-organic dairy products, polyunsaturated or trans-fats, and alcohol. Because the goal is to *inhibit* inflammatory response, these foods should be avoided. Instead, choose whole-food options: eat brown rice instead of white rice, naturally-sweet fruits to satisfy your sweet tooth, organic and hormone-free dairy products, healthy fats like olive and coconut oils, and 8 – 10 servings of fresh or steamed vegetables. Not only will this diet inhibit inflammation in the body, it will also ensure that you are eating the recommended daily intake of fibre (21 – 25 grams for women, 30 – 38 grams for men), will protect your heart, and will control your blood sugar.

Supplementation

While there is no "miracle" cure for inflammation in the body, certain supplements have known anti-inflammatory properties and are keystones in the development and maintenance of optimal health. In fact, many pro-inflammatory conditions can be improved through mindful supplementation: osteoarthritis, rheumatoid arthritis, osteoporosis, depression, fatigue, psoriasis, eczema, obstructive sleep apnea, radicular pain, somatic pain, and most other diseases caused by inflammation have seen significant improvement. Table 1 (on reverse) outlines a full spectrum of recommended supplements, but at the very least, we suggest taking a high-potency multivitamin, DHA/Omega-3, and a basic antioxidant daily.

Exercise

Exercise is key in ridding the body of inflammation. Dietary changes and added supplementation will be most effective when paired with an active lifestyle. Daily cardiovascular exercise and a consistent strength-training regimen, in combination with mindful diet and supplementation, is a proven way to rid your body of chronic inflammation and thus limit the development of disease in your body.

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Table 1: Daily Supplementation to Inhibit Inflammation

Unit	Dosage	Notes
High Potency Multivitamin	4-8 pills/day in 2-3 divided doses	
Omega-3/Fish Oil	4-6 units/day in 2-3 divided doses	
Vitamin D	2000-4000 UI/day in 2-3 divided doses	
Basic Antioxidant (Vits. C, E, A, Selenium)	2-3 pills/day in 2-3 divided doses	
Glucosamine/ MSM formula	1500 mg each into 2-3 divided doses	
Ginger/Garlic/Turmeric	2-3 pills/day in 2-3 divided doses	
Calcium and Magnesium	1000 mg calcium and 450 mg magnesium divided into 2-3 doses	Recommended for post-menopausal women
Probiotic/Prebiotic	1 pill containing 1-2 million CFUs daily	For use if you have GI issues