



# Nutritional Support

## Natural Ways to Decrease Pain & Inflammation

### Foods to Decrease:

- **Animal Meats:** red meat, pork, canned meat, cured meat (jerky), etc.
- **Organ Meats:** liver, kidney, etc.
- **Shellfish:** lobster, crab, shrimp, scallop, crayfish, etc.
- **Dairy Products:** milk, cheese, cottage cheese, yogurt, etc.
- **Salt & Salty Foods:**
- **Alcoholic Beverages:**
- **Sugars:** candy, sweets, etc.
- **Caffeine:** coffee, tea, soda, iced tea, energy drinks, etc.

### Foods to Increase:

- **Water:** minimum needed is 1/2 your body weight in ounces - drink more!
- **Cold Water Fish:** salmon, tuna, cod, halibut, herring, mackerel, sardines, anchovy, etc.
- **Fresh Vegetables:** garlic, onion, ginger, cayenne pepper, spinach, Kale, etc.
- **Fresh Fruits & Juices:** papaya, pineapple, grapefruit, oranges, etc.
- **Whole Grains & Fiber:** bran, oat, etc.
- **Complex Carbohydrates:** Pasta, Breads, etc.

### Supplements to Consider: (per day)

\*If child is under 3 years old do not follow the below recommendations. Children dosages increase as age increases, so low end of range is for children 4 years old and upper end of range is for 17 year old.

Adults are 18 years or older.

\* If taking more than one of the below supplements, then utilize the low end of dosage.

\* High dosed vitamins should be split into small units and taken multiple times throughout the day.

- **EPA-DHA (Fish Oils):** Children (4+) & Adults 1,200mg-4,000mg
- **Vit. C (Methylated with Bioflavonoid):** may use other forms of Vit. C  
Adults 1,000mg-2,000mg in 500mg doses / Teens 14-18 y/o (up to 1,500mg)  
Child Dosage in increments of 250mg: (Age 4-8 up to 500mg)  
Child Dosage in increments of 250mg: (Age 9-13 up to 1,000mg)
- **Bioflavonoid (if not in the Vitamin C):** Adults 500mg; Children (4+) 0mg-250mg
- **Vit. B: Complex:** Adult up to 100mg; Children (use a child formula per its instructions)
- **Vit. E:** Adults 400IU-800IU; Child (4+) up to 300IU
- **Zinc:** Adults 10mg-15mg; Child (4+) 5mg-10mg
- **Multi-vitamin & Mineral Formula:** containing copper & magnesium