**How to reduce CRP**

* **Eat an** **anti-inflammatory diet.** A diet high in sugar and refined carbohydrates, is pro-inflammatory. Cut the carbs, and eat natural, organic, unprocessed foods. Minimize cheap, refined vegetable oils like cottonseed, safflower and corn oil (high in omega-6) and shun hydrogenated fats altogether. **Anti-inflammatory foods include** most nuts, avocados, garlic and onions, olive oil, fatty (but not fried) fish, berries and even red wine, coffee, tea and chocolate. **The traditional Mediterranean diet exemplifies** many of these characteristics and has been shown to lower CRP.
* **Exercise:** Regular moderately intense exercise has been shown to lower hs-CRP. Exceptions are heavy power-lifting or ultra-endurance long-distance events, which transiently promote inflammation.
* **Lose weight:** Your fat cells are depots of pro-inflammatory “cytokines.” Trim your waistline and your hs-CRP will decrease.
* **Quit smoking:**
* **De-stress & sleep:** Studies show that stressed individuals with poor sleep have higher levels of hs-CRP.
* **Take a multivitamin:** after six months, multivitamin users had reduced CRPs compared to placebo-takers.
* **Take magnesium:** According to a large recent meta-analysis, blood levels of magnesium are inversely associated with CRP.
* **Take vitamin D3:** 5000-10,000 IU
* **Take vitamin C:** 1,000 milligrams per day was found to reduce C-reactive protein
* **Take a fish/krill oil supplement:** Six months of two daily 1,000 milligram softgels of EPA/DHA were found to significantly lower CRP.
* Take curcumin: A potent extract of the curry spice turmeric, curcumin has proven effective in lowering a wide variety of inflammatory mediators in the body.
* **Take omega-7:** A newly-discovered way to lower hs-CRP is via palmitoleic acid, a monounsaturated omega-7 oil found predominantly in macadamia nuts and full-fat (but not skim) dairy. In addition to fighting inflammation, omega-7 reduces bad cholesterol, raises the good HDL and helps combat insulin resistance.