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|  | **How to reduce Inflammation/CRP** |  |
| **Eat an** **anti-inflammatory diet**  **Exercise**  **Lose weight**  **Quit smoking**  **De-stress & sleep** | * 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 * 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. * Your fat cells are depots of pro-inflammatory “cytokines.” Trim your waistline and your hs-CRP will decrease. * Studies show that stressed individuals with poor sleep have higher levels of hs-CRP. | **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 |
| **Common Name** | **Common Use For/MOA** | **Dose** |
| Pterostilbene | * protection against oxidative damage * better cardiovascular health, lower blood glucose levels, and lipids * free radical-fighting power * anti-inflammatory, anti-neoplastic * double-methylated version of resveratrol | 50-150 mg/day |
| **Turmeric extract**  (active ingredient, curcumin) | * decreases inflammation throughout body * reduce free-radical stress * supports the health of your blood vessels | 200 mg/day (Mireva) curcumin extract |
| Aloe vera extract | * fights free-radical damage and * balance blood sugar levels * supports healthy digestive and immune systems | 100 mg/day |
| **Astaxanthin** | * member of the carotenoid family, along with beta-carotene, lycopene, and lutein * by far the **“super”** antioxidant * **free radical scavenging ability and protects brain and nervous system cells from oxidative damage** | 4-8 mg/day |
| **Co Enzyme Q10** | * an important nutrient found in each cell It functions in the mitochondria involved with energy metabolism and is essential in the production of ATP and is crucial for cardiovascular support, congestive heart failure, hypertension, and brain function * strengthens weakened hearts, protects against blood clots, relieves angina pain, establishes normal heart rhythms and improves gum texture around teeth * it is involved in chemical reactions at the cellular level that repair cells, generate energy, and repels free radicals * it is a catalyst that boosts metabolism, produces energy, helps heart function and is touted as an anti-aging nutrient due to its powerful antioxidant properties * Q10 prevents the brain from aging | 100-300 mg Ubiquinol  \*Statin drugs reduce cholesterol levels thereby reducing natural Q10 production. If you are taking statin drugs, Q10 supplementation is recommended |
| **Vitamin C** | * crucial for collagen production which is essential for skin, cell and arterial health * aids in hemoglobin production * lengthens life * assists in weight loss, regulates excessive cortisol levels when stress is high Improves asthmatic symptoms * promotes healthy gums * boosts and strengthens immune system function * a natural antihistamine for allergies * an antioxidant-Vitamin C fights damage caused by free radicals | 1-5 grams (Ascobyl Palmitate) taken with L-proline & L-lysine significantly work synergistically to prevent atherosclerosis |
| **Alpha-lipoic acid** | * protects nearly all cells from free radical damage * used to treat all nerve damage especially nerve damage to the heart or numbness in the extremities caused by diabetes * helps diabetics respond better to insulin by lowering glucose levels * It helps the liver detoxify * Improves memory , effective against Alzheimer’s Protects brain cells against damage caused by strokes or insufficient blood supply * improves blood flow * protects against glaucoma and cataracts * powerful antioxidant * protects against all degenerative diseases like Cancer and heart disease * lowers high blood pressure | 600-1200 mg/day |
| **Vitamin D3** | * a powerful antioxidant and immune system enhancer | 5000-10,000 IU/day |
| Vitamin E | * powerful antioxidant destroys free radicals that damage all cells so retards the aging process * protects against heart disease * protects against certain cancers | (d-alpha tocopherol)  400 to 800 IU daily |
| Selenium | * antioxidant * decreases incidence of heart disease, cancer, and arthritis | 200 mcg/day |
| **Fish/Krill Oil\* (prefer)** | * the body uses twice as much DHA than EPA | Minimal EPA concentration = 100 mg daily  Minimal DHA concentration = 250 mg daily |
| **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. | Follow directions on bottle |
| **Iodine** | * benefits the whole body this mineral may be the most important single nutrient to your health without it, it is impossible to obtain optimal health and immune system function * minimizes fatigue enhances thyroid and metabolism function boosting your energy levels * reduces Plaque and Clotting of your arteries by reducing lipoproteins in the blood * reduces digestion and constipation problems that occur as we age, Iodine enhances stomach acidity levels * Primary nutrient responsible for all hormone production in the body * Lowers the incidences of breast, ovarian, and endometrial cancers * Iodine **deficiency** has resulted in many diseases most notably breast, cervical, ovary, endometrial, thyroid and prostate cancers   Today 1 in 7 American women will develop breast cancer in their lifetime. Thirty years ago it was 1 in 20   * enhances the metabolic processes (digestion, energy conversion from food, maintaining body temperature, growth and fertility) * enhances Thyroid hormone production it is crucial for thyroid T3 and T4 production * eliminates toxic substances like bromine, fluoride, chlorine, lead, cadmium, arsenic, aluminum, and mercury from your body * **Iodine is a very potent anti-oxidant, anti-bacterial, anti-viral, anti-cancer and anti-parasitic agent** | 6-12 mg/day |

**Highlighted supplements are my first ones I start out with!!**