

# Nutrition Series

## Decrease Pain by Dietary Manipulation

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### DECREASE PAIN BY DIETRY MANIPULATION

Aim: Decrease Ratio of Pro-Inflammatory Eicosanoids.

Mechanism: Reduce Arachidonic Acid.

#### MODULATING INFLAMMATION THROUGH FATTY ACID METABOLISM

Intervention:

- Decrease dietary sources of preformed arachidonic acid, red meat & eggs.
- Reduce tissue stores of arachidonic acid, eat olive oils (n-6), leafy vegetables and fish (n-3) deep cold water fish eg. Salmon, Tuna.
- Decrease release of tissue, stores bioflavenoids, steroids.
- Increase Water intake.

Mechanism: Reduce Concentration Of Inflammatory End Products.

Intervention:

- Increase ratio of prostaglandins I, (take Evening Primrose) and III (take deep waterfish, Leather Jacket fish, Yellow fin, Blue Grenadein, Mackrall.)
- Reduce Leukotriene production. Take Vitamin E.
- 200-800iu Immune system enhancer (1-4 daily) - decrease insulin required for diabetic above 800 leads to weakness and fatigue - Supplement Vitamin E and Iron above 1600 suppresses immune system - watch Blood Pressure
- Reduce Prostaglandin production. Take Vitamin E, bioflavenoids.
- Zinc Tally test— test to see if zinc deficient.—Good for Chronic pain.

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