

Managing Inflammation With Dietary Fats and Other Nutrients

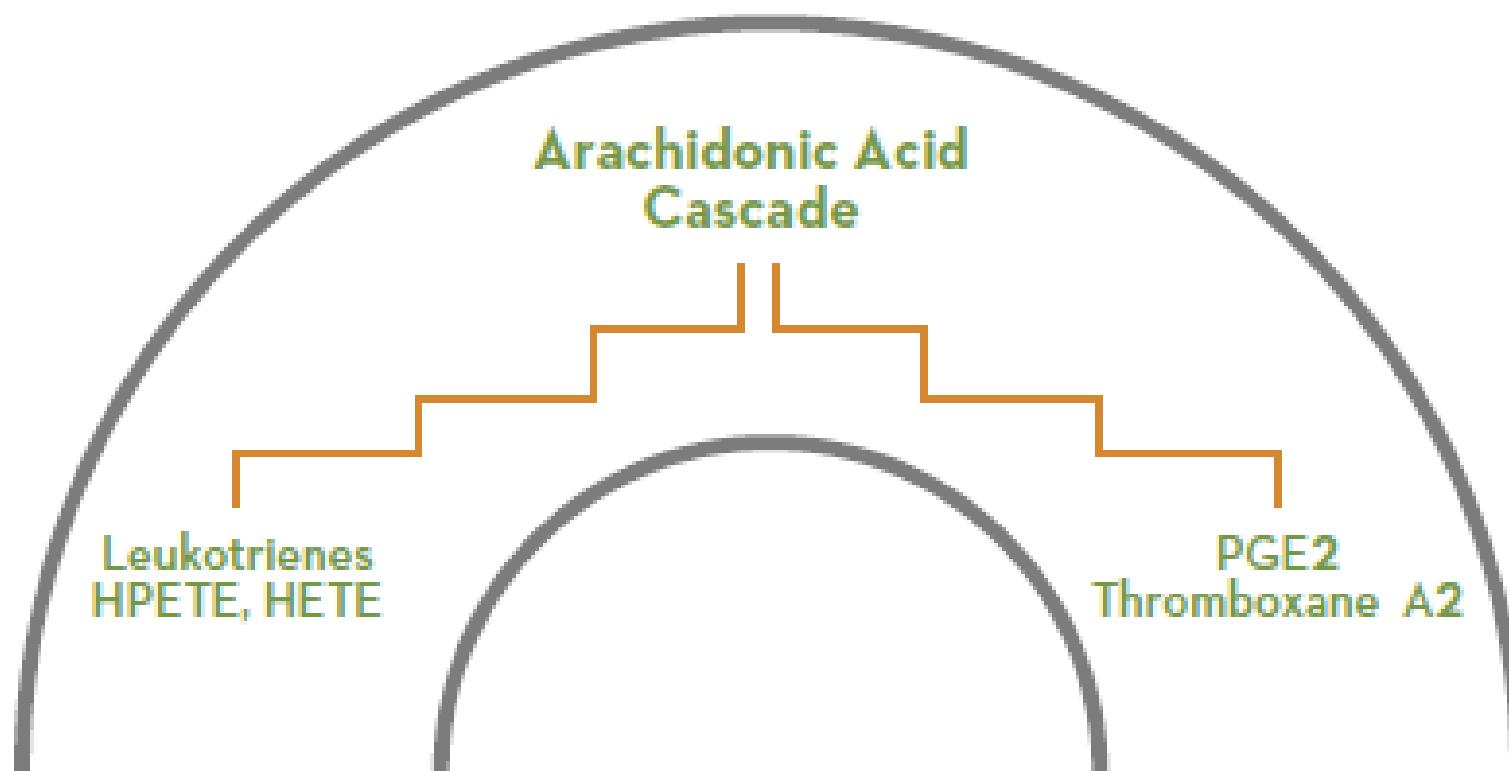
With
Dr. Ritamarie Loscalzo





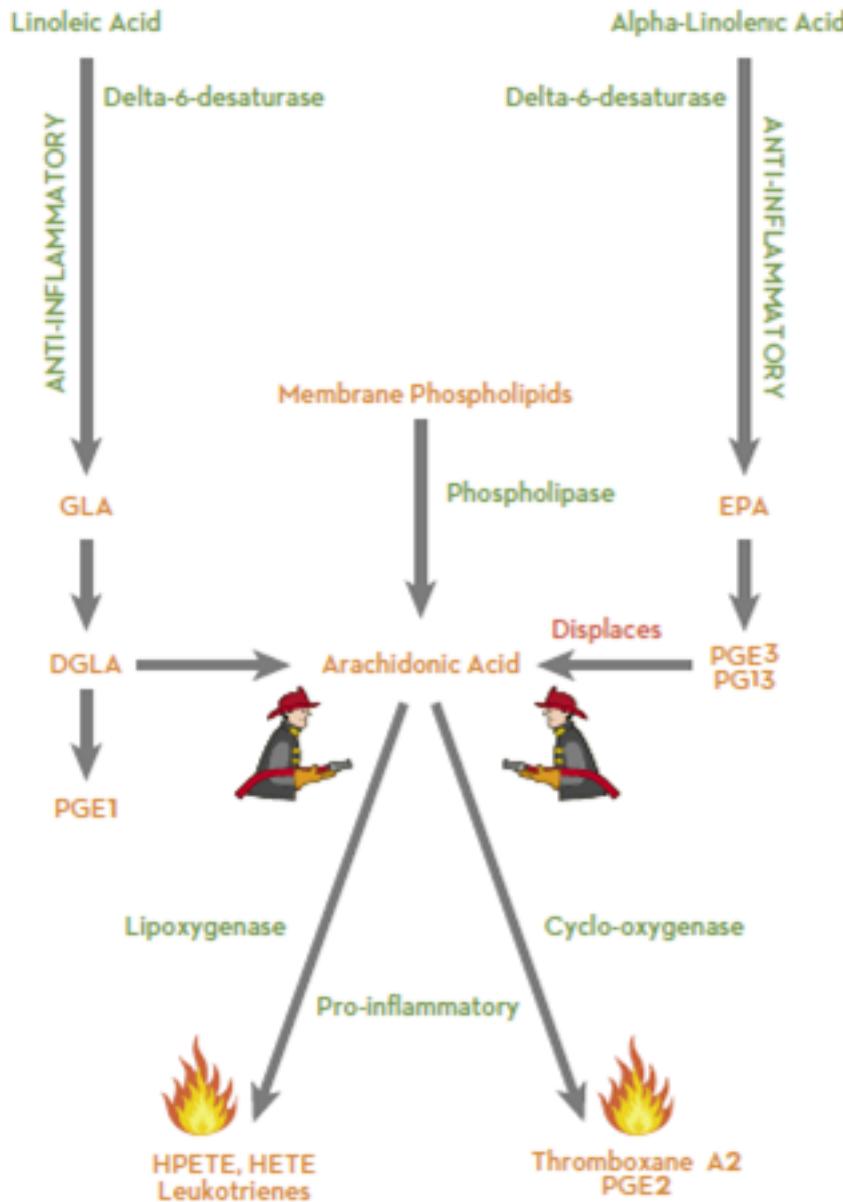
Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Mast Cell Membrane

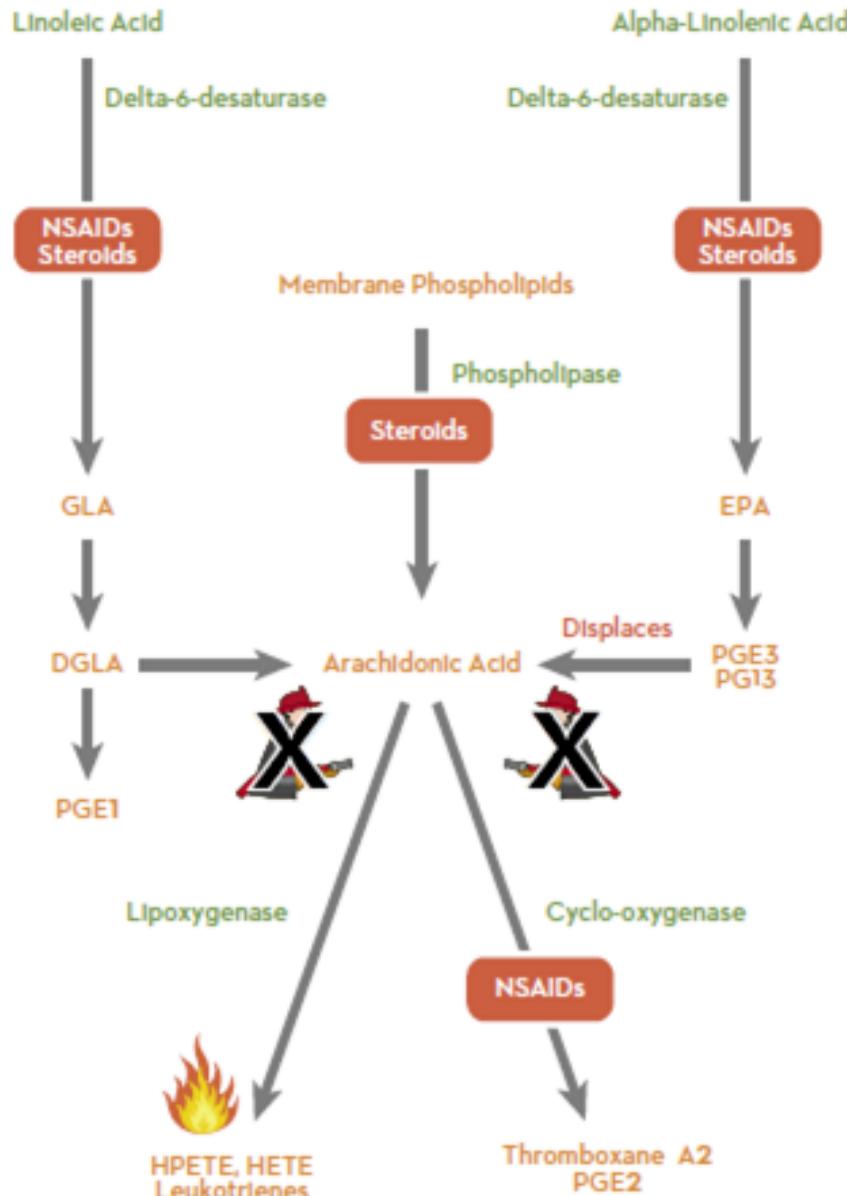


Producing Pro-Inflammatory Agents

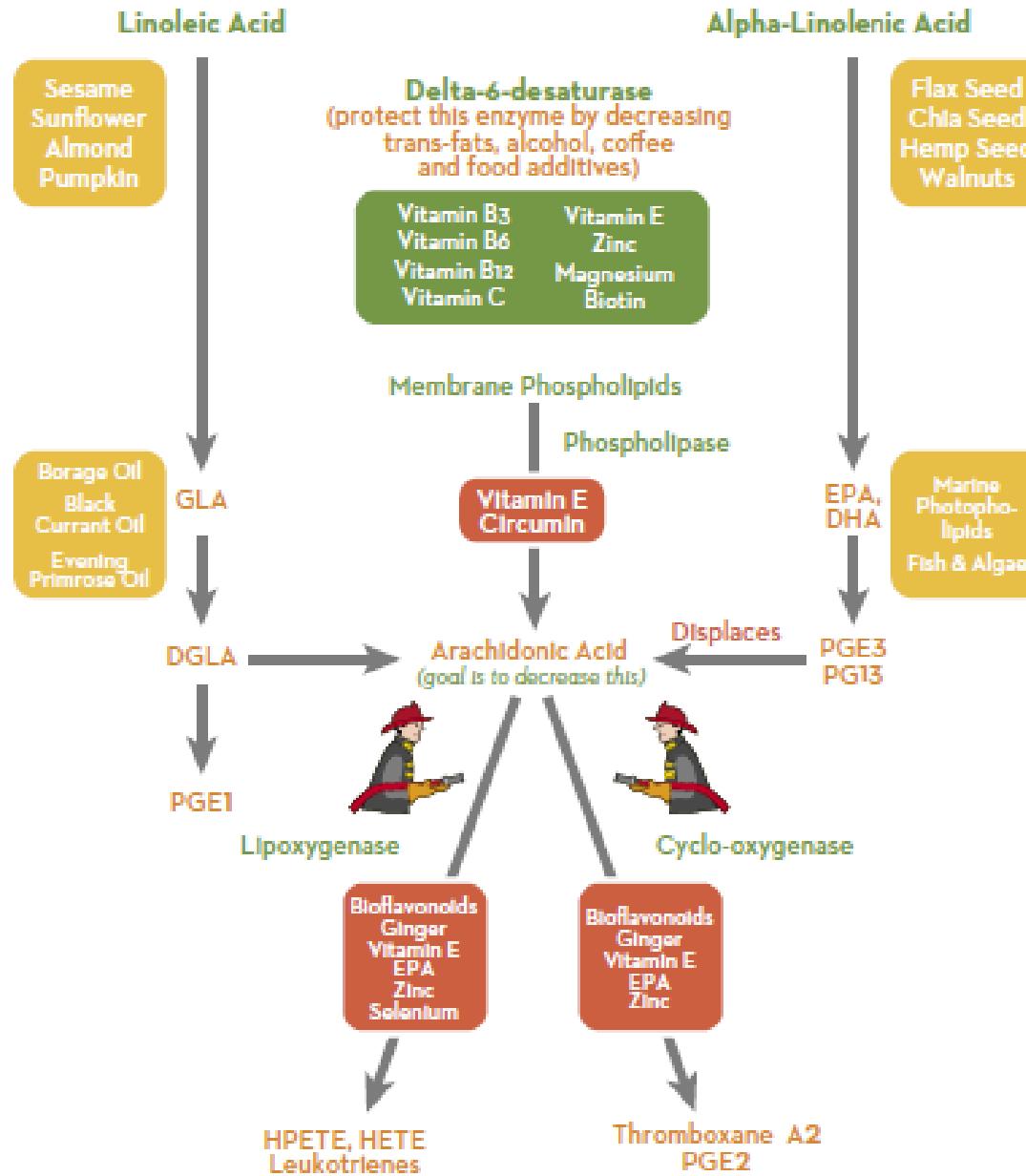
Inflammatory Cascade



Drug Modulation



Nutritional Modulation



Anti-inflammatory



- EFAs
- Fish Oils
- Vitamin E
- Bioflavonoids
- Vitamin/Mineral/Co-factors
- Fresh Fruits/Vegetables
- Seeds & Sprouts

Pro-inflammatory

- Red Meat/Eggs
- Dairy and Eggs
- Peanuts
- Processed Foods & Oils
- Alcohol
- Coffee

The Body's Clean-up Crew

- Lungs, Lymph and Kidneys
- Liver (anti-histamines, CP450, conjugation)
- Circulating digestive enzymes (Proteases)
- Anti-oxidant nutrients (Vitamins A,C,E, Zinc, Selenium, etc.)

Additional Anti-inflammatory Support

- Acupuncture
- Homeopathic Medicine
- Botanical Medicine
- Bodywork, manipulation and exercise
- Physical therapy, etc.