

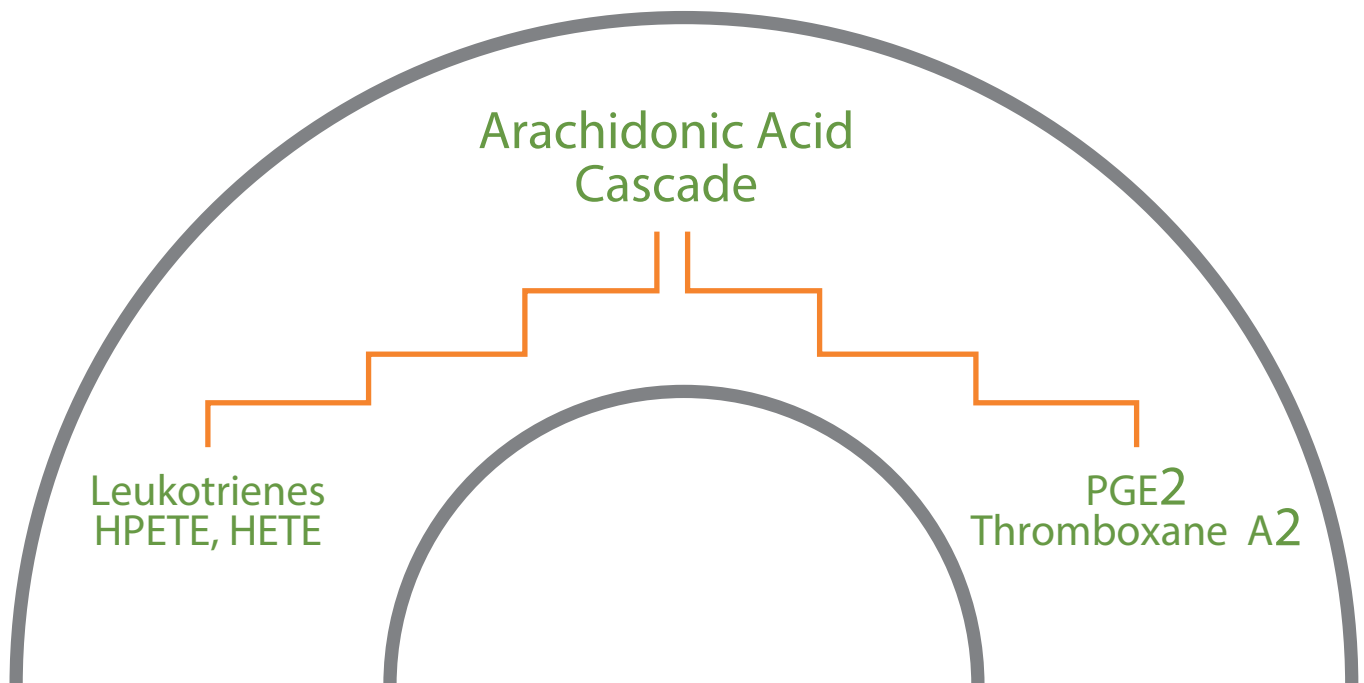
Eat Your Way Out of Pain

MANAGING PAIN AND INFLAMMATION
THROUGH FOOD FLOWCHARTS



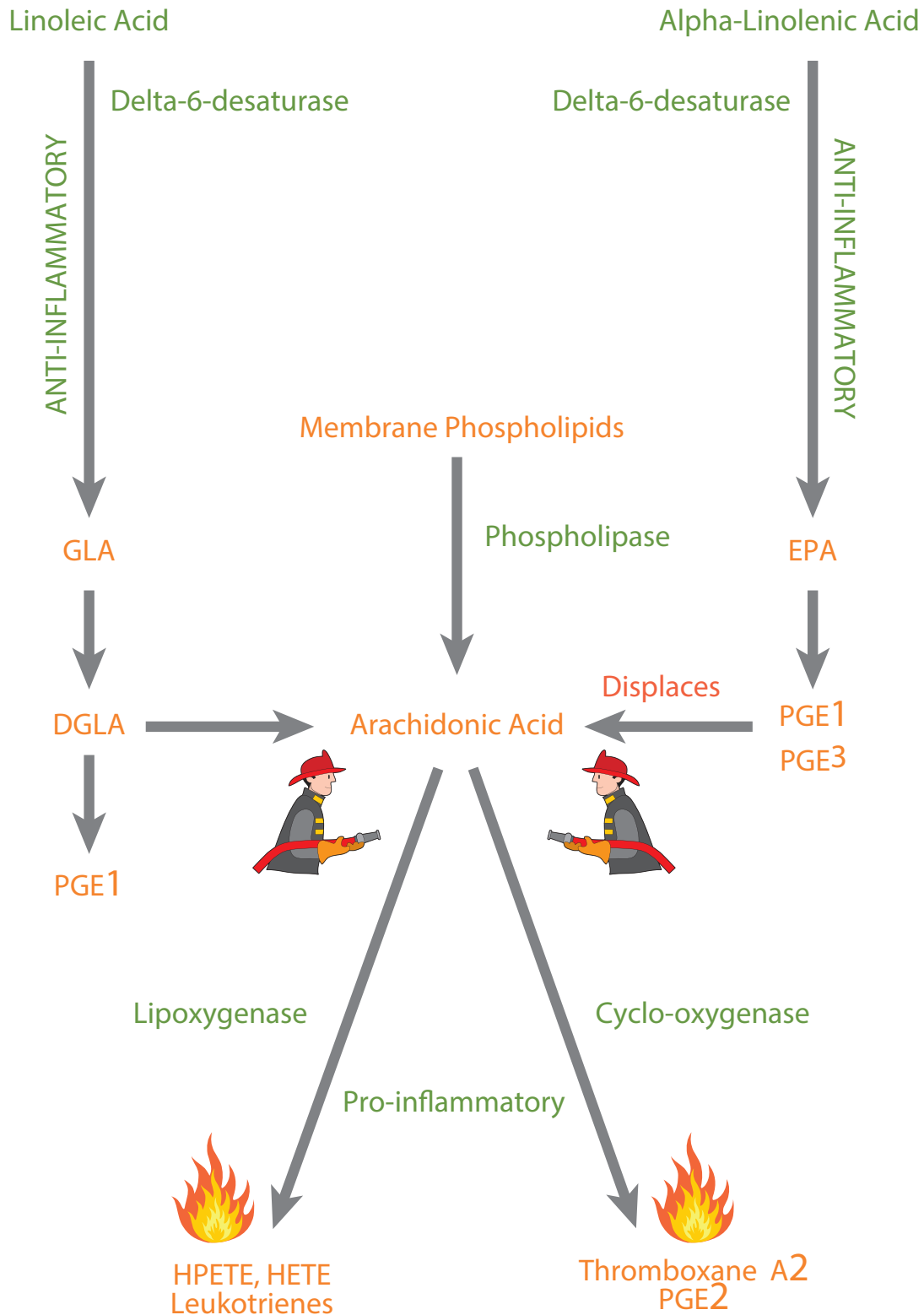
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Mast Cell Membrane

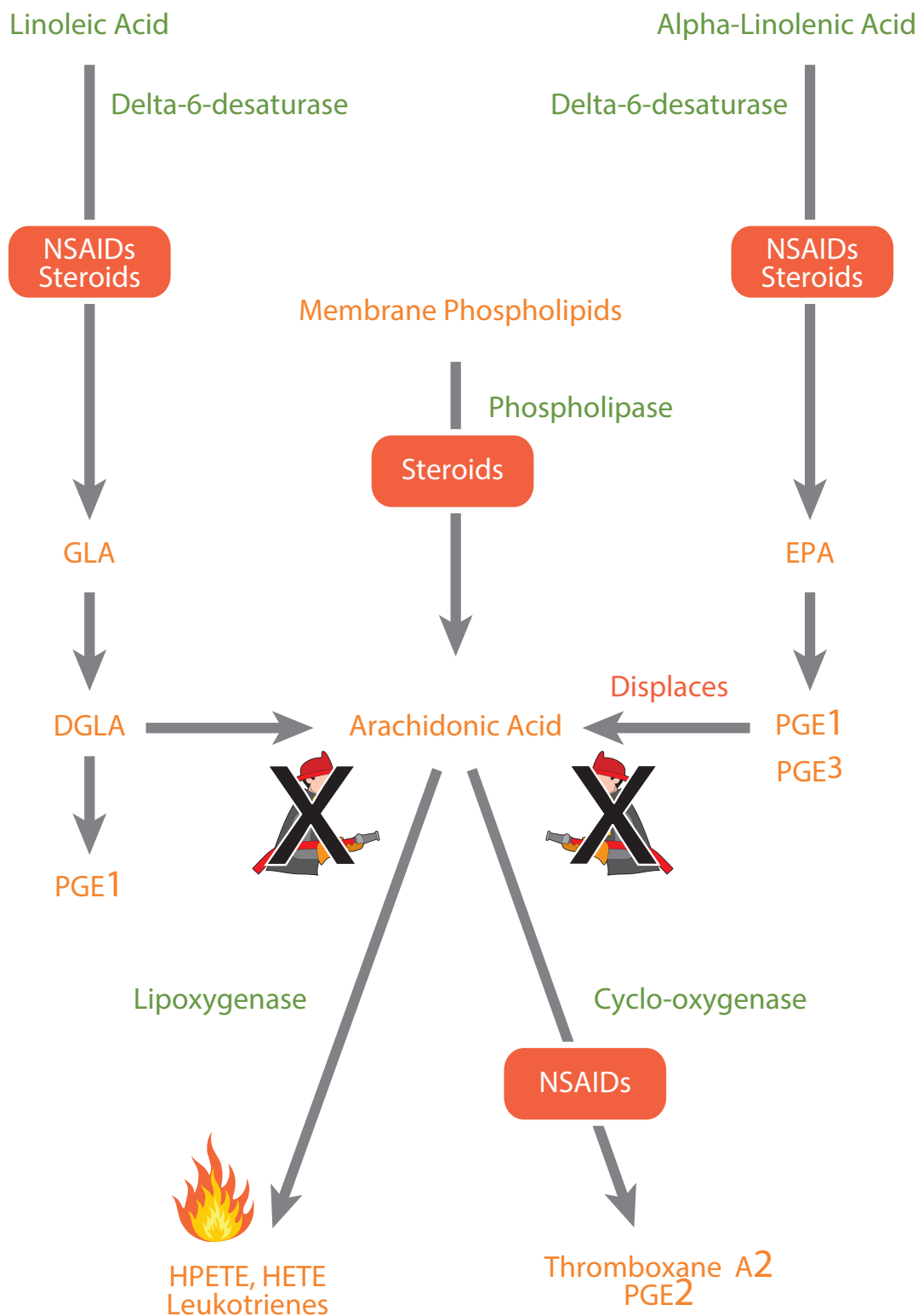


Producing Pro-inflammatory Agents

Inflammatory Cascade

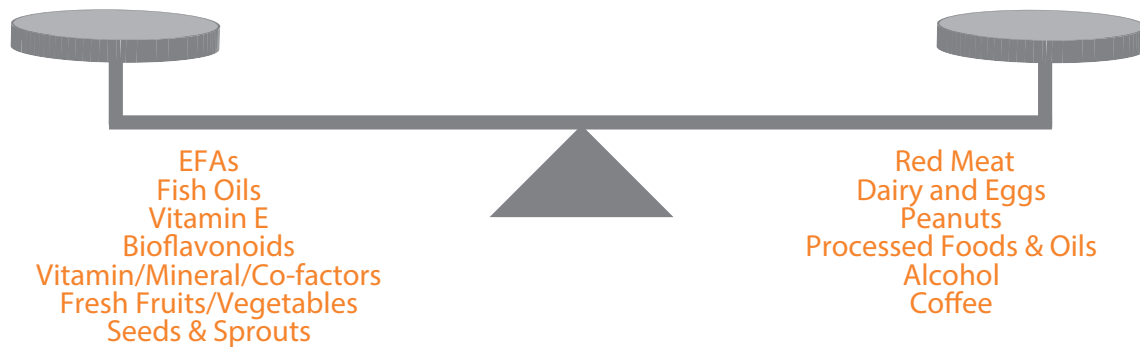


Drug Modulation



Anti-inflammatory

Pro-inflammatory



The Body's Clean-up Crew

Lungs, Lymph and Kidneys
Liver (Anti-histamines, CP450, Conjugation)
Circulating Digestive Enzymes (Proteases)
Antioxidant Nutrients (Vitamins A, C, E, Zinc, Selenium, etc.)

Additional Anti-inflammatory Support

Acupuncture
Homeopathic Medicine
Botanical Medicine
Bodywork, Manipulation and Exercise
Physical Therapy, etc.

Nutritional Modulation

