

Nutrition Facts

Inflammation is a set of symptoms that is the result of our immune system creating inflammatory prostaglandins to attack invaders, such as injury and infection. The symptoms include pain, swelling, heat, and redness. The immune system responds in a similar way to an unsatisfactory diet and can lead to chronic inflammation leading to or exacerbating condition such as arthritis, and auto immune diseases such as lupus.

Typical anti-inflammatory diet aides in the creation of anti-inflammatory prostaglandins, thereby reducing chronic inflammation. This can be achieved by a diet consuming good fats, such as omega 3 fatty acids, found in cold water fish such as salmon, herring, anchovies, Nuts and seeds such as walnut , almonds, pumpkin seeds , fruits and vegetables such as apples, blackberries, strawberries, mango, and kiwi, Brussels sprouts, broccoli, and grains such as brown rice, lentil, and chic peas.

Bad fats (polysaturated), produce pro prostaglandins which creates inflammation resulting in symptoms. Bad fats are found in processed foods, dairy, cheese, whole milk, fatty beef, fried foods and should be avoided.

The basic principal of this diet is a diet with good fats, grains nuts fruits and vegetables.

A nutrient program for before and after surgery

Thus program, created by Elson Haas, M.D., is designed to speed tissue healing after surgery and to strengthen the immune system. Follow these recommendations for about three to four weeks prior to your surgery and four to six week after.

Vitamins

Vitamin A: 20,000 IU (Caution: this is a high dose of vitamin A. Only use this amount one to two weeks before surgery and two to three weeks afterward.)

Beta-carotene: 15,000 IU
Vitamin C: 4-6 grams
Vitamin D: 400 IU (vitamin E has been shown to slow healing time – this is a low dose.)
Vitamin K: 300 mcg
Thiamine (B1): 50 mg
Riboflavin (B2): 25-100 mg
Niacin (B3): 25 mg
Pantothenic acid (B5): 1,000 mg
Pyridoxine (B6): 50 mg
Cobalamin (B12): 200 mcg
Folic acid: 800 mcg
Biotin: 300 mcg
Inositol: 1,000 mg
Bioflavonoid: 500 mg

Minerals:

Boron: 2-3 mg
Calcium: 800-1,200 mg
Chromium: 200 mcg
Copper: 2-3 mg
Iodine: 100-200 mcg
Iron: 20 mg
Magnesium: 500-800 mg
Manganese: 10 mg
Molybdenum: 800 mcg
Potassium: 2-3 grams
Selenium, as selenomethione: 200 mcg
Silicon: 100-200 mg
Sulfur: 400-800 mg
Vanadium: 150-300 mcg
Zinc: 60-100 mg

Other

L-amino acids: 1,000 mg

L-arginine: 500-1,000 mg
L-lysine: 500-1,000 mg
Lactobacillus: 2 billion organisms
Bromelain: 200-400 mg

Note: You do not need to purchase all of these supplements individually. A multivitamin may cover the bases for many of the vitamin and mineral recommendations; then you could supplement only those nutrients with the higher-recommended dosages, like vitamins A and C. Work with your health-care provider to come up with the best program for your individual situation.