

Diet and Lifestyle changes that help reduce Inflammation

Inflammation is a significant factor in Rheumatoid Arthritis, Diabetes, Endometriosis, Heart Disease, Asthma, Crohn's, Psoriasis, Multiple Sclerosis and some cancers.

Here are 2 recognised ways to reduce Inflammation without drugs:

- Eat foods with the right Fatty Acids, increasing Omega-3 and **REDUCING** Omega-6
- Increase Vitamin D to the right level, by sunshine, food or supplements

Improve your Omega-6/3 Ratio

Your goal is to reach an Omega-6/3 Ratio of 3:1 or lower

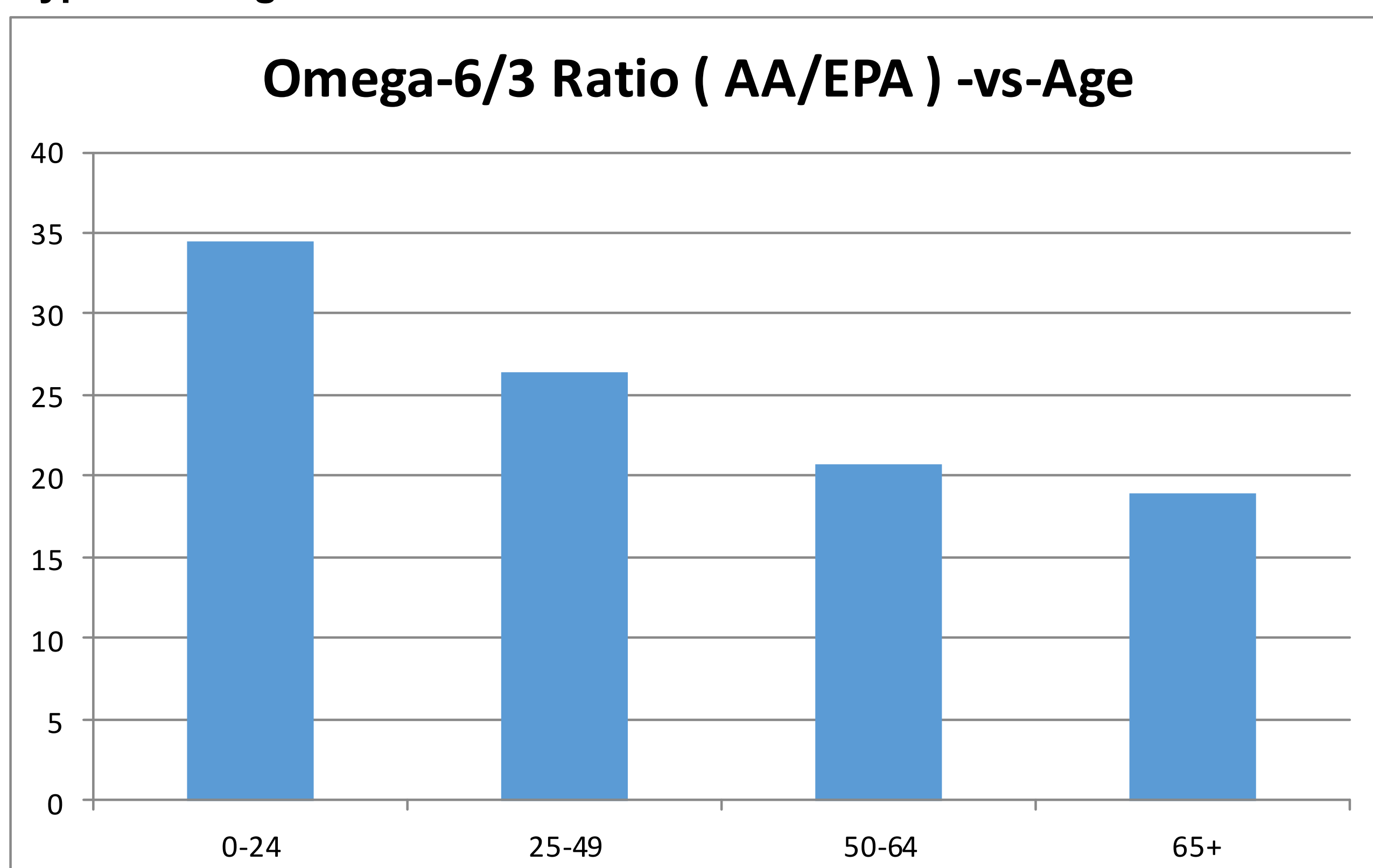
There are 2 key Indicators:

- Omega-3 Index** > 8% Do I have enough Omega-3 ?
- Omega-6/3 Ratio** <3:1 Good Indicator for Inflammation from food

You can increase your Omega-3 with oily fish or natural fish oil supplements but you must also REDUCE the Omega-6 in the food that you eat.

- Read the labels on all the processed food that you buy, to reduce the Omega-6
- Wherever possible in your cooking, reduce your use of:
 - Sunflower oil (Omega-6 content = 64%), Corn oil (52%) & Soybean oil (51%).
- Better oils for cooking are Rapeseed oil (19%), Olive oil, Coconut oil and butter
- Be aware that Soybean and other oils are used for animal feed, so you might improve your Omega-6/3 Ratio by reducing your consumption of animal products.
- This does not apply to meat from animals that are organic and grass-fed

Typical Omega-6/3 Ratio in the UK



- There is a do-it-yourself Fatty Acids test kit available direct-to-the-public from GreenVits on +44 (0)20 8238 5554 (www.greenvits.eu)

References:

- www.expertomega3.com
- www.omegаметrix.eu
- www.omegaquant.com
- www.norsan-omega.net
- www.greenvits.eu

Other Vitamins, Minerals & Supplements

- Mineral Multi-Vitamins contain Magnesium and Zinc which play a central role in many cellular and metabolic reactions
GreenVits can supply **VITA-MIN** which contains suitable amounts.
- B-Vitamins help your body convert your food into energy and lower homocysteine
GreenVits can supply **B6-B9-B12** and **B-STRESS** Complex
- Vitamin C and natural Vitamin E have been shown in many trials to help reduce Inflammation
GreenVits can supply **C-1000**, **C-Max** and **E-Max**
- Probiotic supplements help your body digest the nutrients in your food and prevent complications of long-term antibiotic use
GreenVits can supply **Lacto-Pectin** which provides 6 probiotic strains

References:

- The Use of Herbs and Dietary Supplements in Gynecology: An Evidence-Based Review Cathi E. Dennehy [doi:10.1016/j.jmwh.2006.01.004](https://doi.org/10.1016/j.jmwh.2006.01.004)
- Recurrence rate of endometrioma after laparoscopic cystectomy: A comparative randomized trial between post-operative hormonal suppression treatment or dietary therapy-vs-placebo. Sesti et al [doi:10.1016/j.ejogrb.2009.07.003](https://doi.org/10.1016/j.ejogrb.2009.07.003)
- Hormonal suppression treatment or dietary therapy versus placebo in the control of painful symptoms after conservative surgery for endometriosis stage III-IV. A randomized comparative trial. Sesti et al [doi:10.1016/j.fertnstert.2007.01.053](https://doi.org/10.1016/j.fertnstert.2007.01.053)
- Linus Pauling Institute Micronutrient Information Center - Inflammation <http://lpi.oregonstate.edu/mic/health-disease/inflammation>

Vitamin D

Your goal is to reach a Vitamin D blood level of 100-150 nmol/L

This is much higher than most doctors and laboratories usually suggest, but this is the level many experts consider that is needed to reduce Inflammation.

You can download the experts **Call-To-Action** from www.grassrootshealth.net

The amount of Vitamin D that you need each day depends on your weight. Professor Robert Heaney, Technical Director of GrassRootsHealth, suggests that you need 69IU per kilogram of body weight, rounded up to the nearest 1,000IU
You could start with a Loading Dose of 5 x your daily amount for the first 7 days

Here is a table showing approximately how much Vitamin D3 you need each day:

| Weight | Kg | 40 | 50 | 60 | 75 | 100 | 125 | 150 |
|-----------|------------|-------|-------|-------|-------|-------|--------|--------|
| | Lbs | 88 | 110 | 132 | 165 | 220 | 275 | 330 |
| | Stones | 6.3 | 7.9 | 9.4 | 11.8 | 15.7 | 19.6 | 23.6 |
| Vitamin D | IU | 3,000 | 4,000 | 5,000 | 5,000 | 7,000 | 10,000 | 10,000 |
| | Micrograms | 75 | 100 | 125 | 125 | 175 | 250 | 250 |

There are 2 additional factors to consider:

If you have a granulomatous disease like Sarcoidosis, consult your doctor.
If you take more than 2,000IU (50 micrograms) of Vitamin D each day make sure that you get enough Vitamin K2, which you can get from hard cheese (gouda), eggs, butter & chicken liver.

- There is a do-it-yourself Vitamin D test kit available direct-to-the-public from Birmingham NHS hospital on +44 (0)121 507 4278 (www.vitaminDtest.org.uk)
- Once you have a result of your Vitamin D blood test you can decide how much Vitamin D3 to take each day. Consult the table for a suggestion and a Loading dose.
- If you don't do the Vitamin D blood test, consult the table for the suggested amount to take.

References:

- www.vitaminDwiki.com/Inflammation
- www.vitaminDcouncil.org
- www.grassrootshealth.net

- Vitamin D and inflammatory markers: cross-sectional analyses using data from the English Longitudinal Study of Ageing (ELSA) [doi:10.1017/ins.2016.37](https://doi.org/10.1017/ins.2016.37)
- Vitamin D in inflammatory diseases [doi:10.3389/fphys.2014.00244](https://doi.org/10.3389/fphys.2014.00244)
- Supplemental vitamin D increases serum cytokines in those with initially low 25-hydroxyvitamin D: A randomized, double blind, placebo-controlled study doi.org/10.1016/j.cyto.2014.09.012
- Dietary modulation of the inflammatory cascade, By Dawson et al [DOI: 10.1111/j.1600-0757.2012.00458.x](https://doi.org/10.1111/j.1600-0757.2012.00458.x)