

Reducing Inflammation - Your Personal Trial

This is a personal trial for you to test whether taking high strength SanOmega-3 Total fish oil and high strength Vitamin D can help you reduce your Inflammation.

Inflammation is a significant factor in Depression, Rheumatoid Arthritis, Diabetes, Endometriosis, Heart disease, Asthma, Psoriasis, Multiple Sclerosis and some cancers.

There 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

You could achieve this just by changing your diet and lifestyle, but taking these high strength food supplements might help you reduce your Inflammation much faster

Before you start taking Omega-3 and Vitamin D you could measure how much you already have !

Omega-3

- Do the NORSAN Fatty Acids blood test
- Once you have done the blood test, open a bottle of NORSAN Omega-3 Total and take a double dose of the oil each day – about 15 mL each day until the bottle is finished
- You should receive the report from your Fatty Acids Analysis by the time that you have finished the first bottle. This report will show your **Omega-6/3 Ratio** which is a very good indicator of Inflammation. The report will also advise you how much NORSAN Omega-3 Total fish oil you might take each day for the next 3 months
- If you don't do the blood test, take a double dose of NORSAN Omega-3 Total fish oil each day until you finish the first bottle, as a Loading Dose. Then take a single dose each day for the next 3 months. Contact GreenVits for a discount for future orders.

Vitamin D

- Do not take any Vitamin D until you have the results from a Vitamin D blood test
- GreenVits does not supply a Vitamin D test, so please ask your doctor for a test or tell you your most recent Vitamin D test results. If you cannot get results that are less than 3 months old, please order the do-it-yourself Vitamin D test kit 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 D to take each day. Consult the chart for a suggestion and a Loading dose.
- If you don't do the Vitamin D blood test, consult the chart for a suggestion and a Loading Dose. Contact GreenVits for a special discount for future orders

Diary

- Please keep a diary of your symptoms and your pain level
- Please also keep a simple diary of the foods that you eat. The primary purpose of this is to identify foods that cause you problems and especially the amount and type of Omega-6 that you eat
- Keep in contact by telephone or email

Improve your Omega-6/3 Ratio

- Your goal is to reach an **Omega-6/3 Ratio** of 3:1 or lower.
- You can increase your Omega-3 by eating food like Salmon, Mackerel, Walnuts, Chia seeds, Flaxseed or Linseed oil. Eat 2-5 grams of Omega-3 each day
- You can increase your Omega-3 with NORSAN Omega-3 Total fish oil 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 the meat from animals that are organic and grass-fed

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 are 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, suggested that you need 69IU per kg 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
	<i>Lbs</i>	88	110	132	165	220	275	330
	<i>Stones</i>	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
	<i>Micrograms</i>	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 of Vitamin D per day make sure that you get enough Vitamin K2, which you can get from hard cheese, eggs, butter & chicken liver.

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**
- Vitamin C and 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 from long-term antibiotic use
GreenVits can supply **Lacto-Pectin** which provides 6 probiotic strains
- *Contact GreenVits for special discounts for these products*