



Episode 013 - Inflammation

Dietary supplements for inflammation

1. Omega-3 Oils:

- Fish oil (**Carlson Labs The Very Finest Fish Oil**) – 100 tsp, each tsp = 1,600 mg omega oils. Current studies show need at least 3,000 mg/day of omega 3's for anti-inflam benefits so 2 tsp = 3,200 mg. It blends nicely into a morning protein smoothie!

- Ground flaxseed/oil (vegetarian)

2. Turmeric (active ingredient curcumin)

3. Enzymes (proteolytic) taken on empty stomach. Example – **Wobenzyme**

4. Resveratrol

5. **Total Leaky Gut** (Nutri-West) for leaky gut syndrome. Also, whole leaf aloe juice and l-glutamine

6. Ginger and rosemary