

## Inflammation Protocol

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- Inflammation is at the root of most modern disease, including depression, dementia, cardiovascular disease, diabetes and autoimmunity.
- The key to managing inflammation is to eliminate the factors that contribute to inflammation and add in compounds that soothe inflammation.

### Stop Promoting Inflammation

- **Reduce Inflammatory Foods**
  - o Sugar
  - o Industrial seed/vegetable oils (e.g., canola oil, corn oil, soybean oil, safflower oil)
  - o Refined carbohydrates (e.g., anything made with flour)
  - o Fried foods
  - o Low-fat dairy (full-fat dairy okay for those who tolerate dairy)
  - o All processed foods
- **Detox Your Environment**
  - o Install water filters on your kitchen sink and shower (recommendation: Aquasana)
  - o Get a HEPA filter
  - o Eat local and organic
  - o Trash your conventional cleaning products, make-up and personal care products. Transition to natural products.
- **Heal the Gut**
  - o Gut inflammation is likely the most significant source of inflammation throughout the body
  - o Here's how to heal the gut:
    - Avoid What Irritates the Gut
      - Food: Gluten, sugar, industrial vegetable oils, artificial sweeteners, alcohol
      - Certain medications: antacids, antibiotics, oral contraceptives, psychiatric medications (only make changes under close supervision from your doctor)
    - Add in What Soothes the Gut
      - Fermented foods: sauerkraut, kimchi, beet kvass, miso paste, apple cider vinegar, kombucha, kefir (if you tolerate dairy)
      - Starchy tubers: sweet potatoes, white potatoes, plantain, taro, yucca
      - Bone broth – make your own or purchase it:
        - o Brodo – E 12<sup>th</sup> St & 1<sup>st</sup> Ave
        - o Hudson & Charles butcher
        - o Nourishing New York:  
<http://nourishingnewyork.com/shop/beef-bone-broth/>
        - o US Wellness: [www.grasslandbeef.com](http://www.grasslandbeef.com)
        - o Union Square Green Market on Saturdays
      - Supplements:
        - o Take a probiotic daily – I recommend *Prescript Assist*
        - o Consider glutamine, collagen and colostrum
    - Create the Conditions for the Gut to Heal

- Squatty potty – [www.squattypotty.com](http://www.squattypotty.com)
- Get enough sleep
- Stress management
  - Acupuncture, yoga, meditation, breathing exercises, journaling, being in nature, unplugging
- Treat gut infections: if you suspect you may have a gut infection, get evaluated and treated by a functional medicine doctor or naturopath

- **Manage Stress**

- Stress is inflammatory
- Develop a daily relaxation practice
- Is your job inflammatory? Your relationship? Certain friendships? Your home environment? Take a close look at these potential pro-inflammatory factors

**Soothe Inflammation**

- **Foods to Combat Inflammation**

- Wild, fatty, cold-water fish (e.g., wild salmon, sardines, mackerel)
- Olive Oil
- Dark chocolate
- Spices:
  - Turmeric
  - Curry
  - Rosemary
  - Cloves
- All organic fruits and vegetables, especially:
  - Ginger
  - Garlic & Onion
  - Beets
  - Berries & Cherries
  - Aloe

- **Supplements to Combat Inflammation**

- Turmeric/Curcumin
- Fish Oil
- Vitamin D
- Boswellia
- Quercetin