

Supplements & Food	What they do	Dosage	Scale of importance 1-3	Notes
Turmeric	Moderates insulin levels, reduces inflammation, brain power	<b>Take a Curcumin supp. 500-1000 mgs per day</b>	1	Use turmeric in cooking as much as possible. See smoothie recipe. Drink teas with turmeric.
Bromelain & papain	High in proteolytic enzymes critical to keeping inflammation in check. Breaks down protein in the gut	<b>Combination supplement Bromelain Papain + by Genestra 1 capsule with each meal excluding snacks</b>	1	Bromelain is found in pineapple and papain in papaya
Devil's claw	Anti-inflammatory and digestive aid	<b>NOW Devil's claw extract 300 mgs twice a day</b>	3	
Ginger	Anti-inflammatory, digestive aid, improves circulation,		1	Use ginger as much as possible. See smoothie recipe. Use in cooking and drink ginger teas
Boswellia extract	Anti-inflammatory, digestive aid, brain power,	<b>300 mg twice a day Use only if you do the 1's &amp; 2's and not seeing a full change.</b>	3	
Yucca root	Anti-inflammatory, digestive aid, skin issues, circulation.	<b>500 mg x2, twice a day.</b>	1	Yucca is great for hair and skin.
Olive leaf extract	Anti-inflammatory, kills yeast.	<b>500 mg 3 times a day with food</b>	1 (only take this if you have symptoms of yeast) See below	

Fish oil	Reduces inflammation, brain power, weight-loss, hair and skin	<b>1000 mg 3 times a day with meals</b>	1	I suggest eating fish daily if you like it. If not make sure you take the supplement consistently
Olive oil	Same as fish oil but has omega 9 to help balance out your omegas for less inflammation		2	Use cold on salads or add to foods after cooking for full benefit.
Sea greens powder	help to increase energy, support the immune system, balance pH, slow aging, lose weight, gain mental alertness, enhance mood and detoxify.	<b>Use Aqua greens by Prairie Naturals Add 1 tsp in water with 1 tbsp apple cider vinegar first thing in the morning. Tip: plug your nose and drink fast!</b>	1-2	You can also eat kp snacks just make sure they are from unpolluted waters.
Bone broth	Gut health, collagen production and anti-inflammatory	<b>There are powders and protein powders.</b>	1-2	See recipe

#### Foods to avoid while reducing inflammation:

1. Nightshade vegetables: Tomatoes, Tomatillos, Eggplant, Potatoes, Goji Berries, Tobacco, Peppers (bell peppers, chili peppers, paprika, tamales, tomatillos, pimentos, cayenne, etc). After a few weeks introduce one that you enjoyed eating previously and see how you react. Keep nightshades to a minimum after eliminating and reintroducing. If you feel any inflammation symptoms, cut back again.
2. Excessive dairy. When using dairy make sure it is grass fed.
3. Avoid drinking one than one cup of coffee per day.
4. Stop drinking alcohol to get rid of inflammation then keep it to a minimum afterwards.

#### Symptoms of yeast overgrowth:

1. Congestion.
2. Vaginal and anal itching
3. Lower abdominal bloating.
4. Skin issues, rashes, hives, itching, psoriasis, eczema
5. Itchy water eyes
6. Headaches & migraines