

## Natural Anti-Inflammatory Medications:

Each of the following is a naturally occurring chemical that has been shown in the laboratory and/or in controlled clinical studies to have a meaningful anti-inflammatory effect. They can be used as natural alternatives to the NSAIDS (aspirin, ibuprofen, naproxen or the prescription NSAIDS).

**Omega 3 Fish Oil:** Extremely effective at reducing inflammation as well as promoting healthy vascular system. It lowers the "bad" cholesterol and raises the "good" (HDL). The anti-inflammatory effect has a higher threshold than the cholesterol-lowering effect. The minimum anti-inflammatory dose is about 3000 mg of fish oil (1200 to 1500mg EFA+DHA). Can take up to 6000 mg per day with increasing anti-inflammatory and pain relieving properties with higher doses. May reduce clotting a bit.

**Curcumin** (Turmeric): very effective anti-inflammatory. Probably more effective in the brain than most so it is receiving a lot of attention in brain inflammatory diseases like Alzheimers. Effective dose is 400 to 600 mg three times a day.

**Green Tea:** anti-oxidant and anti-inflammatory properties. May also inhibit breakdown of cartilage so it may be useful in osteoarthritis. Usual recommended dose is 3 to 4 cups per day. As an extract the dose is 300 to 400 mg per day. The decaffeination process does not appear to remove the beneficial catechin molecules.

**Pycnogenol:** extracted from Mediterranean Maritime Pine bark. Has a strong anti-inflammatory effect but also tends to reduce clotting. Extremely effective in heart and other circulatory diseases. Very strong anti-oxidant and anti-inflammatory effect. Usual dose is 100 to 200 mg per day.

**Boswellia:** Also known as Frankincense. Strong anti-inflammatory effect as well as ability to reduce auto-immune effects in the joints. Has been used in the treatment of Rheumatoid arthritis. Dosing is 300 to 500mg of standardized extract containing 30 to 40% boswellic acids per day.

**Cat's Claw** (*Uncaria Tomentosa*): Peruvian herb shown to block the primary inflammatory pathway. Should be used with caution by those with Lupus since it can worsen kidney function. Standard dose is 2060 mg per day or as a tea 1000 mg of root bark in 8 oz water.



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