



Essential Healing Chiropractic

- holistic healthcare -

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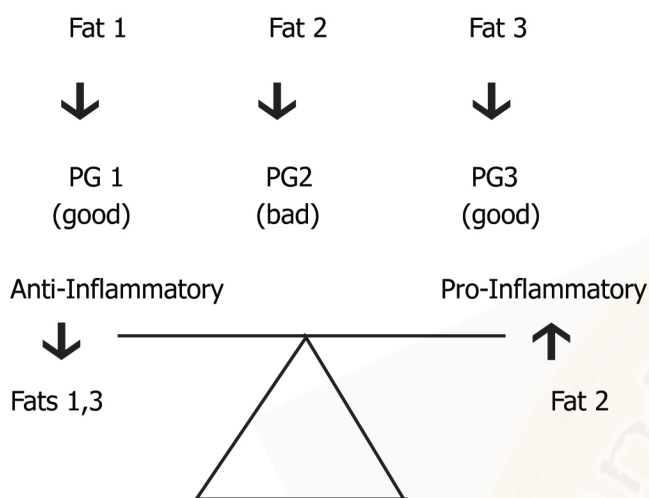
www.essentialhealingchiropractic.org

"But Doctor, What Should I Do About The Pain?"

Read this first, before you reach into the medicine cabinet.

When an injury occurs, the body produces certain chemicals based upon the types of available building blocks. The body can produce pro-inflammatory chemicals, prostaglandin #2 and leukotrienes. These are good if you like pain and inflammation. Or, the body can produce prostaglandins #1, #3 which are anti-inflammatory. These are great if you want to decrease pain and inflammation. The building blocks for these chemicals come from the foods we eat, particularly the fats in our diet. If you only eat foods that create building blocks for inflammation and pain, then the body will only produce inflammation and pain. Simply put, the foods you eat may be making your health condition worse, especially if you are in pain. Use the information below to help guide you with the proper foods to eat.

The 3 fat families and their associated prostaglandin (PG) families.



Highly Desirable - Fats 1 and 3

Plant Sources - Most food oils: Safflower, Corn, Sunflower, Evening Primrose and Black Currant Seed, Flaxseed, Soybeans, Walnuts, Pumpkin Seeds, Dark Green Leafy Vegetable, Cold Weather Oils

Animal Sources - Cold Water Fish (e.g. Salmon, Trout, tuna, Mackerel, Ocean Perch)

Undesirable - Fat 2

Plant Sources - Partially Hydrogenated Oils, Coconut and Palm Kernel Oils, Peanuts, All Coffee and Black Tea.

Animals Sources - Red Meats, Dairy, Mollusks, Shellfish, Eggs

How nonsteroidal anti-inflammatory drugs (NSAID) work

NSAIDs block the body's natural ability to produce PG 1, 2, 3 and Leukotrienes by deactivating essential chemicals and enzymes necessary for their production. The problem is that the good guys, (PG1 and 3) are stopped from being produced along with the bad guys (PG 2).

You should always consider the side effects of taking NSAIDs which include; A decreased amount of vitamin C used to protect the liver, depletes sulfur that is used to aid in liver detoxification and joint maintenance, GI hemorrhage and leaky gut. It is estimated that 16,500 NSAID deaths occur each year. There is no society for NSAIDs victims, but NSAIDs are a serious cause of death. Common NSAIDs include: Advil, nuprin, motrin, naprosyn, clinoril, tolectin, feldene, and many others. If you were not aware of these serious and sometimes life-threatening side effects of NSAIDs you are now! There are literally dozens of studies that confirm these statistics.

Share this information with families and friends, you may save a life!