



Inflammation: Natural Anti-inflammatories Part III

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The following overview can only cover the surface of approaches that one may utilize to squelch an overly aggressive inflammation response in one's body. I will start first with a few morsels of advice for specific acute inflammatory conditions:

- **The Acute Viral Protocol:** Meant for the treatment of acute respiratory “colds and flus”.
 - Vitamin D3 50,000 IU thrice daily (yes 150,000 IU per day) for three days only, taken concurrent with
 - Vitamin C (Systemic C, Esther C and others) 500-1000 mg every 2 hours while awake, and
 - Viracid (combo with Andrographis, Astragalus, Black Elderberry and more) 2 caps every 2 hours while awake.

Treat as soon as you think you have a virus, the earlier the better. Get as much sleep as you can, just don't set a timer to wake yourself to stay on the every 2 hour schedule. The Viracid and C can be taken for up to 7 days; if you start it soon enough it will just be a few days. Keep supplies on hand for cold and flu season, and always bring these supplies when travelling. This protocol provides amazing, safe results.

- **The Acute Injury Protocol:** Meant for acute sprains and strains. Also meant to add to the RICE protocol of Rest, Ice, Compression, and Elevation. I have used this multiple times, including for tears of tendons to severe sprains and even broken ribs, with miraculous results.
 - VitalzymXe (systemic enzymes) 3 caps 3-4 times daily on an empty stomach,
 - Vitamin C 1000 mg, 4-6 times daily with food
 - T-Relief (formerly Traumeel) gel or cream, applied to the injured area every 1-2 hours.

This exact protocol can be used post surgically to speed healing as well. Do not apply T-Relief to an open wound. Even for severe injuries, I have rarely needed this protocol for more than 5-7 days.

When it comes to chronic inflammation, I have found such varied responses that I have no set protocol, and try to use patient history, exam, and laboratory evaluation to guide treatment. Obviously chronic inflammation conditions, from cardiovascular disease to cancer, neurodegenerative diseases, autoimmune diseases or simple osteoarthritis, all

need their varied approaches. The following supplements each have a role in the treatment of chronic inflammatory responses. My recommendation is to simply try each for an 8 week period, and continue it if symptoms or labs improve! What works for your friends might not work for you! And remember to correct underlying deficiencies first (such as the fish oils, EPA and DHA, already mentioned in Part Deux) as that allows any intervention to work better. The top five:

- **SAMe (S-adenosyl methionine)**: ([Article here](#)) This nutrient has the most evidence in the treatment of osteoarthritis, depression (an inflammatory disorder), and hepatitis. Start at 400mg twice per day on an empty stomach, usually can decrease to once per day after 4 weeks. Exceptionally safe with few side effects (upset stomach is possible). Trials date back to the 1980s proving the superiority of SAMe over NSAIDS in osteoarthritis.
- **Meriva Turmeric (curcumin)**: ([Article here](#)) The most bioavailable of the curcumin supplements around. Anecdotally I have found this natural anti-inflammatory useful in lowering hsCRP, MPO and LpPLA2. For dealing with chronic pain, I currently start at 2 caps (1000mg) thrice daily and decrease as tolerated when at goal, whether indicated by symptom or laboratory.
- **Vitalzym Xe**: A systemic enzyme, enzymes taken between meals intended to “digest you” not your food, this combination of serrapeptase with bromelain, papain and others outperforms other such enzymes at a much lower pill count. Start at 3 caps twice daily on an empty stomach for 1-2 months, usually maintenance is 2-4 caps daily after that. Especially useful in those individuals with high Lp(a), fibrinogen or CRP.
- **CDP Choline (Citicholine)**: This version of choline has been long recognized for cognitive support and memory enhancement. However the most important role may indeed be inflammation regulation by inhibition of phospholipase A2. At 250 mg twice daily with or without food. Vital in neurodegenerative diseases.
- **Probiotics**: The monthly rotation of good probiotics may actually be my most important recommendation. Balancing your microbiome, the gastrointestinal flora, might serve as an important first step in all inflammatory disorders. A few of my favorite probiotic supplements include OrthoBiotic, Theralac Pro, Tru Bifido, Iflora, UltraFlora and a few others. We choose at least three, which at the very least cause no side effects, and switch them out every month.

There you go, the top 5 supplements to consider in addition to the Basic Nutritional Protocol. But Gary, what about Boswellia AKBA, cats claw, therapeutic cannabis, Intravenous ozone or hundreds of other supplements? The good news lies in the variety of safe effective options, the bad news comes from the recognition that nothing works in everyone. I do hope the above suggestions guide you on the best inflammation regulation path for you If you can't get there on your own, find an integrative healthcare practitioner to help you!

Your Journey to Health and Healing,
Gary E. Foresman MD