JOINT INFLAMMATION - Is Diet Increasing Your Pain?
Rheumatoid arthritis. Osteoarthritis. Psoriatic arthritis. With so many types of joint pain and diagnoses, is it possible that what you eat is contributing to your pain? Not surprisingly, it is. Several aspects of your diet can contribute to joint inflammation and dysfunction.

—> **Malnutrition** and **inflammatory foods** can predispose you to degenerative joint disease.

—> **Allergenic** foods can increase inflammation and aggravate autoimmune causes of joint disease such as Psoriasis, Lupus and Rheumatoid Arthritis. Immune cells in the gut become irritated, releasing inflammatory proteins called Cytokines which then travel to every tissue in your body, including your joints.

—> **Gluten** is among the leading allergenic foods that drive joint pain and inflammation—sometimes arthritis is the only symptom of gluten sensitivity or Celiac Disease.

Luckily, diet is easy to change with a little planning and determination. Your doctor can provide guidelines for an anti-inflammatory diet that fits your lifestyle, in addition to prescribing specific nutrients to decrease inflammation and stop the cycle of degeneration. Food allergy and sensitivity testing is also available, including antibody screening for gluten, eggs, dairy protein and the other leading allergens. Ask your physician about **US BioTek** testing, today!

Migraine Diagnosis & Care

Migraine pain plagues an estimated **45 million Americans**. Most of these people experience a disabling headache with light sensitivity, nausea and vomiting. Others may also struggle with vision changes, neurological dysfunction and other disruptive symptoms.

Medications such as Sumatriptan, Amitriptyline and over-the-counter pain-killers can reduce migraine pain. However, most come with side effects including drowsiness, and risk of gastrointestinal bleeding.

Natural supplements are a safer alternative. Identifying and removing **triggers** should also be prioritized. Don’t give up on relieving your migraine pain! Dr. McMonagle and Dr. Bourgeois use specialized laboratory testing, comprehensive physical exams and history to help you identify your triggers. Below are some of the more common causes of migraines:

- Food allergies & sensitivities
- MSG, Nitrates & Nitrites
- Blood sugar fluctuations
- Tobacco & Alcohol
- Hormonal Imbalances
- Chemical sensitivities
- Emotional stress
- Insomnia

Mountain Peak Nutritionals

Anti-Inflammatory Formula

Suffering from muscle strain or joint pain? NSAIDS such as *Aspirin, Aleve* and others can irritate and inflame your gut. Mountain Peak’s alternative painkiller relieves ache and inflammation without the risk of gastritis and ulcers.

**Anti-inflammatory Bromelain**
Ayurvedic Boswellia
Pain-relieving **Devil's Claw**
Anti-inflammatory **Gingerol Serrapeptase** and more!
Whole-Body Pain Relief, Naturally
Whether you have back pain, arthritis, abdominal pain or Fibromyalgia, whole-body (systemic) pain treatments are just as important as treating a pinpoint area. Unlike prescription pain medications and over-the-counter painkillers, natural systemic pain treatments have fewer negative side effects.

IV Therapy for Pain
Major Autohemotherapy IV’s offer the analgesic (pain-relieving) effects of Ozone (O₃) throughout the whole body, while reducing overall inflammation and often providing an energy boost. The procedure takes only 45-60 minutes and is especially helpful for arthritis and Fibromyalgia. Multi-nutrient IV’s with vitamins and minerals necessary for immune function and detoxification become a potent painkiller when analgesic Lidocaine and injectable homeopathics such as Zeel and Traumeel are added.

Potent Herbs, Nutrients & Homeopathics
Zeel and Traumeel are Homeopathic pain relievers which can be taken orally or via IV for whole-body relief. Unlike NSAIDS such as Aspirin, these small tablets won’t irritate the sensitive lining of your gut. Anti-Inflammatory Nutrients such as Bromelain from pineapple, Boswellia extract and other herbs and enzymes reduce the inflammatory cascade.

Anti-Inflammatory Diet Options
Food Sensitivity Testing allows you to identify and remove those snacks which aggravate your white blood cells and cause a release of pro-inflammatory proteins that increase your overall pain response. Limiting Pro-Inflammatory Foods is easy with an individualized diet plan that meets your lifestyle and health needs. Chat with your doctor today about which foods are likely increasing your pain and decreasing your healing capability!

Anti-Inflammatory Curry Broccoli Crunch

3 c chopped, organic broccoli 1/4 c organic almonds, roasted
1 c organic coconut cream 2 tbsp coconut oil, unrefined
1 tsp organic turmeric Ginger root, 1 tbsp coarsely chopped
2 tsp sea salt 1/2 tsp white pepper, ground
1 tsp red pepper flakes 1/2 small lime

In a large pan, heat coconut oil on low-medium and add turmeric, white pepper, sea salt, chopped ginger root and red pepper flakes. Let heat for 3-5 minutes. Add broccoli and almonds, gently stirring to coat broccoli in spiced coconut oil. Cover and sauté on low-medium heat for 10 minutes. Add 1-2 tbsp water if needed.

Increase to medium heat, stir in coconut cream and add freshly squeezed lime juice. Continue to stir until coconut cream begins to gently bubble and reduce again to low-medium heat. Cover and let simmer for 15 minutes or until broccoli is at desired tenderness.

Sprinkle with additional red pepper flakes before serving.

Anti-Inflammatory Diet Tips
You’ve likely heard that eating vegetables, decreasing animal fat and limiting sugar is key in any anti-inflammatory diet. You’ve heard right! However, there are a few extra tips and tricks worth including:

Stick to low-carbohydrate fruits: Organic strawberries, rhubarb, cantaloup, berries and kiwi.

Avoid overeating nuts and seeds by adding them to salads and steamed veggies rather than grabbing palmfuls between meals. Though a wonderful food choice, too many can cause weight gain.

Add Olive Oil to your Butter: Love butter? Whip 1 pound of butter with 1 cup extra virgin olive oil. Keep refrigerated.

Grass-fed animals only, whether it’s meat or eggs.

Say no to dried fruit! Even if there’s no added sugar.

Lake Oswego Health Center  www.lakeohc.com