

Dr. Noreen Long
Acupuncture & Chiropractic in Black Mountain
669-LONG (669-5664)

Inflammation causes irritation to the nerves and other connective tissues.
It will increase your pain lengthen your recovery time.

Diet to Reduce Inflammation

- Increase the amount of fresh raw veggies and fruits you eat, especially papaya, watermelon and pineapple.
- Increase the amount of lean meats and fish you eat. Avoid fatty meats.
- Avoid caffeine drinks, refined sugar and flour products
 - (breads, crackers, biscuits, etc.)
- Papain and Bromelain supplements contain enzymes that reduce inflammation and help an area heal in a clean way, so it stays healthy.
- Increase your fresh water intake to 6 glasses (8 oz.) each day.
- 500 mg of Vitamin C, three times a day will reduce inflammation.
- 250 mg of Magnesium, twice a day, can reduce muscle spasm.