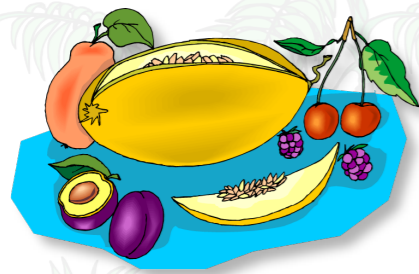
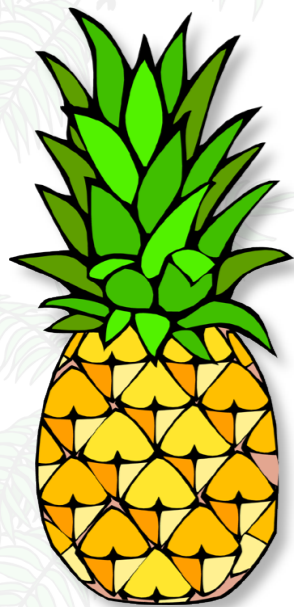


**Reducing Inflammation with Nutrition**



**Chronic Inflammation and Lifestyle**



- [Zinc](#)
- [Ginger](#)
- [Seanol](#)
- [Curcumin](#)
- [Vitamin E](#)
- [Silymarin](#)
- [Capsicum](#)
- [Kaemferol](#)
- [Resorcinol](#)
- [Tart cherries](#)
- [Genistein \(soy\)](#)
- [Curcumin \(turmeric\)](#)
- [Phenolics \(green tea\)](#)
- [Ursolic acid \(rosemary\)](#)
- [Reduce omega 6:3 ratio](#)
- [Resveratrol \(grape skin\)](#)
- [Thunder God Vine extract](#)
- [Omega 9 oils \(virgin olive, emu\)](#)
- [Omega 9 ester \(dairy, kombu, fish\)](#)

COX-2, Cytokines, Prostaglandins



[Olive oil](#) Thromboxane

★ *Curcumin can reduce inflammation by at least 97 different biological mechanisms, according to Jack Challem, author.*

- [Butterbur](#) Histamine
- [Quercitin](#)
- [Vitamin C](#)
- [Bromelain](#)
- [Mangosteen](#)
- [Avoid allergens](#)
- [N-acetyl cysteine](#)



[Onions](#) [Leukotrienes](#)

- [Ginger](#)
- [Olive oil](#)
- [Stemona](#)
- [Butterbur](#)
- [Boswellia](#)



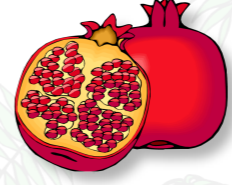
For many people, avoiding gluten and casein allows more complete physiologic response to inflammatory processes, due to their effect on intestinal absorption of required amino acids.  
*Richard Deth*

**MEDIATORS OF INFLAMMATION AND NUTRITIONAL MODULATION**

TNF-a [Choline](#)

- [Natural blockers](#)
- ★ [Curcumin \(turmeric\)](#)

Adhesion molecules



- [Quercitin](#)
- [Cranberry](#)
- [Glutamine](#)
- [Curcumin \(turmeric\)](#)
- [Pycnogenol \(grape seed\)](#)
- [Human milk immunoglobulins](#)



Fibrin

- [Protease](#)
- [Bromelain](#)
- [Nattokinase \(soy\)](#)

ROS

- [Kelp](#)
- [Vitamin E](#)
- [Pycnogenol](#)
- [Antioxidants](#)

**Inhibitors of NF-kB:**  
[Foods](#)  
[5 Foods](#)  
[L.E. List](#)  
[Supplements](#)

IL-6 [Curcumin \(turmeric\)](#)

NF-kB

- [Hops](#)
- [Yucca](#)
- [Vitamin E](#)
- [Curcumin \(turmeric\)](#)
- [Carnosol \(rosemary\)](#)
- [Hypericin \(St. John's wort\)](#)
- [Uncaria tomentosa \(Cat's claw\)](#)



Homocysteine

- [B6](#)
- [B12](#)
- [Folic acid](#)

Links

- [Food as Medicine](#)
- [Women to Women](#)
- ★ [Map: Histamine Allergies](#)
- [Top 10 Anti-Inflammatory Foods](#)
- [Map: EMF and the Mast Cell Response](#)

Home: [Oscillatorium.com](#)  
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