

Kripps Pharmacy has developed a program to help protect against excessive or chronic inflammation.

Whatever you eat plays an important role: be nutrition-conscious, daily.

Reduce consumption of foods high in arachidonic acid (a polyunsaturated, Omega oil), such as beef, egg yolks or dairy products.

Generally, completely avoid trans-fat unsaturated fats (used in preparation of commercial junk foods), reduce consumption of long-chain saturated fats (the fats that are solid at your body temperature), and increase consumption of superunsaturated oils (those that are liquid at your body temperature), such as those found in Omega-3 foods (e.g. walnuts, flax seeds, pumpkin, hemp & canola oils, salmon, sardines, haring, dark green leafy vegetables).

Avoid consumption of foods – whether proteins, sugars, or fats – cooked at high temperatures, such as junk foods or fried foods, which cause glycation. Glycation causes arterial shifting, cataracts, neural impairment, aging skin, and is implicated in DNA damage.

Consume lower glycemic index foods, such as complex grains, versus products made from refined flours. Reduce all forms of refined, or otherwise concentrated sugars.

Exercise regularly, drink lots of water, and get a genuinely restful amount of sleep.

Supplement your diet with these Kripps products:

Fishol 1000 mg E.C. (Enteric Coated) Omega-3 essential fatty acid: take two capsules, twice daily, at any time.

Rx Acetyl-L-Carnitine 500 mg – take 1 capsule, twice daily. Prescription required.

R(+) **alpha Lipoic Acid Slow Release** 100 mg – take 1 capsule, twice daily, with food. Prescription required.

Mega Vitamin Kit – take 1 of each capsule, once daily, with food.

D3 1000 iu – take 1 capsule, three times, daily.

Super Phytogenol Forte – take 1 capsule, 3 times daily, with vitamin C.

Turmeric, 500 mg – take 1 capsule, three times daily.

Carnosine E.C. 500 mg – take 1 capsule, twice daily.

Glutathione E.C. 250 mg – take 1 capsule, twice daily.

N-Acetyl Cystein 500 mg – take 1 capsule, 3 times daily.