INFLAMMATION
(General)

1. Pre-Disposing Factors and Clinical Indicators: Inflammation can often be difficult to differentiate from infection, especially with joint inflammation/infection. Check the WBC and differential for indications of bacterial or viral infection; also check the serum protein electrophoresis (gamma fraction), the CRP, the sedimentation rate and the basophil count to help make a determination of inflammation.

a. Infection.
b. Trauma.
c. Allergy/sensitivity.

2. Dietary Suggestions:

a. Avoid refined carbohydrates, processed foods, dairy products (except butter), citrus, alcohol, hydrogenated fats and oils, gluten, canned foods and caffeine containing foods.
b. Increase raw and fresh foods, quality protein and fresh and raw oils.
c. Drink at least 8 full glasses of pure water each day (no well water or city water).

3. Primary Supplemental Support in order of need: The following information applies to general inflammation only. For information concerning bone/joint, nerve and tissue inflammation, see the section of this manual covering pain control. For information concerning muscle inflammation (myositis) and fibromyalgia see the section of this manual covering those problems.

a. **Intenzyme Forte** – 10 state then 5 tid on an empty stomach until the inflammation begins to abate, then 3 tid on an empty stomach.
b. **KappArest** – 4 bid, also use **CurcumRx** – 2 bid.
c. **Optimal EFAs** – 2 tid.
d. **Bio-D Mulsion Forte** – 4-6 drops daily (complete a 25-OH Vitamin D blood test after 45 day on this level).
e. **Bio-Trophic Plus** – 6 bid or **Pro-Multi-Plus** – 4 bid.

4. Other Considerations:

a. **GSH-Plus** - 1 tid.
b. **Mixed Ascorbate Powder** – 1 tsp bid, increase to bowel tolerance.
c. **Bio-CMP** - 3 tid.
d. **Bio-FCTS** – 3 tid.

With long-term infection the detoxification program designed by Dr Abbas Qutab should be considered before the above supplements are used. Information on the program can be obtained from your Biotics Research sales person or distributor.