



**Greg Arnold, DC, CSCS**  
4165 Blackhawk Plaza Circle, Suite 250  
Danville, CA 94506  
(925) 321-4668 [PitchingDoc@msn.com](mailto:PitchingDoc@msn.com)  
[www.PitchingDoc.com](http://www.PitchingDoc.com)

## **Beyond Fish Oil: Five Other Foods that Will Help You Fight Inflammation**

By Greg Arnold, DC, CSCS, January 25, 2005, abstracted from "Seven Ways To Protect Your Heart With Anti-Inflammatory Alternatives" from Dr. Mercola's online newsletter #602

Link – <http://www.nowfoods.com/M043292.htm?cat=Disease%20Resistance>

Many people now realize the pivotal role inflammation plays many of the chronic diseases that afflict our society including heart disease,<sup>1</sup> type 2 diabetes,<sup>2</sup> arthritis,<sup>3</sup> Alzheimer's<sup>4</sup> and Parkinson's disease.<sup>5</sup> Nutritionally, omega-3 fatty acids in the form of fish oil are regarded as the best way to decrease this inflammation. As a result, many people now know about fish oil but few people know about these five other supplements that also play a significant role in decreasing inflammation:

**GINGER.** This wondrous root contains 6-gingerol, an anti-inflammatory compound shown to decrease inflammation that is thought to contribute to cancer.<sup>6</sup>

**BOSWELLIA.** Research has found boswellia to be effective in helping quell the inflammation associated with ulcerative colitis, a common intestinal condition.<sup>7</sup>

**BROMELAIN.** Similar to Boswellia, Bromelain has very strong effects on decreasing intestinal inflammation<sup>8</sup> while it has also been found to help with arthritis symptoms.<sup>9</sup>

**EVENING PRIMROSE, BLACK CURRANT, AND BORAGE OIL.** These three oils are grouped together because of their high levels of Gamma Linolenic Acid (GLA). GLA's ability to decrease both acute and chronic inflammation has been known for over 15 years.<sup>10</sup> Recent research found 1.4 grams of GLA in borage seed oil daily to reduce the number of tender joints 36% and the swollen joint count by 28%.<sup>11</sup>

In conclusion, although inflammation has become rampant in our society because of our diet, there are many ways to counteract this inflammation and help keep you free of chronic disease.

Greg Arnold is a chiropractic physician practicing in Danville, CA. You can contact Dr. Arnold directly by emailing him at [PitchingDoc@msn.com](mailto:PitchingDoc@msn.com) or by visiting his website [www.PitchingDoc.com](http://www.PitchingDoc.com).

### Reference:

<sup>1</sup> Sinisalo, J. (2000). Relation of inflammation to vascular function in patients with coronary heart disease..*Atherosclerosis*; 149(2): 403-11

<sup>2</sup> Finegood, D.T. Obesity, inflammation and type II diabetes. *Int J Obes Relat Metab Disord* 2003; 27: Suppl 3: S4-5

<sup>3</sup> Sturmer, T., H. Brenner, et al. Severity and extent of osteoarthritis and low grade systemic inflammation as assessed by high sensitivity C reactive protein. *Ann Rheum Dis* 2004; 63(2): 200-5

<sup>4</sup> Potter, H., I. M. The inflammation-induced pathological chaperones ACT and apo-E are necessary catalysts of Alzheimer amyloid formation. *Neurobiol Aging* 2001; 22(6): 923-30

<sup>5</sup> McGeer, P.L. and E.G. McGeer, Inflammation and neurodegeneration in Parkinson's disease. *Parkinsonism Relat Disord*, 2004. 10 *Suppl 1*: p. S3-7



**Greg Arnold, DC, CSCS**

4165 Blackhawk Plaza Circle, Suite 250

Danville, CA 94506

(925) 321-4668 [PitchingDoc@msn.com](mailto:PitchingDoc@msn.com)

[www.PitchingDoc.com](http://www.PitchingDoc.com)

<sup>6</sup> Park, K. K., K. S. Chun, et al. (1998). "Inhibitory effects of [6]-gingerol, a major pungent principle of ginger, on phorbol ester-induced inflammation, epidermal ornithine decarboxylase activity and skin tumor promotion in ICR mice." *Cancer Lett* 129(2): 139-44

<sup>7</sup> Gupta, I., A. Parihar, et al. (1997). "Effects of Boswellia serrata gum resin in patients with ulcerative colitis." *Eur J Med Res* 2(1): 37-43

<sup>8</sup> Hale, L. P. (2004). "Proteolytic activity and immunogenicity of oral bromelain within the gastrointestinal tract of mice." *Int Immunopharmacol* 4(2): 255-64

<sup>9</sup> Walker, A. F., R. Bundy, et al. (2002). "Bromelain reduces mild acute knee pain and improves well-being in a dose-dependent fashion in an open study of otherwise healthy adults." *Phytomedicine* 9(8): 681-6

<sup>10</sup> Tate, G., B. F. Mandell, et al. (1989). "Suppression of acute and chronic inflammation by dietary gamma linolenic acid." *J Rheumatol* 16(6): 729-34

<sup>11</sup> Zurier, R. B., R. G. Rossetti, et al. (1996). "gamma-Linolenic acid treatment of rheumatoid arthritis. A randomized, placebo-controlled trial." *Arthritis Rheum* 39(11): 1808-17