



ANTI-INFLANNATORY DIET
(For Patients Unable to Tolerate MGP)

1. Take 1 (one) tablespoon of Carlson's Fish Oil Daily. If unable to tolerate fish oil, use Barleen's Essential Woman (for women) Men's Omega (for men) 3 (three) tablespoons daily.
2. Eat raw asparagus or broccoli (1 cup) twice daily.
3. Eat raw pineapple, watermelon or berries (1 cup) twice daily.
4. Brew tea made from raw ginger (one teaspoon steeped in water) Three times a day.
5. Follow food combining diet instructions (attached)