

A P P E N D I X B

Sources of Anti-Inflammatory Products

Nutritional Supplements

Many companies market a variety of anti-inflammatory supplements. Although these companies are not allowed to make therapeutic claims for nutritional supplements, many of their product names are very suggestive, and clerks in health food stores and pharmacies can often provide guidance.

Some products are formulated as general anti-inflammatory supplements with many ingredients, whereas others are stand-alone products such as omega-3 fish oil, gamma-linolenic acid (GLA), glucosamine, and vitamin E supplements. The following companies produce and market high-quality products.

Advanced Physicians Products

Founded by a nutritionally oriented physician, APP offers a broad line of excellent vitamin and mineral supplements, including omega-3 fish oils, natural vitamin E, and many other products. APP is also a source for Coromega fish oils. For more information, call toll-free 800-220-7687 or go to www.nutritiononline.com.

Biocetiva USA

Biocetiva markets Recoup 90, a type of omega-3 fish oil supplement geared toward reducing inflammation and healing overuse injuries in bodybuilders. The product is likely of benefit in other types of muscle injuries. For more information, call toll-free 877-785-8421 or go to www.recoup90.com.

Bioforce

Bioforce is a Swiss maker of herbal products—mostly tinctures, but also some tablets and ointments. The products are not standardized in the conventional sense, but the company’s manufacturing controls ensure consistency and high-quality products. For more information, call toll-free 877-232-6060 or go to www.bioforce.com.

Boiron

Homeopathic remedies are common in Europe but are generally considered controversial in the United States. The theory behind homeopathy is that lower doses of certain therapeutic substances are more effective than larger doses. Although the idea might seem counterintuitive, it does have some basis in molecular biology. Boiron, based in France, is a venerable maker of homeopathic remedies. The company’s Arnicare gel uses the herb arnica as its active ingredient for resolving aches and pains. It does work. For more information, go to www.boiron.com, www.boironusa.com, or www.arnicare.com.

J. R. Carlson Laboratories

Carlson offers the widest selection of omega-3 fish oil and natural vitamin E products in the world. Among its many products is Inflammation Balance, a combination of fish oils and gamma-linolenic acid, which I recommended in chapter 8. The company also sells a broad range of other vitamin and mineral supplements, including Nutra-Support Diabetes. For more information, call toll-free 888-234-5656 or go to www.carlsonlabs.com.

LivOn Labs

LivOn Labs makes a proprietary “lipo-spheric” vitamin C, which comes in gel-filled packets. Although this vitamin C gel (which can be sucked out of the packet or mixed into juice) is relatively expensive as supple-

ments go, there is some evidence that it can boost blood levels of the vitamin higher than is possible with other supplements. Because of this, some people may benefit from this form of vitamin C. For more information, call toll-free 800-898-0699 or go to www.livonlabs.com.

Natural Dentist

Natural Dentist makes toothpastes and mouth rinses, most of which use herbs as natural antimicrobial ingredients. The company's Web site includes some research to back up its products. For more information, go to www.thenaturaldentist.com

Nature's Way

Nature's Way is a leading herb supplement company, with most of its 350 products sold in capsule form. Some of the company's products are standardized; others are whole herb products. For more information, call 801-489-1500 or go to www.naturesway.com.

Nutricology/Allergy Research Group

Nutricology/Allergy Research Group is often at the cutting edge of original and useful nutritional supplements. Its main anti-inflammatory products are Enzocaine and Inflamed. Like most of the other companies listed in this section, it is known for exceptional quality. For more information, call toll-free 800-545-9960 or go to www.nutricology.com.

PharmaNord

This Scandinavian company markets Bio-Sport, which contains anti-inflammatory fish oils and antioxidants. The product has been used extensively in Europe, particularly by the Danish Olympic team to ease inflammatory injuries. It is currently available through limited distribution in the United States. For more information, go to www.pharmanord.com.

Rx Vitamins

Rx Vitamins makes an excellent line of dietary supplements geared toward the nutritional support of many different health issues. The brand is sold only through physicians. For more information on specific products, go to www.rxvitamins.com, and to find a physician in your area who dispenses Rx Vitamins, call toll-free 800-Rx2-2222.

Solgar

Solgar markets a broad line of vitamin supplements, including fish oils, gamma-linolenic acid, curcumin (as turmeric extract), and resveratrol. Although based in the United States, the company has a stronger presence in other countries, such as the United Kingdom, Ireland, and Turkey. For more information, go to www.solgar.com or www.solgarvitamins.co.uk.

Terry Naturally

Owner Terry Lemerond has a track record of developing or importing innovative nutritional supplements. His latest venture, Terry Naturally, markets many beneficial products, including a high-potency curcumin supplement (CuraMed), a plant-based anti-inflammatory formula (Cura-cel), and another curcumin-based formula (Curamin) that may ease pain. For more information, visit www.europharmausa.com. Like many of the other brands listed here, Terry Naturally is also sold at health and natural food stores.

Thorne Research

Thorne is one of the most morally ethical supplement companies, and its product quality is exceptionally high. The company sells primarily to physicians, but it also accepts orders from consumers (mail order only). Thorne has a broad line of products, which includes many anti-inflammatory nutrients. Its MediClear product provides nutritional support for inflammation, allergies, and gastrointestinal integrity. For more information, call 208-263-1337 or go to www.thorne.com.

Natural Grocers

The AI Diet Plan recommends eating fresh and natural foods. Your best bet for finding meat from range-fed animals and organic fruits and vegetables is a natural foods grocery store such as Whole Foods, Natural Grocers by Vitamin Cottage, or one of the many independent health food stores.

Natural Grocers by Vitamin Cottage

Formerly known simply as Vitamin Cottage, this family-owned chain of stores sells organic foods and has one of the largest retail selections of

nutritional supplements. The chain currently has around thirty stores, most of them in Colorado, but also some in New Mexico, Texas, and Utah. The owners are among the most ethical businesspeople I've met, and one of the things I really like about Vitamin Cottage is its commitment to education with free public lectures. You can order products online or search for store locations at www.vitamincottage.com.

Trader Joe's

Trader Joe's is a chain of offbeat but high-quality "specialty retail" grocery stores, with many organic, gluten-free, and wholesome products. You won't find the selection of a large supermarket, but the meats, the vegetables, and the seafood (frozen) are of exceptional quality and at comparatively reasonable prices. It is important to carefully read label ingredients, however, because many of Trader Joe's packaged foods tend toward being comfort foods with unnecessary ingredients. For more information and the locations of Trader Joe's stores, go to www.traderjoes.com.

Whole Foods

Whole Foods is the largest chain of natural food markets in the United States. The emphasis is on wholesome and organic foods. The quality is high and, unfortunately, the prices tend to be as well. Whether you're in Whole Foods or other natural food markets, it is important to always read the ingredients on any packaged food. Unnecessary sugars and carbs are often added. For more information, go to www.wholefoodsmarket.com.

Specialty Foods

Bar Harbor Foods

Herring is rich in high-quality protein and omega-3 fish oils, but this fish is often ignored by health-conscious people. Bar Harbor Foods, a small company in Maine, markets several types of tasty herring and other fish products, conveniently packed in small cans. The products include All Natural Wild Herring Fillets, All Natural Wild Herring Fillets in Cabernet Wine Sauce, All Natural Hardwood Smoked Atlantic Mackerel, and All Natural Smoked Wild Kippers. For more information, go to www.barharborfoods.com.

Greens8000

One serving of this “greens” drink provides the antioxidant power of twenty servings of fruits and vegetables. It also tastes great, something rare among similar products. You add one scoop to a glass of water, stir, and drink. Greens8000 is sweetened with stevia and other natural sweeteners (such as spearmint) and contains only 49 calories and 5 grams of carbohydrates per serving. If you have celiac disease, be aware that it may contain trace amounts of gluten (a few parts per million, according to the company), owing to a small amount of barley malt. Although Greens8000 should not replace fruits and vegetables in your diet, it is a great way of getting certain extra nutrients found in fruits, vegetables, and herbs. For more information, go to www.greens8000.com.

Lotus Foods (Exotic Rice)

Lotus Foods sells a variety of original and tasty rice and rice flour products, including Bhutanese Red Rice and purple Forbidden Rice. The rice flours can be used to dredge fish and chicken, as well as to make gluten-free crepes. For more information, call 510-525-3137 or go to www.lotusfoods.com to order or find recipes.

MacNut Oil (Macadamia Nut Oil)

MacNut Oil, made from Australian macadamia nuts, is rich in oleic acid, the same type of fat that makes olive oil so healthy. MacNut Oil has a slightly nutty flavor and a higher smoke point than olive oil. For information, call toll-free 866-462-2688 or go to www.macnutoil.com.

Miroku (Green Tea)

I tried for years to find a good-quality green tea that I could brew as an iced tea. They all tasted weak. Then I found Catechin-Rich Tea in a Japanese grocery store in San Francisco. It’s organically grown, and each tea bag makes an entire pitcher of tea, which brews within about fifteen minutes on your kitchen countertop. It has a rich flavor, and I drink it with nearly all of my meals. You can order it online from Miroku by visiting www.miroku-usa.com.

Olivado (Avocado Oil)

Avocado oil is rich in anti-inflammatory oleic acid (an omega-9 fat). It has a high smoke point and a neutral flavor that doesn’t dominate foods

the way that some types of olive oil do. The marketer of these oils, Olivado, sells pure cold-pressed avocado oil and several varieties of avocado oil infused with basil, lemon, rosemary, or chile. These oils have amazing subtleties and can be used both in cooking or as oil-and-vinegar salad dressings. For more information, go to www.olivado.com.

Point Reyes Preserves

This small family-owned business sells some of the best marinated foods (although they're called "pickled" instead of "marinated") in small shops in and around Point Reyes, California, and by mail order. The products include Pickled Asparagus, Pickled Artichoke Hearts, Pickled Mushrooms, Pickled Beets, Pickled Garlic, Pickled Brussels Sprouts, Kosher Dill Pickles, Bread and Butter Pickles, and Corn Relish. The products are made from family recipes that have been passed down for generations. All of the vegetables are grown locally, and the products contain no artificial additives or preservatives. For information, visit www.pointreyespreserves.com, send an e-mail to jevans@horizoncable.com, or write Point Reyes Preserves, P.O. Box 1341, Point Reyes Station, CA 94956.

Pukka Herbs

This British herb company caught my attention with its "three ginger" blend of organic ginger, galangal, and golden turmeric tea. These three related herbs combine to make a potent yet safe anti-inflammatory tea, which you can brew hot or drink iced. Pukka Herbs recently began selling its teas in the United States. Some of my other favorites include the company's "three mint" and "detox" tea blends. If you're in the United States, visit www.healthmattersamerica.com or call toll-free 800-304-1497. If you're in Europe, go to www.pukkaherbs.com.

The Spice House

I recently discovered the Spice House, with its four stores in the Chicago area and a mail order business. Most of the Spice House's herbs and spices are sold in bulk, although a few are bottled for the convenience of customers. The Spice House has several curry blends—remember, curry contains several potent anti-inflammatory ingredients. The "hot" curry powder is traditional and spicy, although you can control its heat by using less or more. If you want the benefits of curry without any of the heat, try the Spice House's "sweet" curry powder. It's not sweet; it just

doesn't have any hot pepper in the blend. For more information, visit www.thespicehouse.com or call 847-328-3711.

ZICO (Coconut Water)

Several companies now market coconut water in 11-ounce containers. I think ZICO's pure coconut water has the best flavor, and the flavored varieties (mango and passion fruit/orange peel) contain the essence of fruit and no additional sugars. Other good brands include O.N.E. and Harvest Bay. For more information, go to www.zico.com, www.one.naturalexperience.com, and www.harvest-bay.com.

Nutritionally Oriented Organizations and Physicians

These three organizations can refer you to physicians who are nutritionally oriented. You can search for doctors by zip code on some of the sites or e-mail the organization for a referral.

American College for Advancement in Medicine

www.acam.org

International Association for Orthomolecular Medicine

www.orthomed.org

American Association of Naturopathic Physicians

www.naturopathic.org

Nutrition Coaching

Jack Challem (the author of this book) is available for individualized nutrition coaching sessions, in person, in Tucson, Arizona, or by telephone with anyone in the United States and Canada. For more information and a downloadable brochure, go to www.jackchallem.com or send an e-mail to jchallem@aol.com.

Laboratories for Testing Nutrient Levels

The most scientific way of supplementing is to start by having your levels of vitamins, minerals, and fats measured. That way, you will know exactly which nutrients you should increase. Most testing laboratories

prefer to work with physicians. These laboratories are well respected for their analytical capabilities. Physicians can prepare blood for shipment to them.

Bright Spot for Health

316-682-3100

www.brightspot.org**Genova Diagnostics**

800-522-4762

www.genovadiagnostics.com**Newsletters and Books**

The Nutrition Reporter. This monthly newsletter, produced by Jack Challem, summarizes recent research on vitamins, minerals, and herbs. The annual subscription rate is \$28 (\$40 CDN for Canada, \$42 U.S. funds for all other countries). For a sample issue, send a business-size self-addressed envelope, with postage for two ounces, to *The Nutrition Reporter*, P.O. Box 30246, Tucson, AZ 85751. Sample issues are also available at www.nutritionreporter.com.

Stop Prediabetes Now (John Wiley & Sons, 2007, \$14.95), by Jack Challem. This book focuses on the intertwined health problems of overweight and prediabetes. These two conditions stimulate inflammation through a variety of mechanisms. The book includes dietary and supplement guidelines for losing weight and improving blood sugar.

The Food-Mood Solution (John Wiley & Sons, 2007, \$14.95), by Jack Challem. This book covers the relationship between food, individual nutrients, and bad moods, such as irritability, anger, anxiety, impulsiveness, and depression. It includes dietary tips and supplement recommendations.

Feed Your Genes Right (John Wiley & Sons, 2005, \$14.95), by Jack Challem. This book focuses on how our genes depend on vitamins and other nutrients and how we can make the most of our inheritance and reduce the risk of disease.

Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance (John Wiley & Sons, 2000, \$14.95), by

Jack Challem, Burton Berkson, M.D., Ph.D., and Melissa Diane Smith. With a diet program similar to the one in *Feed Your Genes Right*, this book focuses more on preventing diabetes and heart disease, as well as identifying and correcting genetic weaknesses that affect nutritional needs.

Web Sites

The Official AI Syndrome Diet Plan Web Site

Visit www.inflammationsyndrome.com

The Nutrition Reporter

Dozens of articles on vitamins and minerals.

www.nutritionreporter.com

Medline

The world's largest database of medical journal articles, providing free abstracts (summaries) of more than 8 million articles.

www.ncbi.nlm.nih.gov

Merck Manual

The online edition of your physician's standard medical reference book.

www.merck.com

Nutrient Data Laboratory Food Composition

Type in nearly any food or food product and you instantly get its nutritional breakdown per cup or 100 grams.

www.nal.usda.gov/fnic/foodcomp

Paleo Diet/Recipes

Most of these modern versions of Paleolithic recipes are compatible with the AI Diet Plan.

www.panix.com/~paleodiet/list/

Price-Pottenger Foundation

A Web site dedicated to two twentieth-century nutritional pioneers, Weston A. Price, D.D.S., and Francis M. Pottenger Jr., M.D.

www.price-pottenger.org