

LET HEALTH HAPPEN



Dr. Geoff Walburn, D.C.

Today I intend to end the four part discussion on how to reduce inflammation to promote better health and prevent disease. In terms of diet, this process can be summed up by the simple matter of choosing greens over grains. As was discussed a couple weeks ago, grains and animals that are fed on grains contain the omega 6 fatty acids that promote inflammation in the body while greens (vegetables and many fruits) contain the omega 3 fatty acids that decrease inflammation in the body to promote health.

Animals raised entirely on greens or grasses, known as free range or wild game, will provide these omega 3 fatty acids through the diet. This is precisely why fish oil is considered to be so beneficial to so many different components of health and has been proven valuable in reducing the risk of everything from cholesterol and heart disease to Alzheimer's and depression. The medical research on the benefits of fish oil are abundant and still growing. Many believe that every American should be taking a supplement of fish oil daily. But I want you to know that if you are eating the proper amount of greens and are choosing meat that is organic/free range, you do not have to worry about supplementing omega 3's as much.

I hope you have found this segment on inflammation helpful as I believe it to be one of the biggest determinants of health over disease.

– Dr. Geoff Walburn, D.C.

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