



## AFFORDABLE CHIROPRACTIC CLINIC

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### DIGESTIVE LEUKOCYTOSIS

#### 1. Canned Foods

- a. Biggest offenders – Baby Foods
- b. Deli meats, tuna, all canned meats (enzymes must be taken out of them!)
- c. Biggest cause of Circulating Immune Complexes
- d. Irritation of Intestinal Mucous-Inflammation

#### 2. Leading cause of FIBROMYALGIA when used in therapy with

- a. PROSTAGLANDIN INHIBITORS/NSAIDS
  - i. Aspirin, steroids, prednisone, Aleve
  - ii. Antacids(these decrease stomach acid)
  - iii. Antibiotics
- b. Quote from the 82<sup>nd</sup> Annual meeting of the American Diabetic Society, June 2002: *“If you eat fast food meals every 2-3 hours, you spend most of your life in an INFLAMMATORY STATE!”* The use of anti-inflammatory compounds is the problem!
- c. Reactive protein is a big deal for heart attacks; it is involved with inflammation. You will never see a person who has had a heart attack (or could have another one) tolerate Sugar!