Nutrition Support for Scleroderma
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As a clinical nutritionist in practice for 30 years I’ve had ample opportunity to work with Scleroderma and other autoimmune and connective tissue disorders. Here are some brief highlights of what I have culled.

**An Anti-Inflammatory and Anti-Allergy Diet** is most helpful. Proper Food Combining also helps not only with digestion but energy and weight management. Link to my articles on these diets.

**Gluten-free,** better yet grain-free, seems to help. Dairy products are a problem for many. Other hidden food allergies not typically uncovered by conventional testing are very important to address. Link to my allergy articles, below.

**Vegetables** are number one. Eating more is top-of-the-list to improved health. The old recommendation of 5 servings daily is now 9 -- 10 or 15 is not too many. Link to my veggies article for how to eat - and really enjoy – putting a rainbow on your plate.

**Turmeric**, or its Curcumin extract, is a potent anti-inflammatory and maintains healthy collagen and connective tissue.

**Bromelain**, a pineapple extract, has a two-fold benefit. When taken on an empty stomach it helps reduce (“digests”) the fibrosis of internal organs and quenches inflammation. When it is taken with food it is a mild digestive aid, similar to enzymes which can counter acid reflux.

**Omega-3 oils** from fish, flax and other plants are anti-inflammatory and help to moderate an overactive immune response. They are great inside and out for the skin.

**Hair Mineral Testing** is quite useful since not only are minerals the foundational building blocks for all body chemistry reactions (including digestive enzymes, immune response and hormones) but, hair is a connective tissue (CT). So when you see the results of your Hair Mineral profile you are actually seeing the mineral make up of your CT. This is extremely useful in tailoring individual nutrient needs and optimizing these body systems. For more on Hair Mineral Testing, link below to my article.

Don’t forget **Vitamin X** – exercise – it’s absolutely vital for body and mind!

*Karl is available for tele-nutrition video, phone or in person consultation.
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