

# The Use of Supplements for Management of Injury in Rodeo

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Supplements can help! Add to your diet, don't replace it!

Some herbal supplements can impact inflammation by blocking the COX, LOX and NF- $\kappa$ B pathways.

## **Turmeric (curcumin)**

Anti-inflammatory

Start with 500mg 1-4x per day, build up to about 3.5g/day divided.

Select capsules with black pepper (piper nigrum) to improve absorption.

Side effects noted at 8g+ so do not exceed.

Don't take with ibuprofen or anti-coagulants

Drink a lot of water

## **Bromelain (pineapple, particularly core)**

Anti-inflammatory, pain reduction, healing promotion

500-1000mg/day, typical

500mg up to 4x day for injury

400-1000mg 2x day for arthritis

up to 1000mg 3x day post-op

## **Magnesium**

Muscle relaxant, pain reduction

400-800mg/day, divided, magnesium glycinate

Can also use elemental magnesium

In place of consumption: Epsom salt bath,

magnesium lotion (can be itchy)

Green smoothies can pack a punch

## **Omega 3's**

Chronic pain

1000-3000mg/day

Cod liver oil (use less), Krill oil

Ensure it isn't rancid! (open a capsule and if it tastes/smells like varnish, it's rancid)

Carlson, Nordic Naturals, Barleans

## **Boswellia**

Anti-inflammatory

30mg 3x/day

## **Ginger**

Analgesic

~500-2000mg/day, divided

## **White Willow Bark or Meadowsweet**

Pay attention to salicylic acid content

~120-240mg/day (need 40mg salicin 3x day)

## **Devil's Claw**

Anti-inflammatory, pain reduction

Use short-term (<8 weeks)

670mg-2g/day

Can produce GI effects with long-term use

## **Don't forget the other herbs/spices:**

Garlic & Onions

Oregano

Basil

Ginger

Anti-inflammatory, anti-bacterial

High anti-oxidant status

## **Safety**

3<sup>rd</sup> party labels: NSF, Tru-ID

Brands: Jarrow, Integrative Therapeutics, Pure

Probiotics: Renew Life, Jarrow, BioKult, Nature's

Way Optima, Garden of Life, BioKult

Seek for Registered Herbalist at American Herbalist

Guild (go through manually; not sensitive by "state")

## **Key References:**

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