

# **Reducing Pain and Inflammation Naturally. Part 1: New Insights into Fatty Acid Biochemistry and the Influence of Diet**

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**Abstract:** Pain and inflammation are neurochemical manifestations of physiologic imbalances which originate biochemically, structurally, and/or neurologically. This article begins a series of tutorials that will explore the biochemical aspect of pain and inflammation and how these processes can be influenced with attention to diet and phytonutritional supplementation. Beyond the obvious relevance to the treatment of conditions associated with pain and inflammation, the implications of the data presented in this series of articles will provide therapeutic insight for doctors treating a wide range of complex chronic illnesses. Given the strength and momentum of this research, combined with the public's increasing interest in alternatives to dangerous, expensive, and often ineffective pharmaceutical treatments, the time has come for the chiropractic profession to assume a more empowered leadership position in the provision of healthcare and the prevention and treatment of most chronic health problems.