

Your eCS Diet

There is emerging evidence that the Mediterranean diet balances endocannabinoid tone and plays a role in modulating the inflammatory response.

Reduce sugars and processed foods

Diets rich in sugar and processed food reduce levels of endocannabinoids AEA and 2-AG.

Omega 3 fatty acids supplementation

The ratio of omega 3 and omega 6 fatty acids in a Western diet is typically 1:15. This ratio creates a proinflammatory state. Omega 6 metabolites cause chronic disease in Western populations and are known to cause chronic pain. You should aim to consume more omega 3 fatty acids compared to omega 6 fatty acids (Omega 3 > Omega 6).

Omega 3's are found in cold, deep water fish, nuts, seeds and olive oils, and adequate intake is required for proper eCS signalling. When dietary intake is low, omega 3 supplementation can be beneficial. Always take it with food and check with your pharmacist if you are taking anticoagulants – also called “blood thinners”. This also applies to curcumin (turmeric).

Omega 6's are the building blocks for endocannabinoids AEA and 2-AG. So we still need them. By supplementing your omega 3's and simply reduce intake, rather than entirely eliminating, omega 6's.

Probiotics

Probiotics are found in fermented foods like yoghurt, kimchi, kaffir and kombucha, and supplements can be bought over the counter. Probiotics, and prebiotics (which serve as food for probiotics) have been shown to modulate CB1 receptor expression, thereby improving eCS functioning.

Resveratrol

Red wine contains a chemical called resveratrol, a potent antioxidant. Resveratrol can support the eCS when consumed at low levels by increasing the endocannabinoid PEA, and increasing expression of CB1 and CB2 receptors.



Mediterranean Diet

High intake foods

- Different types of fruits
- Seasonal green leafy vegetables
- Cold pressed extra virgin olive oil (EVOO)
- Fresh (blue) fish
- Whole grains
- Nuts
- Legumes
- Spices

Low intake foods

- Red wine
- Red meats
- Eggs
- Dairy products

Foods to avoid

- Processed foods
- Typical Western diet (Omega 3's < Omega 6's)
- Foods high in sugar

If you have any questions regarding diet changes, call us on 1300 4 735 433.

References

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