



Oil Change for Chronic Inflammatory Response Syndrome (CIRS) Patients

The concept of an "oil change" for CIRS (*Chronic Inflammatory Response Syndrome*) patients is a metaphorical expression used to describe the process of replenishing the body with high-quality, anti-inflammatory essential fats and nutrients. This approach is based on the idea that CIRS can lead to or exacerbate systemic inflammation, and by introducing specific supplements, one can help modulate the immune response, reduce inflammation, and support overall healing processes.

What It Is

The "oil change" in CIRS involves the systematic use of dietary supplements that are rich in essential fatty acids, antioxidants, and other nutrients critical for maintaining cellular health and reducing inflammation. This regimen aims to "replace" the body's stores of poor-quality fats (*often resulting from a diet high in processed foods or exposure to toxins*) with high-grade, beneficial fats that can support healing and immune function.

Why It Is Recommended

For CIRS patients, who often suffer from chronic inflammation and a heavy toxic burden, replenishing the body with high-quality oils and fats is believed to aid in detoxification processes, support cellular repair, enhance brain function, and stabilize mood. Healthy fats are fundamental components of cell membranes and are crucial for the proper functioning of virtually every system in the body.

How It Helps

Anti-inflammatory Effects: Omega-3 fatty acids and other components in the supplements help reduce the systemic inflammation commonly seen in CIRS.

Cellular Health: These nutrients support cell membrane integrity, which is vital for cell signaling and function.

Neurological Support: Essential fats play a significant role in brain health, which can be particularly beneficial as CIRS often impacts cognitive functions.

Recommended Products & Dosing

- **BioPC Pro (5 grams 2 times daily):** This supplement typically contains phosphatidylcholine, an essential nutrient that aids in building cell membranes and can

support liver function. Dosage at 5 grams twice daily helps replenish cellular health and promote effective membrane function.

- *Orthomega 820 (2 soft gel capsules twice per day)*: A high-potency fish oil product providing 820 mg of Omega-3 fatty acids per capsule. These are crucial for reducing inflammation and supporting heart and brain health.
- *Wheat Germ Oil Fortified (1 soft gel twice per day)*: Rich in vitamin E and essential fatty acids, wheat germ oil supports cellular health and provides antioxidant protection, which is vital for managing oxidative stress in CIRS.
- *SPM Active (2 soft gel capsules twice per day)*: Specialized pro-resolving mediators (SPMs) are derivatives of omega-3 fatty acids that help resolve inflammation. Regular intake can help facilitate the body's natural processes for clearing inflammation and returning to homeostasis.

Side Effects

While these supplements are generally safe, they can sometimes cause minor side effects such as gastrointestinal discomfort, fishy aftertaste (*in the case of fish oil products*), and changes in bowel habits. Patients are advised to monitor their responses to these supplements closely and adjust their intakes if adverse reactions occur.

The "oil change" for CIRS patients involves a strategic supplementation plan aimed at reducing inflammation, supporting cellular health, and enhancing overall body functions through high-quality fats and nutrients.

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