



## A HEALTHY DIET ENHANCES YOUR BODY'S ABILITY TO HEAL

The diet recommendations outlined below are structured to allow your body to heal with optimum success during your therapy in our office, as well as to support lifelong health.

These diet suggestions are actually fundamentally healthy eating habits that should be followed during the rehabilitation of the disorder for which you are receiving treatment, but also for everyday living. Patients who suffer from these disorders or chronic pain/injury have compromised immune systems that creates an acidic blood ph. It is necessary to neutralize the blood ph in order to aid the healing process.

### **Eat:**

\*Green vegetables, leafy veggies- contain Folic Acid with co-enzyme Q to aid in balancing metabolism.

\*Fish proteins and fish oils- contain essential fatty acids to assist in digestion (as a supplement, take fish oil with EPA and DHA, 1000mg/once daily. Find a Norwegian brand as that's where the best quality comes from).

\*Fresh fruits blended into smoothies with protein powder supplements provide an excellent source of vitamin and mineral nutrients. Also, you are combining proteins with complex carbohydrates, a healthy habit.

\*Supplements – are recommended depending on your individual needs. 10,000 mg of Vitamin C a day as well as 3,000 mg or more of Vitamin D per day are encouraged, please consult with your health care provider before taking these doses.

While Calcium is important, and supplementing with coral calcium is recommended, milk, cheese, and other cow dairy products contain phosphates that acidify your blood as well as casein protein which triggers IgG food sensitivities in most people, which can predispose you to pain. If you **MUST** have dairy products, then consider goat cheese(delicious!) and /or goat milk(not-delicious), and if it **MUST** be dairy from a cow, please only use organic, un-pasteurized, non-homogenized products (i.e. raw). Any kind of processed soy should also be avoided, but edamame (steamed soy beans) are OK. A great alternative to milk is almond milk, as most people don't have sensitivities to almonds; Hazelnut milk is also a delicious alternative! However if you do have any known allergies, especially to nuts or wheat, please avoid consuming what triggers them. Coconut milk is also an excellent substitute, only quite rich, and avocados are a great substitute for butter.

Olive oil is recommended when possible, and **not** used for cooking. For a cooking oil, use grape seed oil or coconut oil as it can handle far greater heat before it denatures. Olive oil denatures very quickly under cooking temperatures. Butter is preferred over margarine due to the hydrogenated oil in margarine that cannot be properly recognized and broken down by the gut. Butter, however is still a cow dairy product and should be avoided, as mentioned above. Goat butter on the other hand is absolutely delicious and is acceptable.

Non-Organic red meat, eggs and poultry contain steroids that reduce our immune systems ability to heal as well as arachidonic acid which is a precursor for prostaglandins that cause inflammation leading to vascular and neural pain. Please consider substituting to organic red meat and poultry if you eat meat. After cow dairy products, typically the

second and third most common food sensitivities are eggs and wheat, respectively. If at all possible, try avoiding those as well.

White sugar/**all flour**/potatoes/rice produce an immediate negative effect on our immune system. An excellent substitute for bread is Manna bread. Sugar substitutes such as Equal and Nutri-sweet contain aspartame known to metabolize to 10% methanol; Stevia is a safe sugar substitute, available at any fine health food store. We recommend you to get pure Stevia, as in SteviaSmart, and watch out for the kinds that have lots of fillers in them. The worst sugar by far is (high fructose) corn syrup, and the more the fructose in it the worse it is. Carbonated beverages also reduce stomach acids for digestion.

DRINK LARGE QUANTITIES OF WATER DAILY! Sipping is preferred. Avoid cola and caffeine products because they contribute to the acidic ph of your blood. Herbal teas may be used occasionally, however avoid Yerba Matte tea as research has found them to contain carcinogens (cancer causing molecules). The caffeine found in a high quality green tea is acceptable because it has L-Theanine in it which counteracts the nervous system stimulating qualities of caffeine.

### **WHY WE WANT PATIENTS TO CHANGE THEIR DIETS:**

Chronic pain patients have low blood ph. That means they have an acidic blood, and acidic blood is low in oxygen and low oxygenated blood reduces the body's ability to heal itself. The treatment of acidic blood is to consume foods and supplements which neutralize the blood ph. This is accomplished by consuming items which are alkaline and reducing the intake of acidic items. Caffeine, white sugar, wheat, carbonated drinks, and flour and potatoes should be avoided, whereas protein and vegetables and acidic fruits (ironically) should be the majority of the meal. Supplements such as green algae and alfalfa also help to neutralize the blood ph.

People with acidic blood are typically carbohydrate addicts and consume very little protein; protein is needed to make up collagen, which makes up ligaments and tendons, which is the most abundant protein in the body. These carb addicts usually have an excess of yeast in the gut that actually makes them crave starchy foods. To add, supplementation with probiotics for a short duration helps with this. We recommend Bio K+ for use in this application, but please consult your healthcare provider before taking.

Patients should drink at least 6 to 8 glasses of water a day. A good rule of thumb for water consumption each day is to divide your weight in pounds by two and that is the number of ounces of water needed each day.

If you have any questions, please ask us. We encourage you to contact us anytime.

We are all here to help **YOU**.