

FOOD & PAIN

Free Radicals & ANTIOXIDENTS

Unstable molecules, **FREE RADICALS**, are created by your cells using oxygen to function. **STRESS**, **TISSUE DAMAGE**, pollution, radiation (think tanning), cigarette smoke, herbicides and pesticides also create free radicals. They become stable by ripping electrons off the cell membrane. This damages/ kills the cells and causes inflammation (AND THEREFORE PAIN)! If we could just find extra electrons to give the free radicals so that they would stop stealing electrons from your cell membranes. BUT WAIT – WE CAN! The free radicals are created because of oxidation, so all we need is an **ANTIOXIDANT** (a molecule with extra electrons).

There are **THOUSANDS** of different antioxidants. You likely have heard about vitamin E, C, and A. **Generally, it's RED, BLUE or PURPLE, EAT IT!**

FOR PAIN, two very important antioxidants are anthocynin 1&2 and melatonin. Both are found in **CHERRIES**. In fact, 2 tablespoons of Cherry Concentrate has proven to be one of the most powerful anti-oxidants for pain. Gout patients swear by it!

CAUTION: CHERRY CONCENTRATE IS A BLOOD THINNER– IF YOU ARE ON A BLOOD THINNER, DO NOT USE.

If cherries don't suit, then **RASBERRIES** are the only other food with anthocynin 1&2. Throw in a little melatonin and voila!

Since melatonin helps you sleep, take it around bedtime for pain relieving sleep.

Research has shown that anthocynin 1&2 acts similarly to a non-steroidal anti-inflammatory, again:
WITHOUT THE STOMACH PROBLEMS.

FINAL WORDS ON OMEGA 3:

- 1) Fish oil spoils quickly and becomes useless (and potentially harmful)
- 2) Look for a product that is cold pressed under oxygen free conditions (an example is Nordic Naturals)
- 3) Buy in smaller amounts and get the freshest you can
- 4) Once per week, cut a capsule open and smell- it should not taste or smell fishy. If you burp fish- you have a spoiled capsule
- 5) Cooking fish does NOT reduce the Omega-3 level except for deep frying.

Medical Disclaimer

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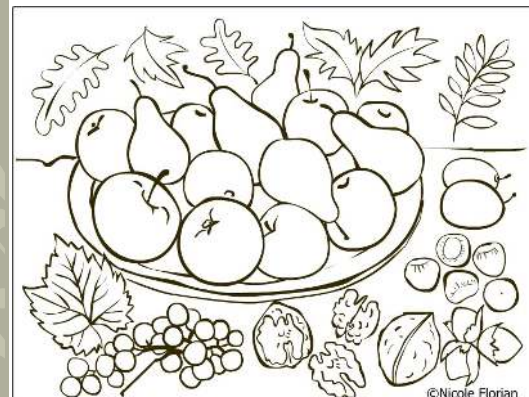
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FOODS THAT CAUSE PAIN

FOODS THAT FIGHT PAIN

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FOOD & PAIN

Food Allergies and Pain

A food allergy or sensitivity is an abnormal reaction to a harmless substance. It sets up an inflammatory response, a response that affects your entire body. The severity of the inflammatory response depends on the amount of the antigen (food) and on the genetic makeup of the person. Some people react in their respiratory system (sinuses run, throat tightens, or they can even stop breathing). Some people react in their GI tract (abdominal pain, cramping, bloating and diarrhea). **Some people respond with local or multi-regional muscle, joint or nerve pain.**

While food allergies cause a fairly quick reaction, the reaction to food sensitivities is delayed, so that the relationship between the food and the symptom (**headache, vertigo, gastrointestinal malfunction, mental dull-ness, depression, hyperactivity, or muscle/joint pain**) is rarely suspected. The true source of the person's illness remains a mystery to a "superficial" clinical evaluation.

So, what's the big picture?

* The immune system uses inflammation and the antigen/antibody response to protect, defend and heal you.

* The GI tract is a main site for both the immune system and the antigen/antibody process.

* When the immune system and the allergic process go into hyper-drive, the result can be chronic pain in the absence of damage. **The pain is real, even without body damage.**

* The relationship between food allergies/ sensitivities and musculoskeletal pain is poorly understood and often rejected by the medical community. **But it is real, it is powerful and it can be controlled.**

At the very least, begin by trying to identify foods which seem to upset your GI system or increase your pain, and stop eating them. Here's a short list of the more common foes:

The Big 7: corn (including corn syrup which is the most common commercial sweetener), eggs, dairy, soy, sugar, wheat, yeast (like beer and wine) or mold (like blue cheese). **Frequent:** alcohol, apple, beans (dried), beef, berries, buckwheat, carrot, choco-late, cinnamon, coconut, coffee, fish, grapes, mustard, nuts (walnuts, cashews), onion, garlic, citrus, pea-nuts, peas, pork, potatoes, raisin, rye, shrimp, tomatoes.

Better yet, find an allergist and get allergy tested. You might not like it, but: Stop eating your food allergens (plan on 6 months).

Food Inflammatories and Anti-Inflammatories

There are foods that have a powerful impact on total body inflammation (and therefore PAIN), the fatty acids: Omega 6 & Omega 3.

Omega 6 is an "inflammatory" fatty acid, needed to fight infection. But too much can create a system wide inflammation

of the connective tissues.

Omega 3 is an "anti-inflammatory" fatty acid, which also acts to inhibit hard-ening of the arteries and to lower cho-lesterol.

Both Omega 6 and Omega 3 are essential. However, you've got to be careful to eat them in the right ratio. The ideal intake of Omega 6 to Omega 3 should be no more than 4:1. Unfortunately, the typical Western diet provides as much as a 30:1. In other words, the inflammatory Omega 6 intake is out the roof and the anti-inflammatory Omega 3 level is pitifully low.

START EATING OMEGA 3 & CONTROLLING OMEGA 6 Foods rich in Omega 6 include:

*whole-grain breads *cereals *wheat *baked goods *corn and corn oil *peanuts *sunflower oil (most vegetable oils) *nuts *safflower oil *Palm oil *soybean oil *grape seed oil * evening primrose oil *borage oil *blackcurrant seed oil *hemp oil *cottonseed oil *pumpkin seeds *acai berry * GRAIN FEED meat * corn syrup sweetening

OMEGA 3

The plant-based O3 are **ALA** and the meat-based O3 are **EPA** and **DHA**. Research with arthritis patients indicates that 3000 mg per day produces anti-inflammatory effects in the musculo-skeletal system comparable with tak-ing non-steroidal anti-inflammatories

Flaxseeds	2 tbs	3510
Walnuts	0.25 cup	2270
Salmon	4 oz-wt	2090
Sardines	3oz	810
Halibut	4 oz-wt	620
Soybeans	1 cup	1030