

## NUTRITION AND PAIN

### General Guidelines

\*Stop depleting your magnesium with high levels of phosphate: no drinking cola sodas and eating processed/cured meats (that takes out almost all pork products)

\*Eat magnesium rich beans, greens and nuts (= 200-250mg magnesium per day)

\*If you take Vitamin D or calcium supplements, boost your magnesium

\*If you take a supplement, make sure it is the right kind of magnesium (NOT OXIDE) and adjust the dose to plan for a 30% loss of absorption (=200mg magnesium per day)

\*A 20 minute Epsom salt footbath can give you approx. 200 Mg magnesium per day (magnesium can be absorbed through the skin)

\*Get the Zinc you need (12 mg per day). Meat is our greatest source of zinc. Diets high in grain and corn are often depleted in zinc. Vegetarians should plan on taking supplements (although not much is known about which form absorbs best).

\*Get the B6 that you need (2mg per day)– either in a B complex supplement or through food– especially chicken, fish, beef or bananas. Smoking and alcohol lowers your B6 level.

\* Supplements for calcium absorb well, if they contain the right kind of calcium. Take less than 600mg at a time. Calcium may negatively effect your medications, so ask your pharmacist about any negative interactions. If you take calcium carbonate, take it with food. Calcium citrate can be taken with or without food.

\* Vitamin D3 tables can make up for what you do not get through food. Do NOT take high

dose Vitamin D3 without talking to your doctor and make sure to get adequate magnesium zinc and B6.

**WARNING: If you have any kidney or heart conditions, you need to work with your doctor on you magnesium levels to make sure you are safe. This is not an adventure to take alone.**

**WARNING: Over dosing on nutrients is more dangerous than under dosing. Experts agree that it is VERY hard to overdose on nutrients from food. Mega dosing on pills is relatively easy, especially if you have other health concerns. Let your doctor know the levels you would like to take.**

### Medical Disclaimer

The material in this flyer is provided for educational and informational purposes only and is not intended as medical advice. The statements enclosed in this book have not been evaluated by the Food and Drug Administration. The information should not be used to diagnose, cure, treat or prevent any illness, metabolic disorder, hormonal condition, disease or health problem or replace the advice of your treating physician or health care provider. Always consult your physician or health care provider before beginning any nutrition or exercise program. Use of the information contained is at the sole choice and risk of the reader. The views and health, fitness and nutritional advice expressed by Cheryl Wardlaw are not intended to be a substitute for conventional medical service. If you have a severe medical condition, see your physician or health care provider of choice.

### Suggested Readings

**Binkley N et al.** Low vitamin D status despite abundant sun exposure. *J clin Endocrinol Metab* 2007;92:2130-2135.

**Cunningham-Rundles S.** Mechanisms of nutrient modulation of the immune response. *J Allergy Clin Immunol.* 2005 Jun;115(6):1119-1128.

**Food and Drug Administration:** Overview of Dietary Supplements, [www.fda.gov/Food/DietarySupplements/ConsumerInformation/ucm110417.htm](http://www.fda.gov/Food/DietarySupplements/ConsumerInformation/ucm110417.htm)

Specialized Educational Experiences

[www.SpecializedEducationalExp.com](http://www.SpecializedEducationalExp.com)

E-mail: [SpecializedEducationalExp@gmail.com](mailto:SpecializedEducationalExp@gmail.com)

# TAMING PAIN IN THE KITCHEN VITAMINS AND MINERALS THE RIGHT WAY

By Cheryl Wardlaw PT MMSc CFMT



## NUTRITION & PAIN

### Pills vs Food

Food items are “packages” of nutrients, co-dependent combinations, that insure that the vitamins and minerals will be maximally effective. Some nutrients compete with each other and are best ingested separately. **Pills don't even come close to providing what you need (some pills only release 4% of their listed amounts into your system).** How are you supposed to figure all that out? Well, Mother Nature figured it out for you. Eat **food** to get your nutrients and, whenever possible, eat it in its simplest form.

### Deficiencies and Pain

Imbalances in nutrients will damage cells and trigger an immune response. Check it out:

#### MAGNESIUM

Muscle cramps/joint pain/ fibromyalgia /migraines/ numbness/ tingling /hyper activity of nerves/ chronic fatigue/ammonia build up in brain/ attention deficits/insomnia/ poor sleep

#### POTASSIUM

Effects nerve conduction/fatigue/ weakness/muscle cramps/slow GI tract (bloating, constipation, pain)

#### COPPER

Bone and joint problems/fatigue/ weakness

#### ZINC

compromised immune system/ muscle and foot pain/inflammation

#### SELENIUM

Fatigue/GI irritation/Nervous System issues

#### B6

Numbness/tingling (hands and feet)

#### B12

Anemia/brain damage

#### VITAMIN D

Poor sleep/fatigue/muscle cramps/ weakness

#### CALCIUM

Weak bones/muscle pain/muscle cramps/ tingling/numbness (hands, feet, around lips)/heart arrhythmia/confusion

#### VITAMIN E /C /A

Compromised immune system

### INTER DEPENDENCE DETAILS

#### MAGNESIUM

Magnesium is essential to brain function. It is needed to develop the coating for the nerves that helps them work FAST. It keeps brain cells from bursting by controlling the sodium/potassium balance. It activates enzymes needed for energy production, and decreases your vulnerability to **free radicals! Magnesium is critical to the function of over 300 enzymes needed for brain metabolism.**

- \* Potassium & magnesium need each other .
- \* Zinc & magnesium need each other
- \* The Endocrine System needs magnesium to produce parathyroid hormone, which is needed to regulate calcium.
- \* B6 & magnesium need each other to be absorbed.

#### Why would you be low?

- \* Sugar depletes magnesium.
- \* Phosphates in soft drinks and luncheon meats bind with your magnesium, causing it to pass from your body without being absorbed.
- \* Physical and emotional stress further REDUCES magnesium levels.

#### VITAMIN D

We all know that you can't make enough vitamin D without the sun but Vitamin D has to have Magnesium to convert to its final useable form. Calcium, Vitamin C and Vitamin D all need Vitamin D to activate.

#### Why would you be low in Vitamin D?

Steroids and anti-inflammatories deplete it. AND without Magnesium, we can't make D.

#### CALCIUM

You may be eating foods with calcium, but you may not be able to use all that calcium. If you get too many phosphates (from drinking cola soft drinks and eating preserved or processed meats), you will have to use up the available magnesium and Vitamin D stores in your body to balance the phosphates and not have enough to use the calcium you take in.

#### Why would you be low in Calcium?

- \_ Sugar causes calcium to be moved out of bones and into circulation.
- \_ Phytic acid, found in BRAN, interferes with calcium absorption
- \_ Salt interferes with calcium absorption.
- Coffee and black tea contain phosphates which deplete calcium and magnesium.
- Low levels of Vitamin D, I think due to a magnesium deficiency, prevent utilization of calcium.

#### A WORD ABOUT DIET COLAS:

If you drink DIET COLA sweetened with aspartame, you are dumping a toxic substance called methanol into your bloodstream. The side effects of methanol are: leg cramps, back pain, headaches, abdominal pain and more. Aspartame can pass into the brain and can cause fibromyalgia, diabetes, liver and kidney disease, brain tumors, arthritis, ringing in the ears, and a host of other issues.