

## Post Injury Diet Guidelines

What you eat can either **increase pain and inflammation** or decrease it. Certain foods will cause a spike in inflammation, which will increase your pain, decrease range of motion, increase muscle stiffness and tension and cause healing to slow.

**If you want to cut down your pain levels faster and speed up your healing then follow these guidelines as closely as you can.**

The more you follow them, the less you will have to see us. If you continue to eat foods from the **RED** list, you will probably need more time to heal and more treatments.



### Foods that you should eat

- **Eat lean meats** such as turkey and chicken, eggs and also wild pacific fish (try not to eat farm raised fish as it does not contain as many omega 3 fats which are anti-inflammatory and instead has inflammatory fats, colourants and pesticides) and some lean red meat but sparingly and organic, grass fed only. If possible, the other choices should be organic as well.
- **Eat lots of FRESH or frozen vegetables** in a wide variety of colours - salad, carrots, broccoli, kale, cauliflower, sweet potatoes, cabbage, broccoli, onions and sweet peppers.
- **Eat fresh fruits** (3 portions a day max) - low sugar ones, like berries, are better choices (see below).
- **You MUST eat breakfast** whilst in recovery and avoid intermittent fasting. Have something every 3 hours that has protein and good fats (oil from plants and fish).
- **Fresh good quality lean meat** (ideally organic): liver and kidney, oily fish like salmon, mackerel or herring.
- **Protein** from organic free range eggs, tofu or quorn, nuts, lentils, beans and pulses.
- **Drink water throughout the day.** A good rule of thumb is to drink enough so that your urine is no darker than light yellow. Drink small amounts throughout the day instead of a huge amount all at once. You can also add a squeeze of lemon or orange to help lower your acidity.
- **Eat foods that are unprocessed.** When thinking about food choices, imagine what would have been available 10,000 years ago in nature - vegetables, meats, fats (nuts, avocado, coconut, etc.) and fruit in small amounts.
- **Wholegrain** rice, bread and pasta instead of white (limit the amount).
- **Unsaturated 'good fats'** found in olive oil and coconut oil, oily fish and seeds which can also reduce cholesterol.
- **Seeds** like flax, linseed and pumpkin.



### Be careful about fruit!

Fruit still contains a lots of sugar. Just because it is natural, it does not mean it doesn't have negative consequences! All sugars, including honey, agave, fructose, etc. can trigger an inflammatory molecule called Nuclear Factor Kappa Beta, which will increase your pain levels and slow healing rates.

## Foods that increase pain and inflammation



**Stay away from all processed and ultra processed foods**, if it came in a packet or a tin, try to avoid it, or at least eat it very sparingly. Not only are these foods devoid of nutrients, they contain lots of preservatives, chemicals, dyes, artificial flavourings, neurotoxins, sugars and salt. They also increase your body's acid levels, which increases pain. Sugar levels will usually elevate as well, which can lead to more pain. High salt content can disrupt the delicate mineral balance in your body.

**Try to avoid foods made from cow's milk**, especially cheese. The proteins in cow's milk can create inflammation and in some individuals even trigger an autoimmune attack on your body tissues. You will get more calcium from green leafy vegetables.

**These foods can also depress your immune system and lead to chronic problems:**

### A quick list of what NOT to eat

- Cereals, white breads, white pasta and white rice - all of these increase the acidity of your body and often contain gluten, which can trigger inflammation and can cause an autoimmune attack in 1-2% of patients and a sensitivity in a larger percentage.
- **Sugars, sodas, caffeinated drinks.**
- **All processed, ultra processed or tinned foods**, this includes tinned vegetables, fruits and meats.
- **Processed meats** like hot dogs, pies, sausages, bacon, etc.
- **Fast foods** especially those that are fried.
- **Foods which contain saturated and trans fats** like processed meats, cheese, ice cream, chocolate, biscuits and cakes.



## Healing Supplements

**These supplements can help naturally reduce your inflammation and pain and help speed up the healing process. For your convenience, we stock these at the clinic.**

- **Omega 3 fish oil** - take around 2000 mg per day of a high quality concentrated form that is free from mercury. Make sure this is of the 'EPA/DHA' and not just fish oil concentrate. We have a form called Nutri Eskimo Balanced Mind that has 550 mg EPA/DHA per capsule.
- **Total FLM** - helps decrease pain and inflammation with Turmeric rhizome and ginger root.
- **Vitamin D** - if your levels are low, your healing will be decreased. Before supplementing, get your levels checked either with your GP or you can go to [www.medichecks.com](http://www.medichecks.com) and search for the finger prick Vitamin D test. This will be around £40 privately.



We can then advise you of the correct Vitamin D dosage to take to normalise your levels.

- For more chronic inflammatory conditions - high dose **Resveratrol and Turmeric**. These, especially in combination, have been shown to neutralise the inflammatory molecule Nuclear Factor Kappa Beta. You need ideally at least 250mg of Resveratrol and 400mg of Turmeric per day to maximise the benefits. We stock an advanced proprietary blend called KappArest by Biotics Research for just this purpose.

If you are really serious about decreasing pain and inflammation, especially if it is chronic, then please ask your Chiropractor about our Health Questionnaire, comprehensive blood work and food IgG reaction tests to create a targeted, customised food and supplement plan. You can also read more about the process on our website under the Functional Nutrition section at [www.chiropractic-clinic.com](http://www.chiropractic-clinic.com).

If you have questions or are unclear on any of the points, be sure to let us know. You can email us at: [enquiries@chiropractic-clinic.com](mailto:enquiries@chiropractic-clinic.com)