

# **NUTRITIONAL RECOMMENDATIONS**

## ***Greatly reduce intake of meat, dairy, saturated fat and sugar***

These foods collectively tend to promote PGE-2 and LTB-4 production and 5-HT release from platelets, and both of these chemicals cause pain, muscle spasm and joint restriction. These foods are also the ones that are thought to cause most of the degenerative diseases that Americans die from such as cancer, heart disease, strokes and diabetes. Important point: this does not say eliminate meat but that it must be balanced with liberal amounts of fruits, vegetables and whole grains.

High sugar diets are typically deficient in the nutrients needed to prevent the release of most of the other chemical irritants. The average American consumes about 100 pounds of sugar each year.

## ***Eliminate refined (fiberless) grains/grain products***

Refined/processed grains and flours are deficient in vitamins, such as the B-complex, and minerals, such as magnesium and iron. Deficiencies in these nutrients can promote pain and inflammation. Refined grains/flours are also fiberless, so they promote constipation which is associated with colon and other types of cancer.

## ***Enjoy large amounts of fruits, vegetables and whole grains/grain products***

All of the nutrients that help reduce the production of chemical irritants are found in fruits, vegetables and whole grains. The level of consumption of these products for Americans is REMOTE so we as Americans are automatically prone to pain and inflammation.

## ***Drink at least 1 to 1 ½ quarts of water per/day***

40% to 60% of an individuals weight is water. Try to drink water purified by reversed osmosis (available at Krogers and other stores).

## ***If you can, drink at least 1 pint of fresh vegetable juice per day***

This is the best way to get a healthy supply of vitamins and minerals. Carrots, celery, a beet, a little kale, and some ginger is a wonderful combination. Many health food stores have a juice bar and many stores have juice in bottles. The Vita Mixer is a blender that will produce juice from whole vegetable and fruits.

## ***Take appropriate nutritional supplements***

Available here or health food stores. Not all nutritional supplements are created equal so be careful of what you buy. The absorption, quantities of nutrients and combinations of the nutrients are all major factors that a supplement will be effective.



***Back To Life Chiropractic***

**6225 W Highway 146 B · Crestwood, KY 40014**  
***www.BackToLifeChiropracticKY.com · 502-241-1122***