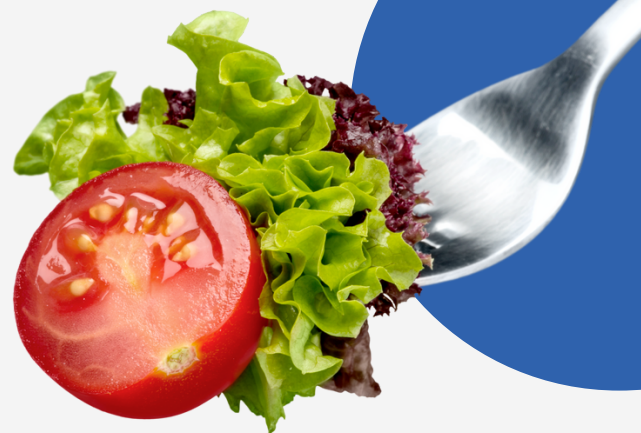


DO NOT EAT LIST:

A STARTER GUIDE

The common denominator with all foods and beverages to avoid is INFLAMMATION! Many foods, like the ones listed below, are the most common culprits for causing chronic inflammation in the body. Inflammation can show up as body pain (both in a specific area and more systemic body pain), muscle tightness, slow recovery, and fatigue. For others, this contributes to autoimmune conditions like fibromyalgia, MS, diabetes, and more. It even plays a key role in cancer, dementia and Alzheimer's Disease.



AVOID THESE 6 FOODS TO CHANGE YOUR LIFE

1 GLUTEN

- Studies show that individuals without Celiac's disease or gluten intolerance can also benefit from removing glutenous grains from their diet. This is because gluten damages the gut lining causing the gut to become 'leaky' and release predigested food into the bloodstream creating more inflammation in the body.
- Gastrointestinal irritation and upset such as IBS, Colitis, and bloating, increase in pain or new pain, swelling (inflammation), headache and fatigue are the most common complaints with intake of gluten. Some may need to eliminate gluten entirely from their diet for 3-4 weeks in order to accurately analyze their response to gluten.

2 ALCOHOL

- While many people feel better cutting alcohol from their diet, not ALL alcohol needs to be avoided. Avoid alcohols high in sugar or made with wheat and/or glutenous grains. Some better tolerated alcohols includes Gluten free beer, Tito's Vodka (gluten free), Hard Ciders, and most wines. Choose an organic wine to decrease your exposure to sulfites and glyphosate.

3 ARTIFICIAL SWEETENERS

- Say NO to artificial sweeteners, including but not limited to aspartame, Splenda, saccharine, and erythritol. Recent studies show that artificial sweeteners are linked to an increase in Type 2 Diabetes, heart disease and more.





4 SUGAR

- Consuming added sugar can raise blood pressure and increase chronic inflammation, both of which increase your risk of developing diabetes, fatty liver disease, heart disease, stroke, and more.
- Honey, dates, coconut sugar, and agave and can still cause inflammatory pain and spike blood glucose (sugar) levels.
- Starchy fruits and vegetables should be avoided like white potatoes, watermelon, bananas, dried fruit, canned fruit, apple sauce, and fruit cups.

5 DAIRY

- While touted as an important source of calcium, cow dairy is not the most compatible animal dairy for our bodies. It often causes inflammation, increases mucus production, and 'glues' layers of muscle and fascia (connective tissue) together. The fat and protein molecules in cow's milk are much bigger than what our bodies were designed to breakdown and utilize.
- Goat's or sheep's milk tend to be easier for our body to utilize and digest, though some people will find they need to eliminate dairy completely.

6 (PARTIALLY) HYDROGENATED OILS / TRANS FAT

- Avoid Margarine, peanut butter spread, nondairy creamer, refrigerator dough, biscuits, pizza crusts and cinnamon rolls are common items known to have trans fats/ (partially) hydrogenated oils.
- Hydrogenated oils help keep processed foods on the shelf longer due to the process of adding hydrogen to oils to solidify them at room temperature. Trans fat has been known to increase your risk of developing heart disease and stroke. The CDC, FDA and American Heart Association support the recommendation to limit intake of trans fat. Look at the ingredient list to locate trans-fat in your food. The nutritional label should read zero (0) trans-fat.



Some people start to feel better just a few days after strictly removing these foods from their diet. For others it can take 3-6 weeks for their bodies to clear the inflammation. Depending on your individual biology, you may be able to tolerate some of these foods in moderation or experience an extreme flair up of your symptoms through cross-contamination with gluten or dairy.

If you are dealing with chronic pain, autoimmune disease, Alzheimer's disease, cancer, diabetes or other chronic illness, you may need to eliminate all sugars and fruit from your diet or work with a nutritionist to uncover other specific food sensitivities.

NEED SOME HELP?

If you think that your diet may be contributing to your pain and health concerns, Founder and Medical Director, Dr. Hal Blatman, MD, DAAPM, ABIHM, and Functional Nutritionist, Ann Musik, MS, CNS, can help start you on your journey to a pain-free life.

