



Foods that Fight Pain

Revolutionary New Strategies for Maximum Pain Relief

- Pain is a danger signal that let's your body take quick action. But when pain does not stop, we need to find a way to shut it off.
- Food and lifestyle changes can, over the long run, rival the power of drugs or surgery in restoring circulation and preventing heart damage.
- The same holds true for migraines, sore joints, kidney stones, pains in the digestive tract, and herpes sores, among many other kinds of pain.
- Foods can not only help prevent these injuries; they can also help shape your body's response.

Lifestyle can help with:

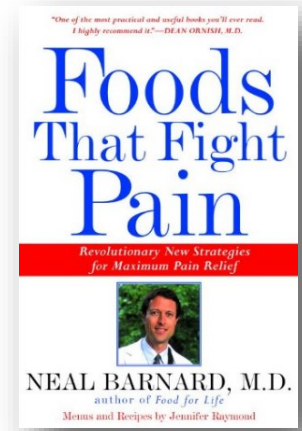
- Conditions related to Poor Nutrition - Back pain, chest pain
- Food Sensitivities and Inflammatory Pain - Migraines, headaches, joint pain, stomachaches, digestive problems, fibromyalgia.
- Hormone-Related Conditions - Menstrual pain, breast pain, cancer pain
- Metabolic and Immune Problems - Carpal tunnel syndrome, diabetes, herpes and shingles, sickle-cell anemia, kidney stones and urinary infections.
- Activity, Rest, and Food - Exercise and endorphins, rest and sleep, and food rejection.

Taking Action:

- The power of foods for health, pain prevention and pain relief is incredibly powerful.
- If you have a medical condition or are on medications please talk with your doctor about how dietary changes, exercise, or other medical treatments can affect your health.
- With a dietary change, it is important to insure complete nutrition. Be sure to include a source of vitamin B12 in your routine, which could include any common multivitamin, fortified soy milk or cereals, or a vitamin

What will you do to prevent/relieve pain and dramatically change your health?

- 1) _____
- 2) _____
- 3) _____



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.