



## ANTI-INFLAMMATORY DIET AND BACK & NECK PAIN

### Relationship between Inflammation, Diet and Back & Neck Pain:

Inflammation can be an important factor in back & neck pain. Some foods can help reduce inflammation, and other foods can make it worse. That is why if you have back or neck pain, you should pay attention to what you are eating. Now may be the time to make changes in your diet that will promote health and reduce your pain. Now may be the time to adopt an anti-inflammatory diet!

#### FOODS THAT INCREASE YOUR INFLAMMATION



#### REFINED GRAINS

- Grain flour (wheat, corn, oat)
- Bread
- Pasta
- Tortilla
- Donuts and other sweets

#### "BAD FATS"

- Trans fat
- Margarine
- Corn oil
- Safflower oil
- Peanut oil

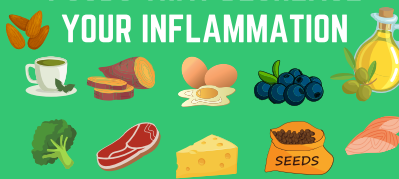
#### REFINED SUGARS

- Table sugar
- Fructose
- Confectionary sugar

#### PROCESSED MEAT

- Cold cuts
- Cured bacon

#### FOODS THAT DECREASE YOUR INFLAMMATION



#### NUTS (RAW OR DRY ROASTED)

- Almonds
- Macadamia
- Walnuts
- Pecans
- Brazil nuts
- Almond or coconut flour
- Just about everything!

#### SEEDS

- Flaxseed
- Chia seed
- Hemp

#### FRUITS

- Berries
- Tomatoes
- Apples
- Melons
- Just about everything!

#### VEGETABLES

- Green leafy (spinach, kale, dark green lettuce)
- Broccoli
- String beans
- Cauliflower
- Just about everything!

#### TUBERS/ ROOTS

- Potato
- Yam
- Sweet potato
- Yuca (Cassava)

#### MEATS\*

- Grass-fed beef
- Grass-fed pork
- Grass-fed lamb
- Pasture-range chicken
- Wild game

#### FISH\*

- Wild caught anything!

#### CHEESE\*

- Preferably not skim

#### EGGS\*

- Pasture raised, omega 3

#### DARK CHOCOLATE

- Sweetened with stevia, not sugar or artificial sweeteners!

#### COFFEE

#### HERBS & SPICES

- Ginger
- Turmeric
- Cardamom
- Cinnamon
- Just about everything! The more the better!

#### "GOOD FATS"

- Olive oil
- Grapeseed oil
- Coconut oil
- Butter
- Cream
- Avocado
- Uncured bacon

#### TEA

- Green
- Black
- Oolong

### Making the Change:

Notice that the list of foods that increase your inflammation is very short, while the list of foods that decrease your inflammation is very long! The anti-inflammatory diet gives you lots of delicious options! Everyone likes certain foods and dislikes others, so the best way to approach changes in diet is to go gradually. Start by looking at each list of foods and begin reducing pro-inflammatory foods and replacing them with anti-inflammatory foods. Select one or more foods on the anti-inflammatory list, and phase others in gradually. Be willing to experiment. The rewards will be worth the effort!

Note: The anti-inflammatory diet is not about giving up your favorite treats forever. Having these things occasionally is fine as long as healthy eating is your regular routine and a treat is the exception. Also important is that you exercise regularly and keep your daily food intake low enough to allow you to get and stay lean.

\*If you choose to follow a vegan diet, you can still eat anti-inflammatory! Look at all of the anti-inflammatory foods on the list that are vegan. Be sure to include soybean foods like tofu and tempeh for protein.

For more information on the anti-inflammatory diet, see <https://deflame.com/>