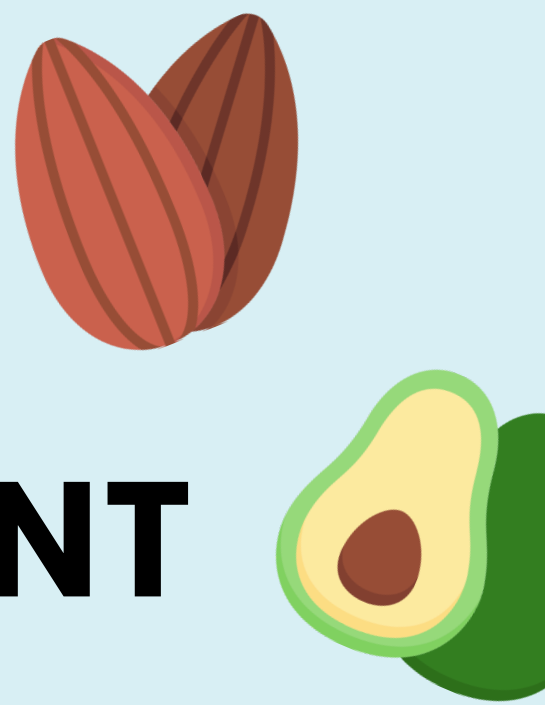




# 6 TIPS FOR NUTRITION AND PAIN MANAGEMENT



## Nutrition and Chronic Pain

### 1 REDUCE INFLAMMATION TO HELP PROTECT YOUR BODY FROM OXIDANT DAMAGE:

Polyphenols are compounds found in fruit and vegetables and have antioxidant and anti-inflammatory properties.



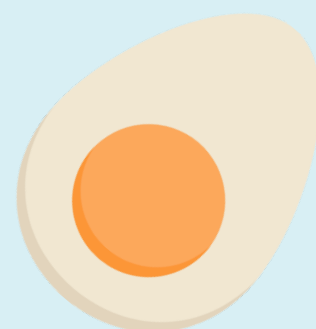
### 2 GOOD QUALITY FATS

Omega-3 fats and olive oil both help to reduce inflammation and enhance the immune system.



### 3 PREVENT VITAMIN AND MINERAL DEFICIENCIES

Common micronutrient deficiencies in people experiencing pain include Vitamin D, Vitamin B12 and magnesium.



### 4 WATER INTAKE

Dehydration can increase sensitivity to pain. It can also have other effects on health outcomes, especially in older populations, such as poor wound healing and constipation.



### 5 INCREASE FIBRE

Fibre is important for proper digestion and maintenance of a healthy microbiome and weight management.



### 6 REDUCE AND LIMIT ULTRA-PROCESSED FOODS AND SUGAR INTAKE

These foods and drinks contain high amounts of energy and very low (or no) amounts of beneficial nutrients [12]. These foods can increase inflammation and oxidation which can worsen pain experiences.

