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.