

International Center for Health and Wellness, LLC

Defeating Pain with Lifestyle Changes

Our specialty medical practice is dedicated to helping our patients defeat their CIRS and pain issues. We work hard to treat you, and give you the tools you need to treat the conditions causing your pain, so that you can return to life. However, we realize that is only part of the story. There are things **you must do** to defeat your pain! Otherwise, the treatments we provide may not work and you may continue to live in pain.

We know that **inflammation** is a big part of your painful condition. Whether you have an acute injury or a chronic painful condition, inflammation is an underlying cause of your pain and disability. There are definitely things that cause inflammation in your body, or allow it to continue, such as CIRS. If you can make the necessary changes outlined below, your inflammation will greatly decrease and so will your pain! In addition, you will be healthier, have more energy, be in a better mood, and need less medical treatment for preventable diseases in the future.

Toxins must be eliminated. Pain patients do not get better if they use **tobacco** or **alcohol**. You must **stop** smoking and drinking in order to have any chance of healing. All illegal **drugs** must be stopped immediately, including pot. These poisons create inflammation and pain.

Diet is extremely important as you seek to get out of pain. You must do the following:

1. Eliminate all **wheat** from your diet. Gluten is very inflammatory and is found mostly in wheat, but also rye and barley. Gliadin from wheat is also inflammatory. Wheat from the US is sprayed with glyphosate (Round up) and the gluten-glyphosate complex is very toxic. That means that bread and pasta must go for now. When things are better, you will be able to have organic wheat from Italy. Wheat is also hidden in many foods. Read labels. By eliminating wheat, you will lose weight, have less gut problems, and have lower blood sugar, reducing the risk of Diabetes.
2. No **High Fructose Corn Syrup**. It is in a lot of things, including many sweetened beverages (soda, Gatorade, etc). It is a poison. Your Liver makes fructose directly into fat. Read labels.
3. No **artificial sweeteners** (aspartame/Nutrasweet, saccharin/Sweet and Low, Splenda) or diet food/drinks. They are poisons and cause weight gain, not weight loss. They cause inflammation and other health issues. Stevia is OK.
4. Reduce or eliminate **cow's milk** and most dairy products. The proteins in cow's milk cause inflammation. Goat's milk/products are OK. Some hard cheeses are OK, especially if you are a Carnivore.
5. Stop eating **GMO's** (Genetically Modified Organisms)-this includes corn, soy, canola oil, cottonseed oil, vegetable oil, and sugar from sugar beets, and certain papayas unless it is organic or certified free of GMO's. Go to the Institute for Responsible Technology website for the non-GMO shopping guide.
6. Avoid all **pesticides**, especially on foods. Go to the Environmental Working Group website ewg.org for lists of the Dirty Dozen and Clean Fifteen. Pesticides poison your endocrine system and metabolism. Start eating organic produce. A **pesticide wash** you can make in a spray bottle combines a cup of water and 1 tbsp baking soda, then slowly pour in 1 cup vinegar and ½ lemon. Leave this on produce for 5 minutes and then rinse off.
7. Eliminate **plastic** from your diet-don't microwave in it, don't use plastic bags and wraps, and get rid of the plastic water bottles. Use glass, ceramic, or stainless steel. Plastics poison your endocrine system and metabolism. Get the plastic out of your kitchen!
8. Eliminate **processed foods**-things with an ingredient list and chemicals you can't pronounce. Try to eat whole foods, things that God made. Remember: wheat and processed sugar feed inflammation.

9. Eliminate **rice and rice products** from your diet. US rice is contaminated with arsenic, a poison.
10. Eliminate excess **omega 6 fatty acids** as these increase inflammation. They are found in corn, sunflower, safflower, peanut and cottonseed oils. They are also found in grain fed meats and farm raised fish. Also eliminate **trans fatty acids**. Omega 6 and trans fatty acids are typically found in processed and fried foods, sweets, and fast foods.

So, how should you eat and what can you eat?

1. Try to **eat 2-3 times daily** to reduce stress on your body unless you have Hypoglycemia, then 6 times is best. Each meal should have protein and fat. If you choose to snack, it can be a dozen nuts or a piece of fruit. You can do **intermittent fasting** which has many health benefits. It involves eating all of your food within 6-8 hours of the day. Typically you start fasting at night and eat the next afternoon, skipping breakfast; 14-16 hour daily fasting is optimal. You should drink a lot of water.
2. Learn about the **Carnivore Cure** Diet with Judy Cho (nutritionwithjudy.com). Eat 100-130 g of **protein** each day with 75% of calories from good fat. This will put you in ketosis, which has many anti-inflammatory and other health benefits. This includes grass fed red meat, dark meat chicken, dark meat turkey, pork, and other meats free of hormones and antibiotics. Free range eggs are good. Wild caught fish (salmon) and shrimp/scallops are good. Carbohydrates and sugar are totally eliminated at first. Some hard cheese is ok.
3. Drink 70-100 ounces of reverse osmosis or distilled **water** daily. This does not include sodas or sports drinks-they need to go. Consider putting a Reverse Osmosis system under the kitchen sink to make your own water for drinking and cooking. This will help eliminate the plastic water bottles and will save you money. Our water is full of toxins and they need to be removed.
4. If you are eating some carbs, eat **fruits and vegetables** free of pesticides. Eat brightly colored and dark green leafy ones. Limit tubers such as sweet potatoes. A **pesticide wash** you can make in a spray bottle combines a cup of water and 1 tbsp baking soda, then slowly pour in 1 cup vinegar and ½ lemon. Leave this on produce for 5 minutes and then rinse off. However, some things can't be effectively cleaned. Learn the Dirty Dozen list and at least eat those organic.
5. You may eat **raw nuts**. Macadamias have the best good fats. Almonds and cashews are also good. They have lots of calories, so eat them as snacks, only a dozen or so at a time. Nuts have good fatty acids, fiber, and protein. Roasting and processing destroys some of the nutrients.
6. Eat dark chocolate (75% or more cocoa) or unprocessed raw **cocoa** powder. Cocoa is very high in antioxidants, magnesium, and other good things. Avoid commercial processed chocolate as it is loaded with fat and sugar.
7. Eat good **oils**, such as extra virgin olive oil and coconut oil. Organic grass fed butter is better if you are Carnivore.
8. You can eat **beans** unless you are Carnivore or have histamine issues. They are high in fiber, protein, and other good nutrients. Wash them thoroughly if out of a can as they will be contaminated with plastics (BPA). Beans are high in histamines, though.
9. Drink organic **coffee and tea**, especially green tea. There are antioxidants and good compounds in them. Cold brewed coffee is best. Avoid creamers and sweeteners, but you can use a little organic heavy cream in coffee. Use a little stevia, honey, agave nectar, or monkfruit if needed.
10. Avoid **leftovers** as they are high in histamines. If you make a lot of food, freeze it right away and use it when needed. Don't put it in the refrigerator for days.

Sleep is essential to healing. You must get 7-8 hours of deep sleep nightly. Many CIRS and pain patients have trouble sleeping. For falling asleep, Melatonin, Tryptophan, and Taurine can help. You need a quiet, dark room with a comfortable temperature. Do not use computers or watch TV 30 minutes prior to bed or if you wake up. Reading is calming for the brain; try reading the Bible before bed or if you wake up. Benadryl can help make you tired. Consult us if you can't sleep for prescription medications to help.

Reduce **Stress** to reduce inflammation. How do we do that? By taking time to relax, meditate, listen to music, read, and talk. Turn off the electronics, the computer, TV, social media, etc. Critical to reducing stress is your **spiritual life**. The Bible, prayer, fellowship with others in church, worship, listening to Christian music, and your overall relationship with God will help reduce the effects of stress. Speak to us further to get help with your spiritual life. **Counseling** can be very effective at reducing or even eliminating some kinds of pain related to life issues, as well.

Lack of **exercise** causes inflammation and increases pain. You must move to heal. Even walking can help. We can advise you on what exercises you can do to help your condition.

Several **supplements** can help reduce inflammation and pain. These include Omega 3 fatty acids, MSM, Antioxidants, Vitamin D3, Curcumin (Turmeric), Ginger, and Garlic. Ask us about dosing.

In summary, inflammation is a critical part of your CIRS and pain syndrome. There are definitely things you can do to reduce your level of inflammation and pain. By following the recommendations above, your quality of life will improve and our therapy for your condition will be more successful.

God bless you,
Alan W. Gruning, DO, FACOEP