

Healing Groups for People Living with Chronic Pain

# Nutrition 101 part 2

## Foods to Decrease

Mind-Body Medicine at  
The Full Circle Center



# Brief Review – Foods to Increase

?



# Brief Review – Foods to Increase

- Healthy Protein – Beans, Fish
- Fruits and Veggies
- Good fats – Nuts, Fish oil





# The Rules of Tacks

- o If you are sitting on a tack, it takes a lot of aspirin to make the pain go away.
- o If you are sitting on 2 tacks, removing one does not lead to a 50% improvement in symptoms.

-Sid Baker, M.D.



# Dietary Tacks



- o Sugar
- o Bad Fats
- o Excitotoxins
- o Food Allergies





# Sugar (and high GI foods)

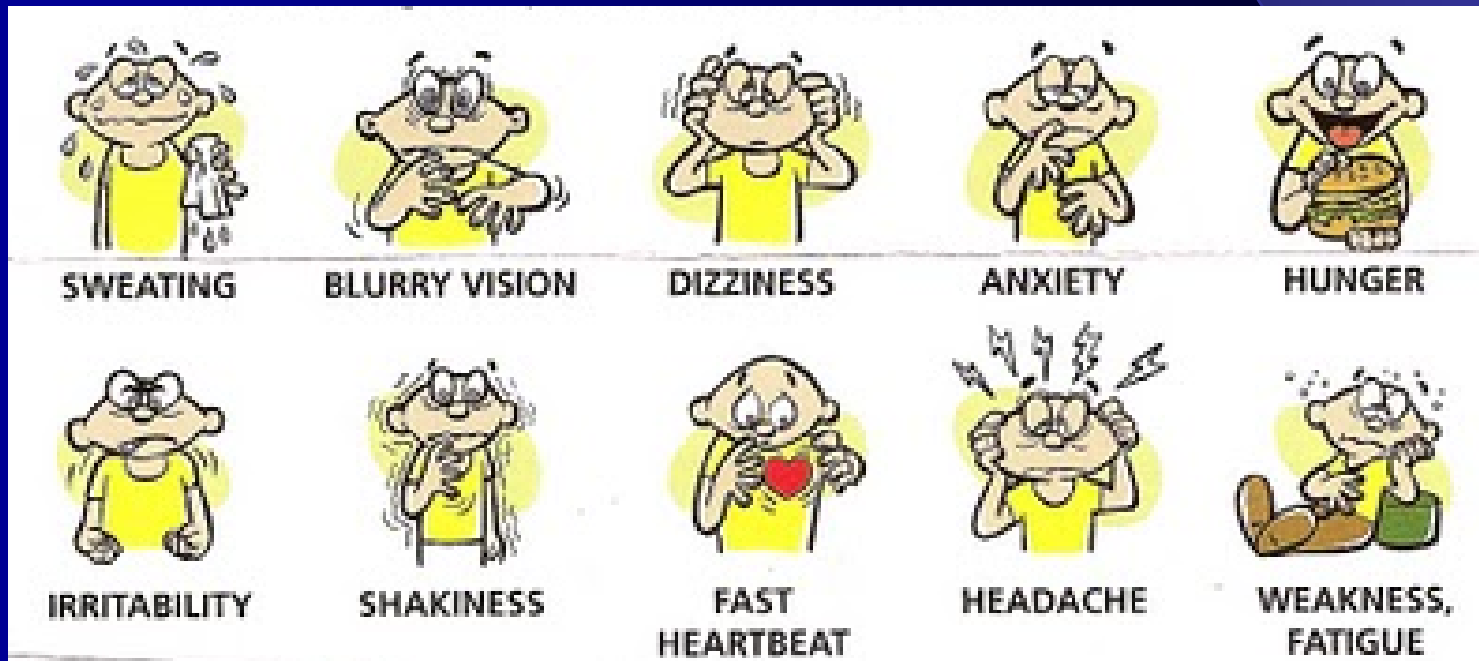


- Feeds bad flora (yeast and other baddies)
- Insulin causes weight gain
  - causes storage of carbs rather than burning them as fuel
- Reactive hypoglycemia causes stress hormone release
- Fibrofog – memory problems, decreased concentration
  - Exacerbation of trigger points
  - Mood swings and irritability
  - Sleep disturbance
  - Fluid retention
  - Carbohydrate craving



# “Fibroglycemia”

- o Headaches
- o Dizziness
- o Irritability
- o Chronic fatigue
- o Depression
- o Nervousness
- o Decreased memory and concentration
- o Nasal congestion
- o Heavy dreaming
- o Heart palpitations
- o Tremor of the hands
- o Day or night sweats
- o Anxiety
- o Leg cramps



# “Fibroglycemia”

- Symptoms relieved within 5-10 minutes of eating sugar
- Limited carbohydrate diets can improve symptoms in 7-10 days, but these can be very uncomfortable days



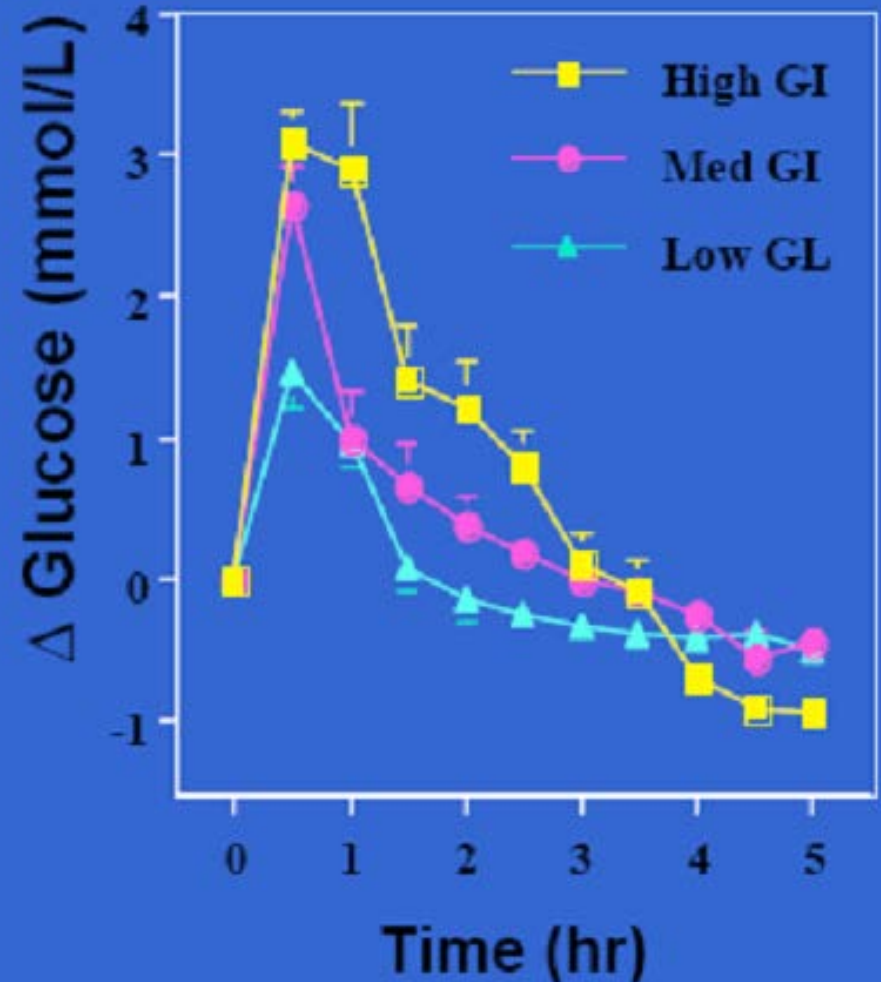


# Not all carbs are created equal

Snacks of equal calories:  
Cola and Chips  
Raisins and Peanuts

75% more insulin with #1

Oettle GJ et al. *Am J Clin Nutr* 1987; 45:86



**Blood Glucose**

# Glycemic Index

Yogurt, lowfat, unsweetened, plain	14	Corn	49
Lentils	29	Spaghetti, durum	55
Apple	36	Rice, white	59
Spaghetti, ww	37	Ice Cream	61
Tortilla, corn	38	Macaroni and cheese	64
All-bran cereal	42	Grape-nuts cereal	67
Orange	43	French baguette	95

o Think Primitive!

(High numbers are bad)

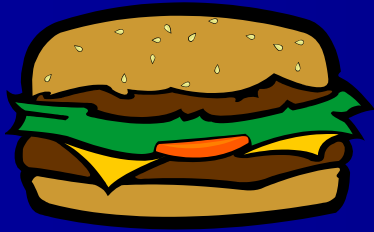


# Dietary Tacks

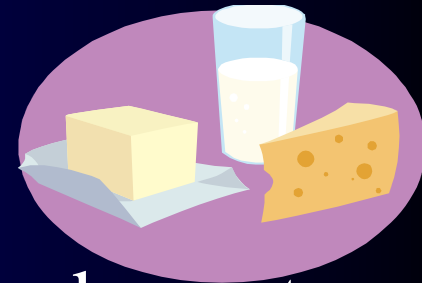


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# Bad Fats



- o Saturated fats (animal fat – butter, lard, meat, etc.)



- o Omega-6 vegetable oils (corn oil, safflower oil, etc.)

- o Trans Fats  
“hydrolyzed”



Contribute to inflammation

raw materials for prostaglandins



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# Excitotoxins and other Foods/Additives Linked to Increases in Pain

- o Caffeine
- o Alcohol
- o MSG – Monosodium Glutamate
- o Aspartame (NutraSweet)
- o For migraines:
  - o Tyramine: red wine, some cheeses
  - o Histamine: some wines and champagnes



# Caffeine

- Dehydration
- Effects on the Adrenal Glands
- Effects on Sleep
  - Note metabolism of caffeine slows with increasing age – a morning cup of coffee might not have affected nighttime sleep at age 20 but may be significant now



# Alcohol

- Blood vessel dilation (migraine effects)
- Leaky Gut
- Calories
- Sleep Disruption
- Liver, pancreas, muscle and brain injury
- Depletion of B vitamins, magnesium, potassium





# MSG and Aspartame

- Stimulate the glutamate receptors
- Latter may generate formaldehyde
  
- **Relief of fibromyalgia symptoms following discontinuation of dietary excitotoxins** JD Smith, CM Terpening, SO Schmidt, and JG Gums

**BACKGROUND:** Fibromyalgia is a common rheumatologic disorder that is often difficult to treat effectively. **CASE SUMMARY:** Four patients diagnosed with fibromyalgia syndrome for two to 17 years are described. All had undergone multiple treatment modalities with limited success. All had complete, or nearly complete, resolution of their symptoms within months after eliminating monosodium glutamate (MSG) or MSG plus aspartame from their diet. *Complementary Health Practice Review, Vol. 8, No. 3, 234-245 (2003)*



# What has Aspartame?

- o Nutrasweet
- o Diet Coke and other diet soda
- o Crystal Light
- o Sugar-free yogurt
- o Sugar-free gum
- o Etc. . .



# MSG

- o Chinese Food
- o Many packaged foods –
  - o labeled as “Natural Flavoring”
  - o Sodium caseinate
  - o Textured protein
  - o Etc.



# Other Toxins – Particularly in the Chemically Sensitive

- o Biomagnification of pollutants in animal products
- o Organics
  - o 12 most contaminated fruits and veggies:

Strawberries

Bell peppers

Spinach

Cherries

Peaches

Apples

Cantaloupe

Apricots

Celery

Green beans

Cucumbers

Grapes



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# Food Allergies

- o Cause Leaky Gut, which causes:
  - o Increased inflammation in the system with C fiber sensitization
  - o Immune activation which may contribute to autoimmune disease
  - o Malabsorption of nutrients, which causes malnutrition



# Food Sensitivities

- One third of the patients with rheumatoid arthritis, ankylosing spondylitis and psoriatic arthropathy reported aggravation of disease symptoms after intake of certain foods while 43% of the patients with juvenile rheumatoid arthritis and 42% of the patients with primary fibromyalgia stated the same. . . . Less pain and stiffness were reported by 46% of the patients and 36% reported reduced joint swelling

Clin Rheumatol. 1991 Dec;10(4):401-7. Diet and disease symptoms in rheumatic diseases--results of a questionnaire based survey. Haugen M, Kjeldsen-Kragh J, Nordvag BY, Forre O.



# Common Food Allergens

- o Tomato
- o Wheat
- o Cow's milk (and cheese, yogurt, ice cream, etc.)
- o Chocolate/cola
- o Citrus
- o Nuts
- o Cinnamon
- o Egg
- o Corn
- o Fish
- o Legumes (beans, soy)
- o Pork





# Diagnosis of Food Allergies

- Blood testing –
  - Expensive
  - Not always reliable
- Elimination Diets
  - Must eliminate all allergenic foods to be diagnostic (2<sup>nd</sup> Rule of Tacks)



# Elimination Strategies

- Single food – e.g. no dairy
  - Might miss it if there is more than one allergen
- Probability Multiple Elimination Diet
  - Cut out the most common allergenic foods, i.e. the top 10
- Oligoantigenic – Eat nothing but 3-4 foods



# A Sample Oligoantigenic Diet

- o Rice
- o Lamb or Turkey or lentils
- o Broccoli, Zucchini

This is only for 2 weeks, not forever!



# Challenging

- If your symptoms are improved, add back one food at a time and track your symptoms.
- Food = ingredient, i.e. add back apples, or almonds, not “pizza”
- Symptoms can occur 1-2 days after adding a new food



# Making Changes

- There is a difference between wanting food and being hungry
- Mindfulness when hungry/reaching for food can be very illustrative
- Meet needs that are being met by food with other means (and first, figure out what those needs are)
- *The Solution*, by Laurel Mellin, is a great resource
- *Deep Healing*, by Emmett Miller, also addresses these issues



# Logistics/Planning for Good Nutrition

- It is generally easier to add “good” foods than to eliminate the “bad” ones we crave
- Stock easy healthy foods, do not keep junk food in your home
- Cook ahead
- Use appliances
- Make trades

