

## CHRONIC PAIN DIET

### Suggested Supplements:

For pain in general and in the majority of patients:

1. Vitamin D3 4000 units daily with Vitamin K2 120 ug daily (Vitamin D3 is helpful for pain<sup>1</sup>, muscle function increases bone strength, and Vitamin K2 decreases calcium buildup within the walls of your arteries).
2. Vitamin C 500 mg to 1000 mg per day (to optimize collagen healing, and is a natural anti-inflammatory).
3. Vitamin B complex (suggested: Vitamin B50 from Jamieson's) is helpful in neuropathic pain.

Joint Supplements for Osteoarthritis:

1. "Ultimate Glucosamine" – [www.ultimateglucosamine.com](http://www.ultimateglucosamine.com) – 1 scoop daily
2. Omega 3 Fatty Acids (EPA+DHA) 1 g/day

Supplements for Fibromyalgia:

1. Magnesium glycinate or bisglycinate 100-400 mg daily (as one cannot accurately check serum magnesium levels, the medication should be titrated to fewer than 3 loose stools a day).

### Diet:

It is furthermore suggested that a patient with chronic pain steer clear of processed foods, refined sugars<sup>2</sup>, "fake foods" such as margarine and artificial sweeteners, quit smoking altogether, use modest amounts of alcohol (maximum 7 standard drinks per week).

Some patients also find that limiting gluten and dairy intake decreases inflammatory pain.

A Mediterranean Diet is generally recommended<sup>3</sup>: The Mediterranean Diet emphasizes:

- Eating primarily plant-based foods such as fruits and vegetables, whole grains, legumes and nuts.
- Replacing butter with healthy fats such as olive oil and canola oil.
- Using herbs and spices instead of salt to flavor foods.
- Limiting red meat to no more than a few times a month.
- Eating fish and poultry at least twice a week.
- Enjoying meals with family and friends.
- Getting plenty of exercise (150 minutes per week is recommended).

References:

1. Gendelman et al, 2016
2. PURE study, Lancet 2017
3. Predimed study, NEJM 2013

Physicians have no financial interests in any of the above products.