Jonathan Tait, DO and Nick Pineault

THE 14-DAY PAIN FREE DIET

Kill Pain with food Not Pills

Legal Note

www.ThePainFreeDiet.com

Notice

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CONTENTS

Learn

Read

Prep

Eat

Rebuild

CONTENTS

Food Label and Allergy Guide

CONTENTS

Shopping Guide

CONTENTS

Recipe Guide

Breakfast and Shakes

Soups

Salads

Main Entrees

Beverages

Meal Plans

About the Authors

A FOREWORD FROM THE AUTHORS

Thanks to the Internet, there is an epidemic growing by the day – information overload.

Regarding the treatment of pain, there is so much information available it would take you a lifetime to read it all. Much of the information is so scientific it can read like a foreign language. Making sense of it all can be very challenging, and very frustrating.

After more than 13 years studying the treatment of pain and working with patients, I know that knowledge is power for patients living with pain. After all, it is the patient who must manage and live with the pain. My role is much more that of a guide, to help patients navigate down the road to recovery.

There is no question that what you are about to read is controversial. Mainstream medicine and drug companies would have you believe that the only way to rid yourself of pain is to take the latest pill "so your pain won't slow you down".

By investing in the 14-Day Pain Free Diet, you now have in your hands a system to kill pain naturally with food – not pills – and see a substantial difference in how you feel in as little 2 weeks.

Nick and I will break down the science to explain why your diet could be contributing to your pain. Most importantly, we'll give you the tools to make positive, long-term diet and lifestyle changes. Finally, you will be able take control of the pain for the rest of your life, simply by using what you load into your shopping cart each week.

To living a more functional life with less pain,

Dr. Tait & Nick

"The doctor of the future will give no medications, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease."

- Thomas A. Edison

Introduction: The Car Analogy

I use many car analogies to describe the connection between pain, function, and human performance. Our bodies are like a high-performance automobile. They require premium fuel, routine maintenance, and a warranty or insurance plan in case of significant mechanical failure or damage due to an accident.

Before you embark on this road trip towards a more functional life with less pain, let me take you on a trip down memory lane for a minute to explain from where these car analogies originate.

Growing up with a dad who was an engineer at General Motors, I was taught at an early age how to properly maintain automobiles, somewhat begrudgingly at first. Several chilly Michigan fall afternoons I was indoctrinated into the Tait bootcamp of minor auto repairs – oil changes, tire rotations, light body work, etc. Over the years we had many different vehicles rotate through the garage, none of them I would consider high-end or high-performance, unless you have a thing for faux-wood paneled station wagons. (Picture the station wagon Clark W. Griswold, Jr. famously launched through the air in the 1983 classic National Lampoon's Vacation) I'm pretty sure we had the same model. Somewhat embarrassingly for me and my other three siblings, we got carted around in that for a number of years.

Eventually we upgraded to the "greatest invention" the automobile industry has ever produced – the minivan. My mom was particularly skilled at inflicting minor damage upon the Safari – aptly named for the vehicle in our case. Although I'm sure never intended for off-road use, my mom found ways to test the capabilities far beyond what had probably ever been done by the test track engineers at GM.

Curbs in a drive-through lane were no match - leaped in a single bound. Sending it into a flat spin while racing down a "short-cut", icy side street while taking us to school, wiping out a mailbox or garbage can - no problem.

The most vivid memory was one particularly snowy morning trip to school. While exiting out of our street (pit lane), and accelerating through the first few turns of the circuit out of the subdivision, my mom reached down for her coffee mug, always at the ready riding shotgun in the cup-holder. As she reached for the mug, she simultaneously tugged the wheel sending the ol' family truckster off course. Somehow, by divine intervention, the Safari gracefully split right between a couple of street signs like a field goal, plunged through a shallow ditch, and launched out and across the neighbor's yard, back out on to the street, and skidded to a stop in the edge of the next lawn.

While not of Griswoldian standards, I remember getting out and being impressed by the absence of tire tracks in the snow over a span of about 15 feet. There sat the Safari – battered and bruised, with a mouthful of snow-covered grass hanging from the corner of the bumper. It looked like a running back after taking a punishing hit face first into the frozen tundra, walking to the sideline with a piece of turf hanging from the corner of the facemask. Much the same, the van would limp back to the garage for repairs and maintenance, to be sent back out onto the (battle)field another day.

In high school, like most teenage guys, I had a love for cars, especially fast ones. After scrimping together every dollar I made from a couple of years washing dishes, I bought my first - a Chevy S-10 pickup truck stuffed with a Corvette engine. It was the proverbial wolf in sheep's clothing, and an absolute rocket - not that I ever disobeyed the speed limit or raced (embarassed) any Mustang, Camaro, or Trans-Am owners.

Back in the garage at home I learned a meticulous maintainenance schedule from my dad to insure optimal performance of my investment - oil changes, tire rotation, washing, waxing, touch-up paint and body work. As a result, over the five years I owned it, there was not a single major repair needed, and it probably ran better when I sold it then when I bought it.

Because of my love of cars, I thought I was destined for a career as an engineer in the automotive industry, however in high school I was drawn to and excelled in biology classes, mainly because of one really great teacher (Thank you Mr. Bauer). I became fascinated by a whole different type of machine , the human body, and thus began my study of the various methods to optimize performance - mainly through diet and exercise. I tried various workouts, supplements, you name it. I became the guinea pig, and on more than one occasion, was duped into spending money on worthless supplements.

Moving on to college, probably after calculus II, I realized that I did not enjoy the math enough to pursue the engineering route, so I took the fork in the road and switched majors to biology. After taking several upper level human anatomy and physiology classes, another great professor (Thank you Dr. Harries) steered me towards medical school. There my investigation of the deep inner workings of the body was taken to another level, both professionally and personally, as I will explain.

About six weeks before starting medical I herniated a disk in my low back while playing hockey. Despite the recommended medications, shots, and physical therapy, I had little relief of the pain searing down my left leg. It was difficult to sit through even a single lecture. Spring break that year, rather than lying on the beach, I was lying on an operating table having surgery. The surgery was a success, and with appropriate rehab, the pain resolved. It would be great if the story ended there, but a couple of years later I injured the same disk and relived the entire frustrating process again.

With the help of an awesome physical therapist (Thanks Steve Scher), I dedicated my study to the physical training of the human frame, and came out the other side feeling even stronger than before my first surgery. This experience pushed me towards specialty training in Physical Medicine and Rehabilitation, so that I might help others navigate the sometimes bumpy road of injury recovery.

Fast forward about ten years. A 26-mile one-day endurance hike left me in familiar territory with pain. This time however, the very medications, shots, and dedicated physical training regimen I used before to recover (and recommended to my own patients) did very little. As I continued what I could physically, I immersed myself in the study of how diet could decrease pain and hasten recovery.

Within a couple of weeks I felt noticeable improvement. Although still a long road back, this time there would be no exit taken to surgery. This book is the road map I used to *kill pain with food not pills*.

Although we are all unique machines, I firmly believe that the more diligent your maintenance schedule - quality whole food, regular exercise, ample and consistent sleep, managing stress, and having a positive social support system that does the same - the better you will feel, function and perform in life. Let us now hit the road together and get you to that very destination.

Potholes of Pain Treatment

Commonly used treatments for pain, particularly pain pills, will lead to some side effects.

This is an "accepted risk" for any new medication the Food and Drug Administration allows into the marketplace:

- Adverse drug reactions, many as a result of inappropriate use of pain medications, are **the 4th leading cause of death** in th US, trailing only heart disease, cancer and strokes![1]

- Non-steroidal anti-inflammatory drugs (NSAIDS), such as ibuprofen, Naprosyn, and others have been shown to increase risks of heart attack **by three fold.**[2] More than 16,000 people die each year from NSAID related complications.
- Opioid (narcotic pain killers) addiction and overdoses, mainly associated in the past with illegal drugs such as heroin, are now increasingly due to abuse of this class of prescription pain killers.

Adverse reactions, addiction, risk of death… all "accepted risks", right? **I don't think so.**
My aim is to be completely transparent, so I feel obligated to give you the following warning before using this "product".

The 14-Day Pain Free Diet Warning

When used correctly this product **will likely cause** the following side effects:

- Drastic reduction or elimination of nagging muscle, joint, back, or neck pain
- Unexpected fat loss
- Increased energy
- Improved sleep quality
- Increased mental clarity and focus
- **Most importantly** – possibly never needing to take toxic pain pills again

Start Here

This book was titled The 14-Day Pain Free Diet for two reasons:

- It will help you drastically reduce your pain, even become pain free, when pills, shots and even surgeries couldn't give you satisfactory pain relief - in as little as two weeks.
- The confusing and sometimes conflicting nutritional science behind the system is presented simply giving you the exact strategy to start implementing changes today - without the painstaking process of reading hundreds of journal articles.

If you follow this strategy **to the letter**, you will begin to see a reduction of your pain – guaranteed.

On the next couple of pages, Nick and I have outlined exactly what you need to do, and in what order, to be sure that you get the best results from the program.

Now, I know this is the boring part you may want to skip… but please don't do that.

Read through the roadmap on these pages a couple of times to understand how in just a couple of short weeks you could be living life with far less pain. Grab your favorite beverage, buckle in, and let's get going .

How to Navigate The Road to Recovery and This Book

To make it easier to navigate down the road to living a life pain free, various traffic signals and signs are used throughout the book.

	**Yield sign** - Very important point. Slow down and process the information.
	**Green Light Foods** - Contain powerful anti-inflammatory effects and will be used as the foundation of The 14-Day Pain Free Diet.
	**Yellow Light Foods** - ***Could be problematic***. You will become the mechanic and run your own self-diagnostic tests to determine what foods may be robbing your body of performance.
	**Red Light Foods** - Known highly inflammatory foods that are gumming up your system, causing your body to sputter through life, and likely contributing to your pain.
	**Nerd alert!** - This will draw your attention to sections containing deeper level scientific information.
	**Time Bomb** - Controversial topic in nutritional science.

Your 5-Step Pain Free Plan

To make sure you execute the 14-Day Pain Free Diet the right way, follow these 5 steps in this exact order:

	**Learn**	Learn how ***The 14-Day Pain Free Diet*** will help you where costly procedures, pills, powders and potions have failed.
	**Read**	Read about our unique S.O.S. method, and discover what foods can be used to heal your pain and what foods might actually be ***causing*** your pain.
	**Prep**	Get fired-up and show your commitment to the program by filling out the "Pledge". Armed with the **Shopping Guide** and **Shopping List**, shop for the healthy foods that will help you kill your pain in the next two weeks.
	**Eat**	Once your fridge and pantry are armed with a ton of anti-inflammatory ***weapons,*** read through the **Pain Killing Recipes Guide** and the **Meal Plans** to find tasty pain killing recipes to prepare for the entire 14 days and beyond. Every day, fill out your **Success & Food Journal** to monitor your pain level, energy level, mood and sleep quality to see just how powerful simple dietary changes can be.
	**Rebuild**	After following the program for 14 days, rebuild your diet by gradually reintroducing your favorite foods. Determine once and for all the foods that have been triggering your pain and slowing you down.

learn

A Few More Words From Dr. Tait

Congratulations on taking a major step towards living a more pain free lifestyle. I commend you for taking a chance and exploring a treatment for pain that seems so simple you may feel foolish for not finding it sooner. Please do not feel foolish. I have studied the treatment of pain for years, but only recently did I discover how powerful specific dietary "prescriptions" could really be.

Although I considered my overall health, fitness, and diet to be significantly better than most of my colleagues, nonetheless I was frustrated with intermittent back pain flare-ups. I experienced the slow improvement with shots and medications, and also the side effects of the same medications I had prescribed to patients for years.

After reading extensively about dietary manipulation for treatment of pain, like any good scientist I used myself as the guinea pig. Over several months of self-experimentation the pain lessened dramatically, the rate of recovery quickened, much surprisingly more than it had with medications. This experience shaped the foundation for The 14-Day Pain Free Diet.

The current state of medicine is a far cry from the time when a doctor could spend as much quality time with a patient as they wanted. The average visit in a U.S. primary care office is probably less than ten minutes. Having time to educate patients about positive lifestyle changes to prevent illness has become a luxury that most physicians wish they had but simply can't afford if they want to keep their practice doors open.

Although dietary manipulation and lifestyle changes remain in the forefront of treatment in other cultures, in the U.S. like many industrialized countries, it has all but gone by the wayside. Technological advances in surgery, medications, and other treatments allow the medical system of today to just leap over what was once a pillar of treatment – preventive care. The use of expensive tests and treatments are common in medicine, but often times despite the huge price tag, the outcomes are mediocre. Intervening with simple and inexpensive lifestyle changes that can dramatically alter the course of disease has become a thing of the past in modern medicine. The use of a medication to "fix" each symptom or problem has become the standard.

How could this happen? While I'm not going to start rolling out conspiracy theories about drug manufacturers and medical device companies, insurance companies or politicians, I will say that they have had a hand in creating the problems I encounter each day in my practice.

Before you think I'm suggesting we go back to the days of blood-letting, don't take this the wrong way. Every year there are incredible technological advances that allow cures for conditions once thought to be untreatable, undoubtedly saving countless lives per year. Unfortunately "state of the art medicine" has become dependent on costly treatments as the standard of care. Undoubtedly if you have suffered with pain for any length of time you have been offered rounds of physical therapy, maybe even a

surgery or two, and probably enough pain pills to put down a horse. However, I'm guessing that many reading this still continue to live with pain on a daily basis, and maybe that is why this book caught your attention.

I'm not suggesting that physical therapy, surgeries, injections and medications do not have a role in the treatment of pain. All are used to treat patients within my practice on a daily basis. But when was the last time someone discussed your diet, exercise, stress, or sleep quality as potential contributing factors for your pain?

I am not a snake-oil salesman. I am a physician. I took an oath in medical school to do no harm, and there is nothing in this program that is harmful. This is not a quick-fix product, pill, powder or potion like many you have been sold that failed to deliver results. It sickens me to hear stories from patients who were manipulated into buying a product, or paying for a treatment, that had absolutely no chance of helping their condition.

If you are looking for a silver bullet fix to your pain problem, this is probably not the book for you. Most patients do not like to hear me say it, but know it is true – it is up to you to fix your pain.

It is going to take some work to change your current lifestyle, but I am going to help you make this change as pain free as possible. By the end of the transformation you will be much farther down the road towards the life you feared might not ever be obtainable again.

Can I guarantee that the 14-Day Pain Free Diet will have the same result it did for me and many patients I've treated? Of course I can't. What I can tell you is that I have introduced this program of lifestyle changes to many patients, and not one reported that it didn't help some aspect of their pain. Some had results equal to or better than what they experienced with pain pills they had been fed for years, and with far less side effects.

What is my guarantee to you?

- You will better understand the reasons many people continue to have neck pain, back pain, or joint pain despite costly treatments and pain pills.
- You will learn what long-term side effects you may have from using pain pills (even those couple of ibuprofen you take each day before your workout).
- You will learn "ancient secrets" that have been used to treat pain well before the modern era of pain pills.
- You will not be required to buy anything additional than the groceries you load in your cart each week.
- You will finish this book empowered with a systematic approach to kill your pain with food, not pain pills.
- You will hopefully have a whole new outlook on life, as you get back in the driver seat to manage your pain, rather than having your pain manage you.

What do I ask that you guarantee in return? That you commit to the program whole-heartedly.

Andrew Carnegie said it best – "Anything in life worth having is worth working for." I don't know what could be more important than working towards living a more functional life with less pain.

As you learn what has been kept from you for years, I ask that you do not get angry with the bureaucrats controlling the current medical system, your insurance company, or the government.

Although they were not innocent bystanders as the medical system careened off the road into the ditch, they are also probably not going to be calling a tow truck any time soon. It is really up to you, but I'm going to guide you down the road to recovery.

Also, please do not blame your health practitioner for the failed treatments offered to this point. Although it is true that many of the principles you will be learning are common place in other cultures or philosophies such as Chinese or Ayurvedic medicine, they are simply not taught in most traditional medical schools or allied health professional training programs.

Before you write this off as another great sales pitch by a physician, let me remind you that I've been in your shoes. I've personally experienced the flaws in the system, the shots, medications, and the surgeries that were not able to "fix the problem". The long-term fix must revolve around positive lifestyle changes founded on a healthy diet and exercise, not pain pills.

Whether young or old, if you are living with stubborn neck, back, or joint pain that is robbing you of your quality of life, if you are interested in restoring function thought to be lost forever, or if you simply want to improve your function so you can get back to life, then read on, because this book is written for you.

To living a more functional life with less pain,

Jonathan Tait, D.O.

Service Engine Soon

Much like the central computer in a vehicle processing incoming information from various parts, the brain processes incoming information from the various structures throughout the body.

When we challenge our bodies with every day activity and exercise, the brain will perceive incoming signals communicating that there is muscular soreness or joint pain. Soreness is actually a result of inflammation caused by slight damage to the muscles, tendons, ligaments or joint surfaces.

With proper maintenance and premium fuel, the body is able to handle this challenge without significant problems, and the soreness or joint pain quickly resolves.

However, if we routinely push our muscles or other tissues beyond their capacity, or start supplying our high-performance machine with low quality fuel, problems begin to develop. How does this usually signal the brain that something isn't right? You guessed it, pain.

The first signal that something is wrong is muscle soreness or joint pain that doesn't go away several days after a workout. If you continue to tax the body's ability to recover by neglecting the normal maintenance and quality fuel that is required, then much like a car, it starts to break down. Now, the pain starts to intensify.

Pain is the light on the dashboard trying to communicate "service engine soon". It is the body's way of alerting the brain that something is wrong with the machine and requires maintenance.

The body, or machine as a whole, is being stressed in a way that if continued may cause long-term damage. If this happened with your car, you could simply cover the warning light on the dashboard and keep on trucking, so why don't you? Probably because this can lead to a potentially costly catastrophic failure that will leave you stranded on the side of the road.

Some will immediately rush the vehicle in for service, fearful of a potential breakdown, so why don't you do the same with your body? Aren't you worth it?

Perhaps you feel that you do not have the time to put yourself in the shop. Or, maybe money is the limiting factor to see a body technician (physician, physical therapist, chiropractor, personal trainer, massage therapist, acupuncturist, etc.) on a regular basis who can help implement a better maintenance schedule.

Maybe it is easier to mask the pain with pain pills like a piece of masking tape over the light on the dashboard. Certainly it is, but what about the potential for a costly or catastrophic failure?

Injuries, Inflammation, and Pain

Webster's dictionary defines injury as "hurt, damage, or loss sustained". When a tissue is injured, inflammation is a process coordinated by the immune system, or the body's defense and repair system, to heal the damaged area.

In the case of an ankle sprain, typical signs of inflammation include mild swelling, pain, and functional limitations. The body triggers this process as a way to wall-off the injured tissue in order to allow an appropriate environment to heal. Importantly, this also limits engaging in repeat bouts of exercise before the injury has had proper time to heal.

When exercising, a certain amount of stress is applied to muscles, tendons, ligaments, joint cartilage and other structures. The pain experienced after a workout is the result of a low-level injury causing inflammation within these structures.

With inflammation, specialized cells are signaled to the site of the injury to clean up the damage. Other cells arrive to heal, repair, and rebuild the injured tissue stronger than before.

In this context inflammation is very helpful and quite necessary. As long as the tissue is given adequate time to heal, repair, and rebuild, it will become stronger and more resilient as a result.

If the natural healing process is short-circuited by using anti-inflammatory medications to "play through the pain", then certainly there is a risk for a more significant injury given the weakened state of the muscle, ligament, tendon, or joint.

Although quite controversial, this is why some sports medicine specialists recommend skipping the application of ice to an acute injury, because theoretically the healing process can be delayed.[1] And rather than the typical **RICE** (**R**est, **I**ce, **C**ompression, and **E**levation) protocol, they advocate **MEAT**, or early **M**ovement, **E**xercise, **A**nalgesics, **T**reatments. This protocol uses physical therapy, massage, ultrasound, electrical stimulation and other modalities in an attempt to increase blood flow and healing.

Most soft tissue injuries progress through three stages of healing taking place over approximately six weeks.[4]

Inflammatory Stage (Day 0-7)

- Increased blood flow to the injured site
- As a result symptoms of swelling and pain increase
- Immune cells, called macrophages, remove the damaged tissues

Proliferative Stage (Day 2 up to 6 weeks)

- New blood vessels form to bring more blood supply to the injury
- Swelling and pain usually subsides
- Immune cells, called fibroblasts, form new collagen (a building block for tendons, ligaments, and cartilage)

Remodeling Stage (Day 42 up to a year or more)

- New blood vessels mature
- The tissue is strong and pain subsides
- Immune cells continue to strengthen the tissue

Again, if the tissue is not allowed to progress through these stages because of repetitive trauma, this can lead to a more significant injury, or chronic inflammatory state, where acute pain can become chronic pain.

When there is inflammation as a result of an injury, it is often associated with pain. It stands to reason that if dietary modifications can decrease inflammation, then it is likely to decrease pain.

There are many variables as to how much pain may be decreased with diet. With this system, you will utilize your diet to drastically reduce, or possibly even eliminate inflammation and pain, instead of using the harmful pills you've been prescribed for years.

What is clear in the literature is that inflammation can be significantly reduced or promoted with dietary choices.[5,6,7,8,9]

Believe it or not, pain is actually a very vital experience for our existence.

The International Association for the Study of Pain (IASP) defines pain as "an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage."[10]

Pain is a very personal experience. Although there are labs to measure inflammation, there is no lab value, x-ray, MRI, or other study that can show where pain comes from, how much it hurts, or how it can affect an individual.

Pain is very rarely a purely sensory experience. Have you ever accidentally dropped a dumbbell or weight

plate on your foot? Even with this type of injury there is clearly an emotional component to the pain.

One person shrieks, jumps around the room for five minutes, maybe lets out some choice words, and then limps around for the rest of the day. Another person subjected to the same injury may groan slightly, and then get right back to business finishing the set.

Some of this has to do with the personality or constitution of the individual. It is influenced by the culture they grew up in, how they dealt with prior injuries or emotional trauma in the past, stress levels, sleep quality, the quality of personal relationships, and a host of other factors.

These factors all contribute to make pain as unique as a fingerprint, and how an individual manages the pain over the short and long-term is just as unique. Explaining these connections with how one recovers from a painful episode is a book unto itself. Although I may touch on some of these concepts, the focus will be to explain pain on a more physiological, or mechanical, basis.

Looking at the cellular level, the human body is a remarkably well-designed system. Each cell in the body has a contributing role in protecting the system as a whole. To maintain optimal health and function in an environment with less pain and inflammation, the body seeks to maintain homeostasis, or balance.

In his book, *Clinical Nutrition for Pain, Inflammation, and Tissue Healing*, David Seaman, D.C. shows that the proper diet is critical to obtain balance within the system, because the chemistry of the diet is reflected as the chemistry of the cells.[11]

Pain as a result of tissue trauma or some other type of physiological imbalance kicks off a certain type of distress signal, or **SOS** signal. These signals relay to the brain that part of the system is under attack, or in distress. The symptoms, or "dis-ease" pattern, is then an outward manifestation communicating that the body is out of balance.

Do you know what **SOS** stands for? **S**ave **O**ur **S**ouls.

It is the best known international distress signal. The **SOS** signal can be transmitted by any method, visual or audio. The code for **SOS** is 3 short, 3 long, and then 3 short signals. Pause. Repeat the signal.

Pretty fitting actually, particularly for those who have suffered in pain for a long time. Are you getting smaller pauses between repeat pain signals?

It is possible that your body has been sending distress signals for a while, but sometimes it can be difficult to decode the message.

The **SOS** signal can be translated into a few different broad categories:

- **S**erious injury
- **O**veruse injury
- **S**ystemic inflammation

Category 1: Serious injury – An acute, or one-time, injury to the system such as a muscle tear, bone bruise/contusion, or more significant injury like a torn ligament or broken bone.

- **Example**: You think you can still run the basketball court with the kids, try to "dunk like you could back in the day", get rejected by the rim, fall awkwardly, injure your knee, and feel shame as your knee blows up to the size of that basketball rolling across the court.
- **Recommendation:** (for your basketball (un)heroics) Consult a sports medicine professional as treatment may require a more aggressive approach.
- **Possible treatment:** Surgical reconstruction of the ligament to put humpty-dumpty back together again, followed by a specific course of physical therapy, and maybe some psychological support for your bruised ego, in order to get you back out on the court.

Category 2: Overuse injury – This is usually a result of what is called a sub-acute trauma, or repetitive low-level injury to the system. Initially there is inflammation as tissues attempt to heal, but when not given the proper recovery time to repair, chronic inflammation ensues.

- **Example**: You were told by a friend that the only way to drop those extra pounds and "get in shape" is to run. The first few days you're expectedly sore all over, but after a few weeks you start feeling a constant ache over the inside of your knee that seems to be getting worse with each run. What you've likely done is push a structure beyond the normal capacity, or physiologic envelope, and now have a more significant injury evolving.

- **Recommendation**: Consult a sports medicine professional familiar with treating musculoskeletal injuries to determine the exact cause.
- **Possible Treatment:** Physical therapy, home corrective exercise program, an alternative method for weight reduction, and then a slow return to running, if in fact that is something you enjoy.

Performing an activity found miserable for the sake of exercise is counterproductive. Studies have shown that when subjects perform an exercise they do not enjoy, or "force themselves to go to the gym", cortisol (the stress hormone) is elevated much quicker in the workout. This lessens the benefit gained from performing the activity.[12]

So find an enjoyable form of exercise, and if you're not feeling particularly psyched about working out one day, it may be better to put it off for a better day.

Running when overweight is the equivalent of loading the trunk of your car with bricks and driving it back and forth to work. Done repeatedly this will wreak havoc on parts like the suspension or transmission, and over time they will fail.

You wouldn't do this to your car, so don't do it to yourself.

Don't get frustrated. Check out the website - www.thepainfreediet.com - where we will update a trusted list of fitness professionals offering smart weight loss and exercise programs. Their programs will be much kinder to your body as they involve a variety of exercises to properly condition the body, rather than the same program done repetitively.

Category 3: Systemic inflammation – The first two **SOS** signals are fairly well known to health professionals, but this one, not so much.

This injury is happening under your hood. Because it cannot be visibly seen, confirmed with a physical exam, or found with an x-ray or MRI, many health care professionals are left scratching their heads. Often they are unable to explain your pain because "all the tests are normal".

Example: After a dinner of bread, eggplant parmesan, and some ice cream for dessert you experience immediate bloating and stomach upset. The next morning your joints are stiff and aching more than usual, but you attribute this to the late night out with friends.

Recommendation: Finish reading this book.

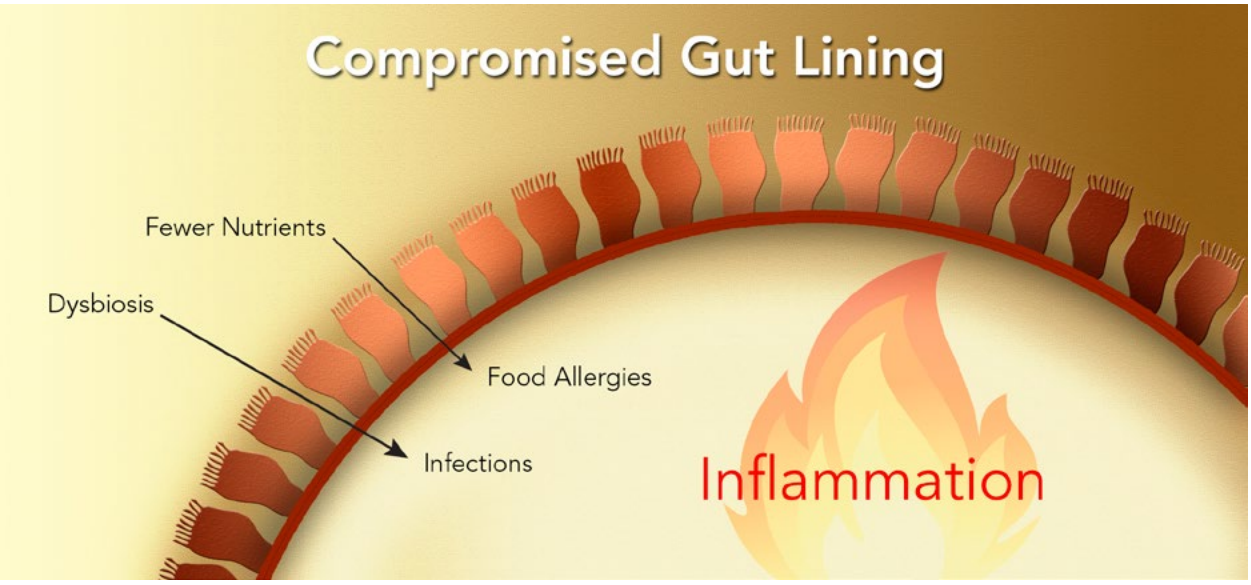
Possible Treatment: Dietary modification to eliminate foods causing the increased joint pain and stiffness.

With this injury, the immune system, or primary defense system, experiences a constant low-level attack, or trauma, of a different type. Dr. Seaman refers to this as a "dietary injury."[13]

Did you know that 70-80% of the immune system is housed within your gut, or gastrointestinal tract?[14]

Some commonly consumed foods – even many considered "healthy" – can cause significant injury in susceptible individuals. When eaten on a regular basis they can inflame the gut, and begin to overwhelm the immune system. This low-level inflammation affects the cellular junctions and causes the walls of the pipes to become leaky. Toxins then begin to affect the rest of the system, like a toxic gas leak. This starts to weaken the immune system on a more systemic level.

Because of the leaky junctions, undigested food particles are also allowed entry into the bloodstream. This creates a different problem. The body now begins to see healthy food particles as foreign invaders, and begins to mount a defensive response with repeat exposure.



Studies have shown that even intense physical exercise of one hour in duration can cause short-term small intestinal injury and gut barrier dysfunction in otherwise healthy individuals.[15]

This is a very good reason why some people experience significant GI distress (bloating, gas, pain), particularly if they eat anything too close to a workout.

The gut function becomes more compromised by toxins and inflammatory foods, and it is not able to process and extract the vital nutrients from the good foods being consumed.

The end result of repeated dietary injury with subsequent chronic gut inflammation can be chronic pain, fatigue, poor sleep quality, a lack of mental clarity and focus, and many other symptoms such as digestive problems, irritability, anxiety, and depression.

Rather than figuring out the underlying root cause, what has become easier in "modern medicine" is treating the symptoms. How? You guessed it – pills.

This is the equivalent of having a mechanic close the hood of a car to avoid seeing the puff of smoke from the exhaust manifold, or the drip from a radiator hose, and saying "problem fixed", even though the car continues to perform poorly.

After finishing this book you are going to graduate with the necessary tools to run expert diagnostic tests. You may finally be able to decode the pain signals and get rid of that stubborn pain that has been difficult to figure out.

How Does Food Really Cause Inflammation?

If we turn our attention to the dietary injury, the possible mechanisms triggering the underlying systemic inflammation are quite different.

In her book *Meals that Heal Inflammation*, Julie Daniluk, R.H.N. describes inflammation as an immune system response to:[16]

- Toxins – External, or environmental, toxins such as pesticides, herbicides, chemicals in tap water, artificial colors and preservatives. Internal toxins, or "exhaust" from the system as good foods are processed.
- Infection – Antibiotics are commonly prescribed and can upset the natural balance of bacteria allowing yeast to multiply within the gut, weakening the intestinal lining and compromising digestion. This further allows undigested food particles to slip into the blood stream. The result is an allergic-type reaction that can set off an inflammatory pain response throughout the entire body.
- Injury
- Emotional Trauma
- Allergy
- Nutritional deficiencies/excess

When there is a food allergy, food intolerance, or in most cases a food sensitivity, this will trigger inflammation resulting in:

- Weakened immune system
- Compromised absorption of nutrients from foods

In her book *The Anti-Inflammation Diet and Recipe Book*, Jessica Black, N.D. nicely summarizes the distinction between a food allergy, food intolerance, or food sensitivity.[17]

Food allergy – The immune system has a pronounced reaction to certain proteins in the food.

- **Symptoms:** Itchy or watery eyes, runny nose, mild difficulty swallowing or increased mucous production.
- ***More severe reactions:*** May have a rash or hives, experience abdominal pain or cramping, or possibly an anaphylactic reaction (tachycardia, difficulty breathing, cardiovascular collapse).

The eight foods that are thought to account for about of 90% of food allergic reactions:[18]

- Wheat
- Milk
- Eggs
- Peanuts
- Tree nuts – walnuts and cashews
- Fish
- Crustacean shellfish
- Soybeans

The FDA mandated in January 2006 that food labels identify any products containing these foods.

Food intolerance – The immune system is not directly involved in the process in the sense of forming antibodies to certain proteins, but this can still can compromise the immune system to some degree. This commonly involves a deficiency in enzymes needed to properly digest food.

- **Example:** Lactose intolerance.
- **Symptoms:** Nausea, bloating, cramping, increased gas production, diarrhea, headaches.

Food sensitivity – Similar to a food intolerance, the immune system is not directly part of the equation but does get over-run with repeated dietary injuries. Here the system, you, does not feel particularly good after eating a certain food.

- **Symptoms:** Similar symptoms to a food intolerance. Additionally you may feel lethargic, lack mental focus, or experience more inflammation, stiffness, and pain.

For simplicity, the concept of a food intolerance or food insensitivity will be thought of as a low-level allergy. Allergenic foods trigger a hit to the GI tract/immune system causing inflammation and pain.

It is not uncommon for foods to trigger a reaction in the body system where the individual is most susceptible. Example: headaches can become more significant. Back or joint inflammation becomes worse with increased stiffness and pain.

There can also be less obvious reactions like changes in mood, energy level, and sleep quality.

What is an allergy?

Your immune system responds to what it considers to be a foreign compounds, or potential invaders to your body.

With rare exception everyone is born with the capacity to mount an immune response to a foreign invader. Immunity, the ability to ward off that invader, is acquired by contact with the invader, and is specific to that invader.

The initial contact with the invader triggers the activation of the adaptive immune response. Specialized cells (lymphocytes) and proteins (antibodies) will mount a response to defend the system when that invader is seen again.

When there is an allergy to a certain food, your body will stimulate the production of antibodies to "attack" the food, causing an inflammatory response within the gut.

Things can also go a little haywire if under repeated siege from a particular foreign invader, and the body can begin to attack normal tissue. This is called an autoimmune response.

This can lead to more widespread inflammation within the entire system, and this is one theory for hard to explain chronic painful conditions.

Some reactions are immediate and some can be delayed several days, making it tougher to make the connection between a certain food and the possible reaction.

In the Systematic Reintroduction Phase, the exact system to add foods back into your diet is clearly explained. This allows determination of what food or foods may be causing persistent pain or other symptoms.

Clearly there can be some overlap between the types of reactions the body can have to certain foods. I agree with the philosophy of Dr. Black in that I am not so concerned with the type of reaction but why patients can't eat certain food groups.

Of utmost importance is to determine how much better you will feel after removing certain food triggers from the diet.

Particularly, how much of your pain may decrease once you learn how to stock your pantry, refrigerator, and yourself with powerful anti-inflammatory foods on a regular basis.

"The art of healing comes from nature, not from the physician. Therefore, the physician must start from nature, with an open mind." - Paracelsus

The Usual Pain Pill Model

"But doc, I don't take any of those big time pain killers, I just use ibuprofen so I don't get so sore after my workout." I hear that quite a bit from some of the more athletic patients I treat.

Think that ibuprofen you're popping every day before your workout is harmless? Think again.

Ibuprofen is known to impair perfusion to the upper gastrointestinal (GI) tract by inhibiting COX-1, and inhibits another enzyme (COX-2) which is thought to compromise immune function in the GI lining, potentially resulting in an inflammatory response.[19]

You read that correct. Anti-inflammatory medications can actually cause inflammation in the GI tract of susceptible individuals.

In another study, 800 mg of ibuprofen before exercise was enough to cause exercise-induced small intestinal injury, further inducing gut barrier dysfunction.[20]

Remember that the GI lining is the first line of defense for our immune system. What do you think is happening to that defense system when continually pounding the ibuprofen and inflammatory foods?

By now it is probably starting to become clear why even medications thought to be fairly harmless can be a set up for big-time inflammation in the gut. The longer present, the more likely it will become more widespread systemic inflammation.

Throw some inflammatory foods down the hatch on a regular basis, adding some fuel to the fire, and now the system is really going to get overwhelmed. That little nagging joint pain starts to become a bigger nagging pain that won't go away.

All too often the "treatment of pain" is as follows:

Step 1: A round of anti-inflammatory medications, such as ibuprofen or naprosyn.

The warning from the prescribing health professional was probably along the lines of "take this with food as it might upset your stomach". You learned the reason why this is a common side effect.

Of course, these medications will not "fix the problem" but it may turn off the pain signal enough to allow the patient to keep up their volume of training.

This essentially tricks the brain and body into thinking that the problem has been taken care of, yet

the true treatment (often requiring modification of activity, physical therapy, and dietary changes) is often delayed, or not even explored.

Step 2: The phase of "meds don't work anymore" – another thing I hear on many occasions from my patients.

If the pain becomes more severe or persists for a longer period of time becoming more chronic, it is highly possible that even stronger medications in the opioid class will be prescribed. This is a slippery slope for a patient, particularly if there is not a clear exit strategy.

This class of medication is indeed a powerful pain-killer. Once upon a time opioids were used primarily for cancer pain, post-surgical pain, severe traumatic injuries to the body, or for the elderly with painful conditions not amenable to other treatments. Now, opioids are quick to be prescribed for just about any ache or pain, even to very young patients.

If this is getting depressing, take a break and have a good laugh. YouTube "Comedian Brian Regan Emergency Room".

With the use of opioid medications, most patients can experience many unpleasant side effects. Some of the more common:

- Constipation – This is because of the direct action on receptors in the GI tract. It stands to reason that if we would like the GI tract to function optimally (process high quality fuel, move the naturally created byproducts and toxins through and out of the system), these medications are not going to help the cause.
- Nausea, itching, headaches – Not so pleasant, unless you enjoy feeling like you having a case of the flu.
- Cognitive dysfunction – Due to the receptors targeted within the nervous system, there can be a host of side effects such as confusion, memory problems, lack of focus or mental clarity, and lethargy.
- Dependency – The system begins to require these medications to "feel normal", and if abruptly taken away, withdrawal symptoms are common.
- Decreased libido – Loss of your bedroom mojo.

With continued pain often comes some element of depression. Previously, I briefly touched on the emotional aspect of living with pain, and clearly there is a strong association with mood disturbances for those who live with chronic pain.

I'm going to go out on a limb here to state that if you are experiencing some of the additional side effects listed above, you are probably going to feel pretty lousy, and this could also make you feel a little depressed.

Serotonin is a neurotransmitter that is strongly linked to the release of Growth Hormone (GH). About 95% of serotonin is actually produced within gut, often why the GI tract is called the second brain.[21] GH has a critical action in the repair of damaged tissue by stimulating new tissue growth, i.e. building muscle. GH is a critical player for building any kind of physical performance. (I'm not going to get into whether supplementing with exogenous sources actually helps).

Further, GH also has a significant role in carbohydrate metabolism throughout the day, regulation of mood, as well as increasing DHEA levels. DHEA, or Dehydroepiandrosterone, is an endogenous steroid hormone that functions as a biologic intermediate in the biosynthesis of androgen and estrogen sex hormones.

Because growth hormone production peaks during sleep it also has a connection with the quality of your sleep, in a somewhat vicious cycle. Poor sleep quality or inadequate sleep will lead to decreased production.

We can make the leap then that if the GI tract is not functioning optimally than production of serotonin is going to be down. When serotonin levels drop, growth hormone will drop. Low levels of either can have a significant impact on how you feel in many ways. In fact, more and more research is showing that the health of your gut is what influences several diseases, including depression and mood disorders.

Now, I'm not going to tell you I never prescribe these medications because I do most days in my practice. They are utilized for a short period of time as what I refer to as a "bridge treatment".

Patients often present in such a state of chronic pain and inflammation that they are completely miserable and have a hard time getting through basic daily activities, let alone even thinking about going to the gym.

Although I just explained why these types of medications can be harmful if used long-term, they can be quite helpful in the short-term. This creates a "therapeutic window", or a period of time to start implementing the necessary dietary and physical activity changes that are the foundation for truly "fixing the problem".

To be honest, most patients walking through my doors have already been stuck on the bridge elsewhere,

and have been there for a long time.

There was no real plan to get them over the bridge to the "land of positive lifestyle changes". Deficiencies abound within the current healthcare system, but this one is huge.

Unfortunately, the statistics are well documented that many deaths occur each year from GI bleeds directly related to even the "harmless" class of medications (NSAIDs).[22]

Opioid use has also skyrocketed in this country to epidemic proportions over the last several years.[23] With it has come the ugly reality of drug addiction, and unintentional overdose and even death, simply because people were never given any other way to help their pain.

The latest *Monitoring the Future Study* – the nation's largest survey of drug use among young people – showed that prescription drugs are the second most abused category of drugs after marijuana.[24]

Further, opioid overdoses, once only related to heroin, are now increasingly due to abuse of prescription pain killers, mainly opioids.[25]

Common Pain Myths

Now that you have an understanding of the "hard science", I'll briefly touch on the two biggest myths regarding pain.

Myth #1 – "Everyone has pain and loses function with aging"

Wrong. I see plenty of patients in their 50's, 60's, and 70's that look twenty years younger than their age and are probably more functional than many patients I evaluate in their 30's, 40's, or 50's.

Why are they more functional? Probably because they have done a great job with regular maintenance and have filled their tanks with premium fuel for most of their lives. They are the classic cars – meticulously maintained and able to outperform some "newer models".

What does happen to all of us to some degree as we age is the formation of advanced glycation end products, or AGE products (AGEs).

AGEs can be produced endogenously, or internally, as the result of a glycation reaction whereby proteins or lipids (fats) are cross-linked, or glycated, after exposure to sugars.[26]

This is more likely to happen when blood sugars are routinely elevated, and there is a surplus of circulating sugars. Further glycation reactions cause molecular rearrangements and the release of reactive oxygen species, or free radicals, known to promote inflammation.

Exogenous sources, from outside the body, come from the diet. Modern diets are loaded with AGEs due to the type of processing and refining of foods.[27]

AGEs formation are strongly related to metabolic disorders, such as diabetes and hyperlipidemia, and are known to promote inflammation and contribute to tendon, ligament, and joint damage.[28]

Myth #2 – The "no pain, no gain" philosophy.

Unfortunately, this was born out of the athletic arena but now has become more pervasive in how some people view their day-to-day functioning, occupational, recreational or training activities.

Yes, it is true that extraordinary athletes, maybe even you at one time or another, have played through the pain to finish a game, a marathon, or just a walk with your children or grand-children.

Your brain is an extremely powerful tool that can be focused to overcome the pain, blocking the pain signal if you will, for a short period of time. This was a very primal function of the brain back in the day to allow your ancestors, injured on a hunting expedition far away from camp, to walk the hundred miles back to the cave to recuperate.

When you constantly "train through the pain" you put yourself at risk for a more significant and costly injury.

You Are What You Eat

Lucretius (Titus Lucretius Carus, ca. 99 BC – 55 BC) a Roman poet and philosopher, well known for his poem *On The Nature of Things*, famously postulated that one man's food could be another man's poison.

Many years later this remains true. Some foods thought to be inherently healthy can actually be harmful for susceptible individuals. The quality of macro- and micro-nutrient components of foods can also make all the difference for optimal health, function, and decreasing inflammation.

Macronutrients – The class of nutrients, or compounds that humans require in substantial amounts for bulk energy. Ex. carbohydrates, proteins, and fats.

Micronutrients – Nutrients required by humans in much smaller amounts to facilitate normal physiologic functionsc. They cannot be produced by the organism
Ex. Vitamins and trace minerals such as chromium, cobalt, copper, iron, manganese, selenium, and zinc.

Phytonutrients – Nutrients derived from organic components of plants thought to promote human health. Unlike the macro- and micro-nutrients they are not "essential" for life but we beg to differ.
Ex. Fruits, vegetables, grains, legumes, nuts, and teas.

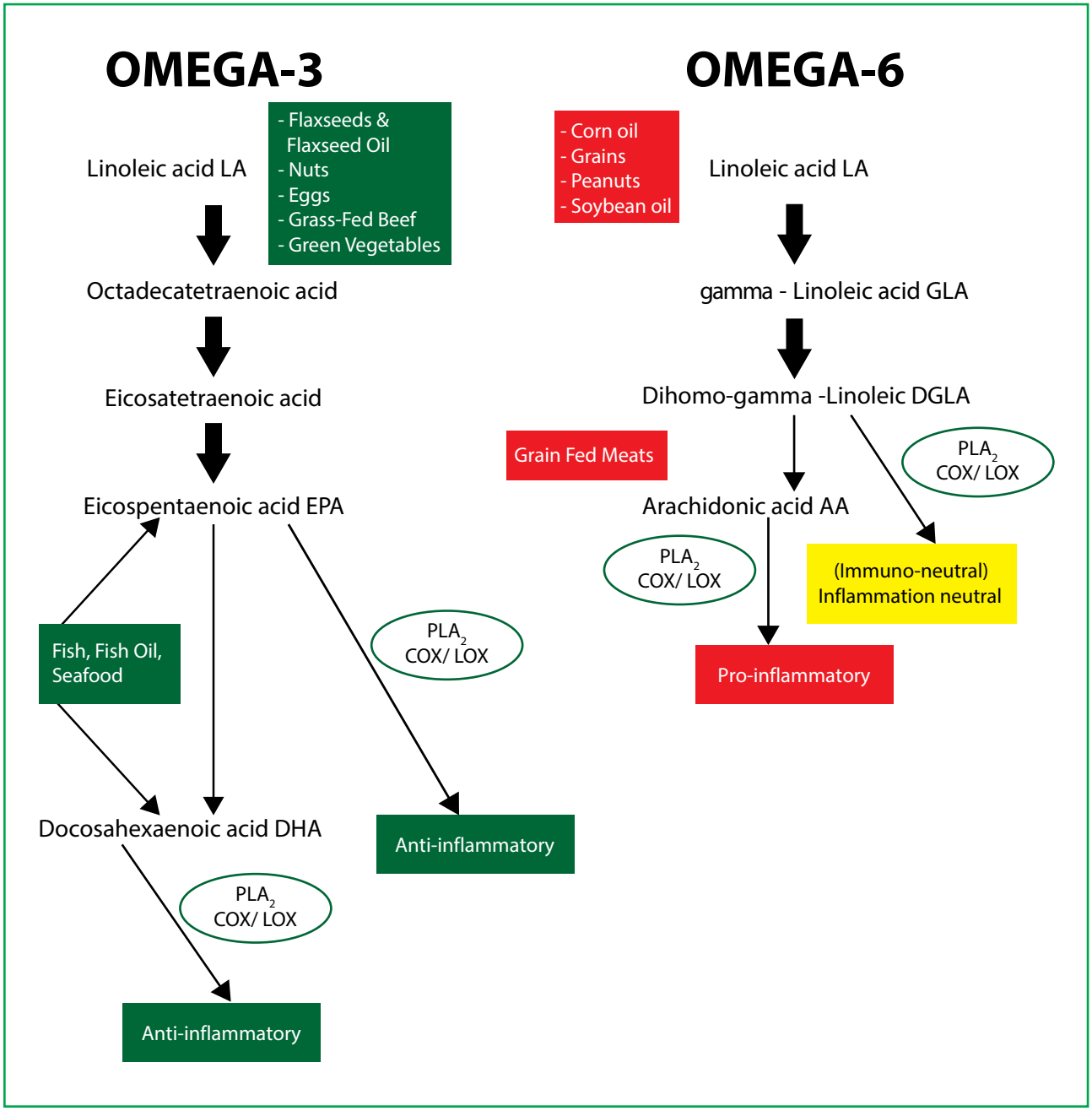
The foundation of any good diet is built upon a wide variety of high quality whole foods. Equally important is minimizing exposure to artificial chemicals and toxins all too commonly found in most traditional diets. Although harmful chemicals and toxins are more common in refined foods, many can be found within "health foods" and even fruits and vegetables, depending on the source.

Nick is going to teach you all about this in the next section. We'll also discuss some of the more controversial topics such as advice to "eat more whole grains" and "eat only unsaturated fats".

So far we've talked a lot about inflammation, pain, and the unfortunate pain pill model all too common in the treatment of pain. We also discussed the way certain foods can cause inflammation. Now, we are going to outline the way most diets can actually promote inflammation and pain.

Fatty Acids and Phytonutrients

In the graphic below it is clear to see that there are a couple of distinct pathways for the body to utilize healthy omega-3 and omega-6 polyunsaturated fatty acids (PUFA). Depending on how much is consumed in the diet, it is then easy to see how this could shift the balance towards inflammation or anti-inflammation.



The Skinny on Fatty Acids – A short biochemistry lesson.

Fatty Acids (FAs) are composed of triglycerides or phospholipids and are named according to the number of carbon double bonds.

- Saturated – do not contain any carbon double bonds and so are saturated with hydrogen atoms; commonly stockpiled in adipose tissue because they yield more energy when oxidized
- Monounsaturated FA (MUFA) – contain one carbon double bond
- Polyunsaturated FA (PUFA) – contain multiple carbon double bonds

FAs vary in the length of the carbon tail:

- Short chain FA – less than 6 carbons
- Medium chain FA – 6-12 carbons
- Long chain FA – 13 carbons
- Very long chain FA – More than 13 carbons

PUFAs are further classified a cording to the position of the last double bond:

- Long chain, or omega-3 FA
  - » Found in canola oil, flaxseed, walnuts, fish o
- Functional, or omega-6 FA
  - » Found in safflower, soybean, sunflower, and corn oils

MUFAs, or omega-9 FA is by far the most abundant FA in our diet and can be found in nuts, olive oil, and avocados.[29]

Under heat, saturated fats are much more stable than PUFAs. Translation – they are less inflammatory. This means that any high-temperature cooking should preferentially use good sources of saturated fats (coconut oil, butter from grass fed cows, and red palm oil) despite health professionals touting this to be a less healthy fat.

Most everyone has heard about the benefits of omega-3 and omega-6 fatty acids, but what may not be well known is that an overabundance of omega-6, or deficiency in omega-3 can actually promote inflammation.[30]

A surprising fact is a "traditional western diet" will have a ratio of between 20 and 30:1 omega-6 to omega-3. Ideally the ratio should be no more than 4:1, or ideally 1:1 for optimal health.[31, 32] This is a major problem if we are talking about decreasing inflammation in disease statess.[33, 34]

Omega-3 sources	Omega-6 sources
• Fish, krill, or algae-based oil • Salmon and other fish • Flaxseeds and flaxseed oil • Eggs • Grass-fed beef • Nuts	• Vegetable oil • Nuts and seeds • Grain-fed meat • Soy products

Another very interesting fact is that most traditional diets have been so overloaded with omega-6 for so long, that the body has actually evolved to contain more inflammatory omega-6 fatty acids where previously there was very little.[35, 36, 37] Where? Within the joint tissues, specifically subchondral bone and cartilage.

Other osteoarthritis studies have shown that inflammatory mediators and local and systemic factors, such as oxidative stress from free radicals, have a major role in the progression of disease.[38, 39]

Free radicals – Molecules produced from the digestion of food, and also acquired from outside environmental exposure and toxins. They can alter the chemical makeup of cells within the body, compromising optimal function.

Antioxidants – Inhibit the oxidation of other molecules. Oxidation is what causes rusting of sheet metal on a vehicle. Oxidation reactions within the body produce free radicals.

Good carbohydrates such as fruits, vegetables, and select whole grains, nuts, some meat, poultry and fish contain an abundance of antioxidants.

As you have already learned, with repeat dietary injury from inflammatory foods, the balance within the body is shifted towards a state of chronic inflammation. This sometimes is not apparent until an acute or sub-acute injury is sustained and does not heal as quickly or completely as one would expect with time.

Other negative lifestyle factors such as high stress levels, poor sleep quality, and lack of exercise can compound the inflammatory effect.[40, 41, 42]

However, there is evidence to show that painful joint disease can be substantially improved with dietary modifications to increase phytonutrients to combat free radicals, and by restoring a proper balance of omega-3 to omega-6 fatty acids.[43, 44]

Essential fatty acids are called essential for a reason. They are an integral component for rebuilding and maintaining optimal structure and function of the joints. And as shown earlier, the appropriate ratio is of critical importance.

Because it is difficult to obtain the appropriate ratio of omega-3 FAs to omega-6 FAs with diet alone, supplementation with a high quality fish, krill or algae source is often beneficial.

Research has shown that specific FAs (EPA and DHA) found in fish oil can modulate the disproportionate amount of omega-6 FAs within nerve, immune, and joint tissue. Therefore, they may have significant benefit in chronic pain syndromes.[45]

Big-Boned or Bound to Have Bone Problems?

It is difficult to go out in public without noticing that everything is getting bigger, and not necessarily better, unless of course you live in Texas.

I am not talking about the expanse of buildings and size of cars, but rather the expanding backsides and cankles of the average American.

Cankle – A common anatomical anomaly seen in obese patients by which the calf girth gives way to a cylindrical shape throughout the lower leg obscuring the definition of the ankle joint.

According to the Arthritis Foundation, the risk of developing arthritis increases by about 10% for each additional two pounds above ideal weight.

The severity of OA can be accelerated by mechanical overload and stress upon the joint, but there is more to the story than simple physics. There is mounting evidence that obesity, as a component of metabolic syndrome, is contributing directly to the progression of joint disease in OA.[46, 47]

Obesity itself has a bearing on the amount of reported pain, often very disproportionate to the duration of the disease or the severity of radiographic findings.

In one study, over one million people were interviewed by phone regarding whether or not they suffered from pain. BMI and pain yesterday were reliably associated when demographic variables were controlled: the overweight group reported 20% higher rates of pain than Low-Normal group, 68% higher for Obese I group (BMI 30-35), 136% higher for Obese II group (BMI 35-40), and 254% higher for Obese III group (BMI >40). The association held for both men and women and it became stronger in older age groups.[48]

BMI, or Body Mass Index = weight(kg)/ height(meters)^2

There is no question that weight reduction, specifically fat loss, is a lifestyle change that can dramatically reduce pain.

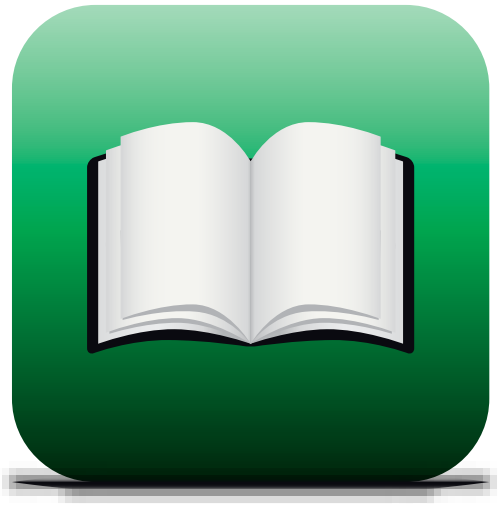
What Specific Foods Promote Inflammation?

As explained earlier, there are many healthy foods that could be hidden pain triggers.

In the next couple of sections Nick is going to teach you everything you need to know to successfully navigate the aisles at the grocery store, in order to stock the cart with potent pain-killing, anti-inflammatory foods.

Food labels will never be a mystery again. The clever tricks used by food companies will be exposed to make sure you never buy the wrong foods again.

We are then going to walk you through the entire system showing you exactly how to simplify your diet, overdrive your system with the best anti-inflammatory foods, and then systematically reintroduce foods to determine what may be the culprit for that nagging joint pain.



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Our Unique S.O.S. Method

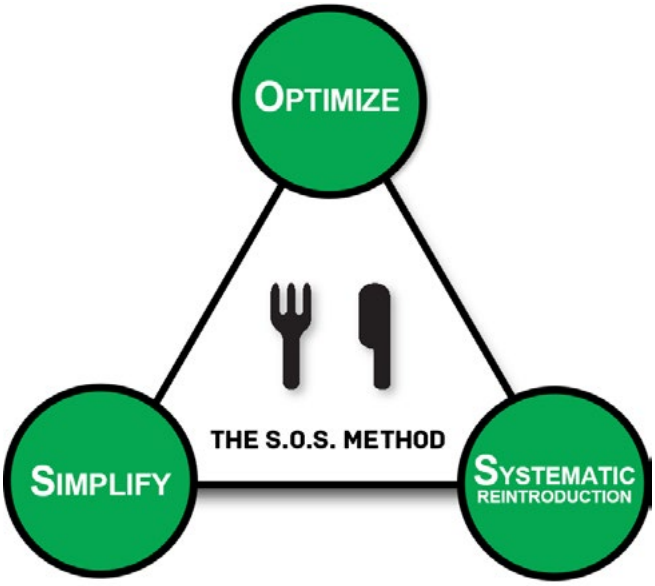
You probably never heard about our method. Most health professionals probably have not either.

The problem with most pain-killing protocols, anti-inflammatory diets, or natural pain remedies is that they primarily focus on adding more anti-inflammatory foods or pills to **temporarily** soothe your pain. This is like putting a paint job on a rusty car.

These solutions work for some time, but because the source of the pain is not effectively treated, the body can quickly become accustomed to the treatment, usually causing it to be less effective over time.

Our method is different. Instead of trying to simply soothe the pain short term, it will attack the root cause of your chronic inflammation and pain – inflammatory toxic foods.

By removing these problematic foods from your diet for at least 14 days – and adding the cleansing and soothing effect of anti-inflammatory and nutritious foods – you'll experience the power of a pain-killing method that works in synergy with your body.



Simplify: Temporarily remove common foods known to be allergenic or toxic to achieve a simpler, healthier diet that gives your body a chance to heal itself.

Optimize: Increase the effects of this simplified diet and shift your natural healing abilities to overdrive by adding the right anti-inflammatory and nutrient-dense foods.

Systematic Reintroduction: Reintroduce your favorite foods gradually, while monitoring their effects on your body. This is the "detective" part where you'll discover exactly which foods worsen your pain, and which can decrease inflammation and promote healing.

A lot of problematic foods are being marketed as "healthy" by big companies. But the latest independent studies show otherwise.

Get prepared to be shocked by some recommendations.

Simplify Your Diet

Your body has an innate capacity to heal if given the proper environment to do so, but this can only happen if you stop throwing inflammatory foods at it.

The first step of our unique **S.O.S. Method** is to remove those problematic foods from your diet. This is most critical part to *rescuing* your body and addressing *the root* of your pain.

In the next several pages, you are going to learn about a lot of foods that will be removed during the program. It may feel overwhelming at times – but don't worry: **we have taken care of everything**. The meal plans provided with the program will contain the right ingredients you CAN eat, without any of the problematic foods.

That being said, the next few pages are mandatory reading and critical for your long-term success with the program.

Remember that you'll only skip these foods for 14 days, and then they will be systematically reintroduced at the end of the program. You won't even have time to miss them!

Are You "Refined"?

The term "refined foods" dates back to the days when wealthy, or refined, people had staff hand-si ft whole wheat to create pure white flour.

Only the very wealthy could afford this process. Ironically, the poor were left to eat the low quality "whole grains".

- From the Complete Idiot's Guide to the Anti-Inflammation Diet

Remove: Toxic Inflammatory Foods

Refined foods. Processed foods. Synthetic foods. Fake foods. All equal toxic foods.

Whatever you want to call them, these foods are generally known to be inflammatory and potentially hazardous, and they should not be consumed daily by anyone.

Many of these foods (like common food additives) can trigger symptoms that mimic allergic reactions, according to the Center for Science in Public Interest (CSPI).[49]

That's just another reason you need to eliminate of these toxic ingredients during the entire 14 days of the program.

Trans Fat

Where?

- Hydrogenated or partially hydrogenated oil, shortening, margarine and spreads
- Hidden under the name "mono and/or diglycerides"
- Some studies even show that non-hydrogenated refined oils (see next page) may contain up to 4.6% trans fat not on the label[50]

Why?

Increased risks of dangerous conditions including heart attack and stroke, they are also known to increase chronic inflammation[51]

Make sure to read the ingredient list carefully: manufacturers have the right to claim their product is trans-fat free if it contains less than 0.5g per serving.

Common Refined Vegetable Oil

Where?

- Canola oil
- Safflower oil
- Sunflower oil
- Corn oil
- Soybean oil
- Cottonseed oil

Why?

- Contains 4.6% hidden trans fat
- The refining process destroys the delicate omega fats and creates inflammatory toxins
- Too much omega-6, not enough omega-3

While the optimal omega-6 to 3 ratio is 1:1 to 1:4, it goes as high as 25:1 in favor of omega-6 in the US.[52] This ratio promotes inflammation and compromises recovery.

Grain-Fed Meats

Where?

- Unless stated otherwise, all the beef, pork and chicken you find on supermarkets shelves are fed grains

Why?

- The nutritional content of this meat is very low quality
- Contains part of the 15 million pounds of antibiotics fed to these sick animals every year,[53] on top of pesticides and the dangerous growth hormone rBGH.
- Fed with GMO grains

Grain-fed beef contains virtually none of the healthy omega-3 present in grass-fed beef.[54]

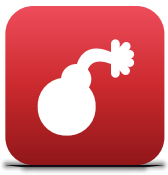
Processed Meats

Where?

- Bacon (except pasture-raised)
- Bologna, ham and other deli meats
- Hot dogs
- Pepperoni and other processed, smoked and cured meats

Why?

- These processed meat products are made with very low quality ingredients
- The nitrites that are used to preserve their freshness might trigger allergic responses[55]



Nitrites are naturally produced and contained within the tissues of the body, [56] however nitrite additives are thought to promote disease, including cancer.

Sugar

Where?

- White sugar, raw sugar, turbinado
- High fructose corn syrup, corn syrup
- Fructose, dextrose
- Sugar-containing ingredients (consult the **Food Label & Allergy Guide**)

Why?

- One of the worst inflammatory ingredients
- Feeds off the bad bacteria in your gut and promotes inflammation by spiking your blood sugar[57]

Alcohol

Where?

- Beer
- Spirits
- Wine
- Any kind of alcoholic beverage

Why?

- Regular consumption of alcohol causes irritation and inflammation of your esophagus, larynx and liver
- Also usually high in sugar content and made from grains that can be inflammatory.

Artificial Sweeteners

Where?

- Most "sugar-free" products
- Aspartame (NutraSweet® or Equal®), Sucralose (Splenda®), Neotame, Saccharine, Acesulfame-K
- Artificial sweeteners-containing ingredients (consult the **Food Label & Allergy Guide**)

Why?

- Artificial sweeteners accounts for over 75 percent of the adverse reactions to food additives reported to the FDA,[58] and may be linked to gut flora destruction and increase in risks of Inflammatory Bowel Disease (IBD)[59]

Even though these fake sweeteners are approved by the FDA, dozens of health authorities warn against possible health risks linked to regular consumption.

MSG (Monosodium Glutamate)

Where?

- Broth cubes and powders, flavoring, prepared sauces and soups, and most restaurant seasonings
- Common names include: autolyzed yeast extract, glutamate, glutamic acid, sodium caseinate, hydrolyzed vegetable protein
- MSG-containing ingredients (consult the **Food Label & Allergy Guide**)

Why?

- Excitatory neurotoxin that can cause side effects including severe headaches and irritability[60]
- Estimates by the *Truth in Labeling Campaign* suggest that approximately 40% of the U.S. population presently react adversely to MSG[61]

Despite a lot of claims by different health circles, the FDA affirms that MSG sensitivity hasn't been proven yet.[62] We recommend ditching all food preservatives altogether, because they are usually contained in unhealthy processed foods.

Artificial Coloring

Where?

- Soft drinks, fruit drinks, and fruit punches
- Muffins, cakes, and cookies mixes
- Artificial vanilla, almond, peppermint, lemon, orange, and coconut flavors
- Colorful breakfast cereal
- Many popular brand sauces
- Popsicles®
- Jell-O® and other gelatin mixes
- Under names starting with "FD&C" and followed by a color and a number. Ex: FD&C Yellow No. 5
- Consult the **Food Label & Allergy Guide** for the complete list of artificial colorings

Why?

- Made with petroleum[63] (yes, the same you fuel your car with…)
- Can cause life-threatening allergic reactions for some people, according to a recent study by the University of Michigan[64]

GMO (Genetically Modified Organism) Foods

Where?

All these foods and derivatives may be GMO, unless certified o ganic or "non-GMO":

- Soy
- Corn
- Cotton
- Canola
- Sugar beet (all white sugar)
- Zucchini
- Papaya

Why?

- Some studies show GMO foods can trigger allergic immune system responses and damage gut flora[65]
- Shown to increase occurrence of other allergies. As an example, soy allergies jumped 50% in the U.K. just after GM soy was introduced[66]
- GMOs might have had an influence on the doubling of US peanut allergies from 1997 to 2002, confirming their very allergenic nature[67]

GMOs may be a problem – or may not. The problem: dozens of big companies paid $46 million (and counting) to make sure they are never put on a label.[68]

The worst figures: 91% of the U.S. population feel like GMOs should be labeled[69] (like they are in dozens of other countries),[70] yet the average American eats their weight and more in GMO food every year without even knowing it.[71]

Sulfites

Where?

- Drinks
- Commercial foods
- Dried fruit (apricots)
- Salads and fruit salads
- Crustaceans
- Gelatin

Why?

- The FDA estimates that one out of 100 people is sensitive to sulfites, and it's part of the top 10 allergens list in Canada
- For some people, sulfites can trigger asthma and symptoms of an anaphylactic reaction[72]

The same way you can be allergic to bees, pollen or certain common foods like milk and wheat, a vast array of foods can be a problem for you.

Unfortunately, this includes what are sometimes considered to be harmless, healthy foods.

For the sake of simplicity, we've decided to remove only the most common allergenic foods from your diet during the 14 day program.

Forewarned is forearmed. It is possible to react negatively to virtually any food.

Monitor how your body reacts to every meal closely and make sure to follow the **Success & Food Journal** to identify these problematic foods.

Remove: Common Allergenic Foods

An allergy occurs when your body reacts to normally harmless substances in the environment.

The same way certain blood types are not compatible with each other (in blood transfusions), certain foods are rejected by your body to a certain degree, leaving you with mild to severe symptoms and the increased inflammation that comes with it.

This is not mainstream medicine. Although many health care professionals are familiar with life-threatening food allergies such as peanuts or shellfish, most have no idea that foods can also trigger lower-level allergies that wreak havoc on the body.

Even if you're not allergic to these common foods, your body could still have a difficult time processing them, and that can lead to negative symptoms as we have discussed. This is referred to as an intolerance or sensitivity.

For the sake of simplicity, we'll refer to any food that may cause your body to react negatively and cause inflammation as an "allergenic food."

Removing these allergenic foods will most likely make you feel better. We will give you the system to remove, and then reintroduce, some of these common allergenic foods.

Warning: allergenic foods can be quite sneaky.

Consult the **Food Label & Allergy Guide** to discover what ingredient names they can hide under.

Dairy (pasteurized or raw)

Where?

- Milk
- Butter
- Ghee
- Yogurt
- Kefi
- Cheese
- Cream
- Sour cream
- Ice cream
- Whey protein
- Dairy-containing ingredients (consult the **Food Label & Allergy Guide**)

Why?

- Dairy is one of the 8 most common food allergens
- 60% of all adults can't digest milk properly[73]

Wheat and Gluten Grains

Where?

- Any product that contains these grains, whole or refined: wheat, barley, bulgar, couscous, kamut, malt, oats and oatbran (unless tested and guaranteed gluten-free), rye, spelt, triticale
- Gluten-containing ingredients (consult the **Food Label & Allergy Guide**)

Why?

- 10% of the world's population is allergic to gluten[74]
- Most people (even non-allergic) have a hard time digesting it
- In more recent years, many professional athletes have been touting the performance benefits of a gluten-free diet. A group of cyclists found "all-around better digestion", better sleep, and faster recovery times.[75]

Peanuts

Where?

- Peanuts, peanut butter
- Peanut oil (could be a potential allergen)
- Non-certified chocolate products (very probable contamination)
- Peanut-containing ingredients (consult the **Food Label & Allergy Guide**)

Why?

- Peanuts are one of the 8 most common food allergens
- Peanuts are very prone to rancidity and develop inflammatory aflatoxins that have been linked to inflammation[76]

Soy Products

Where?

- Soy milk
- Soybean oil
- Soy patties and meat substitutes
- Soy spread
- Soybean (curds, granules)
- Tofu
- Fermented soy products: soy sauce, tamari, miso, tempeh, natto, etc.
- Soy-containing ingredients (consult the **Food Label & Allergy Guide**)

Why?

- The Asthma and Allergy Foundation of America estimates soy is among the nine most common food allergens for pediatric and adult food allergy patients[77]

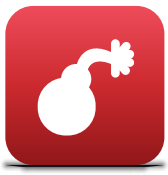
Nightshades Vegetables

Where?

- Potatoes (other than sweet potatoes and yams)
- Tomatoes
- Sweet and hot peppers
- Eggplant
- Tomatillos
- Paprika
- Cayenne pepper
- Goji berries
- Tobacco – just one more reason why smokers often report more pain

Why?

- This diverse group of foods and herbs contains certain alkaloids that can cause inflammation



Some researchers that say there is "insufficient" research to back up this claim, but the naturopathic medicine literature abounds with information on this topic.[78] Consult the **Food Label & Allergy Guide** for more information.

Even these anti-inflammatory foods could be a problem for some people.

In the next chapter, we'll show you how to monitor your body's reactions to each of your meals to be sure you bust the exact foods responsible for your pain and inflammation.

Optimize Your Recovery with These Foods

After seeing the "forbidden" list of foods on the last few pages that need to be removed for the length of the program, it may seem overwhelming.

Refer back to the previous several pages to be sure what foods may be allergenic or inflammatory. In the next pages, we'll show you what you **CAN** eat – and how **tasty** and **stress-free** a pain-killing diet can be.

Also, after you have successfully completed the 14-day program and have started to feel the benefits, we are going to show you the exact strategy to reintroduce some of the foods you gave up.

Please note: this is just an overview of the foods that will be your travel companions during this pain free journey. In the **Shopping List & Guide**, you'll learn exactly what kind of ingredients you should focus on, and what to avoid.

Carbs	Protein	Fats
▪ Veggies ▪ Fruits ▪ Dried fruits ▪ Rice ▪ Gluten-free grains	▪ Grass-fed and pasture-raised Meats ▪ Beans and lentils ▪ Eggs ▪ Tree nuts ▪ Seeds ▪ Fish and shellfis	▪ Coconut oil ▪ Red Palm oil ▪ Olive oil ▪ Avocados

Drinks	Sweets & Sweeteners	Seasonings & Condiments
▪ Dairy substitutes ▪ Water ▪ Coffee ▪ Tea	▪ Dark chocolate ▪ Honey ▪ Coconut sugar ▪ Stevia	▪ Herbs and spices ▪ Broth ▪ Unrefined sea or rock salt ▪ Vinegars ▪ Coconut milk ▪ Fermented veggies

prep

It's Time to Get Ready

Now that you understand how ***The 14-Day Pain Free Diet*** works, it's time to prepare and commit.

I know you must be eager to start getting rid of the pain that has been slowing you down for way too long already.

Follow these 3 simple steps to get started as soon as possible:

1. Complete the Pledge on the next page. This is a commitment to yourself to stick to the program for the entire 14 day, without any cheating.
2. Review the **Shopping List & Guide** to find out exactly **what** foods to eat during the program and **where** to buy them for the best price.
3. Shop for the foods you need (with the provided shopping list in hand) at your local grocery store, health food store, or farmer's market – or online.

Your Pledge (Print This Page)

Read this pledge (out loud if you feel like it) and sign below to signify you're ready to start living a more pain free life.

Make sure to print it out and post it somewhere where you will see it every single day (I put mine on my fridge so I see it when I reach for my first meal each morning).

Trust me: nothing will help you stay on track better than this one sheet of paper.

I've invested in this program because I want to live a more functional life with less pain.

The pain has been slowing me down for way too long, robbing me of my quality of life, causing me to limit my activity, and has made me fearful about how much worse it may get with time. My pain has been resistant to the pills, shots and other treatments, and I'm fed up.

I'm proud of myself. I took action where most people are passive and expect someone else to "fix the pai ".

To make this work, I'll have to stick to this unique nutrition program for the entire 14 days, and then make a large portion of this program a permanent lifestyle change if I want to experience lasting results.

I know this has no chance of working if I do not apply what I learn in this program. I'm ready to do this.

I will stick to the plan for 14 days, and only eat what is outlined in this program because I want to feel a dramatic reduction in my pain levels. I will deal with the side effects, including higher quality of life, increased vitality and libido, better looking skin, enthusiastic energy, and very probable fat loss.

_____

Your Signature

Shopping Time!

If you have taken the pledge then you are ready to start.

Take action now:

1. Carefully read the **Shopping List and Guide**.
2. Then, shop for the foods you need (with the provided shopping list in hand) at your local grocery store, health food store, farmer's market, or online.

Don't wait until tomorrow to start. We all know this is an excuse.

Success comes through action, not through over-analysis and over-thinking.

Review the shopping list, buy the foods you need, and let's get started on kissing your pain goodbye!

eat

The #1 Secret to Your Success

Before you start cooking your pain killing meals for the next 14 days, you need to hear about the #1 thing that's going to guarantee your success – systematic monitoring.

During the next 14 days, before and after each and every meal (important), you're going to fill out the **Success & Food Journal** and monitor your pain level, energy level, mood and sleep quality to see just how powerful these simple dietary changes can be.

This step is very important, for many reasons:

- You can be allergic or intolerant to virtually any food on Earth.
- With this system you are going to be able identify what foods make you feel great, and what foods give you undesirable side effects.
- Removing these problematic foods will address the "hidden" root cause of your pain, finally allow your body to heal, and stay pain free for the rest of your life.
- Filling out this journal with every single meal will give you a sense of accountability, and will hold you accountable, to make sure you successfully complete the entire 14-day program.

Let's Get Cooking

If you're reading this and haven't bought all the foods you need for the next 14 days… go back and do so.

It is critical that you follow the program to the letter, and as improvising on your diet because of poor planning will lead to poor results.

Got it? Alright!

The next step is very simple. Get cooking!

Review the **Pain Killing Recipes Guide**. Or, if you're a real chef, cook your own recipes with ingredients that are accepted.

You'll find dozens of mouth-watering recipes that I'm sure you'll keep using over and over in the future.

Trust me – you won't feel like you're on one of those bland diets or crazy detox protocols. Our philosophy – working towards becoming pain-free has to ***feel*** pain-free!

Read the **Pain Killing Recipes Guide** and **Meal Plans** and get cooking!

Rebuild

Congratulations!

After 14 days, you should already be starting to feel a reduction in your nagging joint, back, and neck pain.

You also probably experienced some "pleasant side effects" like:

- Reduction or even complete elimination of pain
- Fat loss
- Increased energy
- Improved sleep quality
- Mental clarity and focus
- Reducing or eliminating the need to rely on your pain pills

You now have the tools to put yourself firmly in the driver seat to manage your pain. You are now officially "certified" to take this new found knowledge and share it with others.

Now is the perfect time to send us a testimonial at **support@ThePainFreeDiet.com** and get a sepcial e-coupon you can use to get our next program for free!

What's Next?

The sad truth. If you go back to your old ways, your inflammation will come right back, and so will the pain.

To discover what foods can be the real problem for you, follow the Systematic Reintroduction Guide in the next few pages to start eating your favorite foods again without undoing all your hard work over the last two weeks.

Systematic Reintroduction Guide

Disclaimer: **This portion of the program is to be used AFTER you've followed the 14-Day Pain Free Diet plan to the letter for an entire two weeks.**

To get optimal results with the 14-Day Pain Free Diet, it is essential to have built a solid foundation. The first two weeks are a critical "detox period", allowing the body to rid itself of harmful, accumulated toxins, heal the inflammation, and prime the system for optimal pain relief by introducing high-quality anti-inflammatory foods.

If for whatever reason you haven't already started feeling amazing improvements in your pain, don't worry.

This is an indicator that you will likely need a longer detoxification/healing phase for your GI tract and immune system to return to optimal function. It is recommended that you stick to the plan for an additional two weeks before starting the reintroduction.

How It Works

In the Systematic Reintroduction Phase of the S.O.S. method, foods will be added back into the diet one group at a time to determine the effect on inflammation and pain. We selected an order of reintroduction from most likely to least likely to be problematic.

Order of reintroduction

1. Nightshades
2. Dairy
3. Gluten
4. Peanuts
5. Soy

It is very important to follow the systematic reintroduction as this is the key step to help you finally shed light on what foods could be triggering inflammation and pain.

This phase is the challenging portion of the program as it is going to take some time but be patient with the process. If unrelenting pain has been riding shotgun for years isn't a few weeks a reasonable investment to be able to live a more functional life with less pain?

Wouldn't it also be great to kick those costly, and ineffective, pain medications to the curb as well?

Why It Works

- By only changing one variable in the diet at a time, it will become immediately clear what foods are causing inflamm tion and pain.
- The 3-day observation period allows for a delayed reaction. A food sensitivity or allergy will likely rear its ugly head immediately after the food is consumed, but it could also occur anytime over the following 2-3 days.
- ***Most important*** – By keeping track of the pain, energy levels, mood, etc. with the **Success & Food Journal**, a roadmap will be created for your individual pain killing diet.

How To Do It

To guarantee your success, follow these simple steps carefully:

Step 1: Reintroduce the first food group using this 4-day cycle.

Day 1 – Eat one or more ingredients of the food group three times over the course of the day.

Note, no need to overeat on those foods: simply use portion sizes you would eat normally.

Day 2-4 – Observe closely for changes in how you feel. Use the **Success & Food Journal** to keep track of pain, mood and energy levels, as well as sleep quality and other factors that will allow you to pinpoint the problems in your diet.

Step 2: Assess.

- **Feel Fine?** – The food group stays and you can safely start including this in your healthy pain killing recipes.
- **Feel Terrible?** – Then it is probably best to eliminate it and never fuel up with this food again. Or, wait until your health and digestive system is stronger to give another shot at reintroducing it.

Step 3: Rinse and repeat.

After identifying whether or not the first food group is problematic, repeat the 4-day protocol for the next food group.

Phase 1: Nightshades

Because they contain ingredients (like tomatoes and potatoes) that are very commonly used in many recipes, nightshades will be the first food group you'll try to reintroduce using the 3 simple steps on the previous page.

Foods that can be reintroduced:

Potatoes	Ground cherries
Eggplant	Goji berries
Tomatoes	Huckleberry
Tomatillos	Naranjillas
Hot and Sweet Peppers (Bell Peppers)	Paprika
Jalapeno Peppers	Cayenne
Pepino	Tobacco (not recommended for obvious reasons)
Pimento	

Note: Consult the **Food Label & Allergy Guide** to learn more about this food group.

Food quality:

- Organic is always the better choice whenever possible, especially for peppers and tomatoes. Potatoes and eggplants can be peeled so it is not essential to buy organic.
- Avoid potatoes with any green spotting or sprouting, and always peel before cooking.

Signs/Symptoms to watch for:

- Joints - increased inflammation, pain, swelling, or stiffness
- GI – stomach upset, heartburn, reflux, bloating, nausea, increased gas, diarrhea
- Neurological – headaches, mood changes, fatigue, poor concentration

If you discover nightshades trigger pain or other symptoms, it doesn't mean you have to eliminate every single food in this food group.

You may want to spend more time on this first phase and reintroduce one nightshade food at a time to see if some in this group are tolerable.

For example, you could start by reintroducing tomatoes for the first 4 day cycle, and see how you feel. After choosing if they can be added back to your diet or not, you could reintroduce potatoes. You get the point.

It will probably feel like a lot of work, but remember, it is critical to identify the exact foods that trigger your pain and inflammation.

Phase 2: Dairy

Dairy is a very common allergy and intolerance. Chances are that you could feel different symptoms depending on the type of dairy products, so feel free to experiment with different foods in the future.

Foods that can be reintroduced:

Milk	Cheese
Butter	Cream
Ghee	Sour Cream
Yogurt	Ice Cream (in moderation)
Kefi	Whey Protein

***These foods can be pasteurized or raw

Note: Consult the **Food Label & Allergy Guide** for the exact foods that contain dairy.

Food quality:

- If you are going to consume dairy, it should always be hormone-free and organic
- Goat milk and cheeses are usually better tolerated
- Check out this note, in the reference section[79]

Signs/Symptoms to watch for:

- Joints – Increased inflammation, pain, swelling, or stiffness
- GI symptoms – stomach upset, heartburn, reflux, bloating, nausea, diarrhea
- Neurological – headaches, mood changes, fatigue
- Other – Nasal congestion, thickened mucus

Phase 3: Gluten

Like dairy, gluten can be very allergenic. If gluten is to be reintroduced into your diet, we suggest limiting consumption and closely monitoring how your body reacts.

To learn everything you might ever want to know about gluten and why it can be some problematic, and to learn how to cook amazing gluten-free recipes, visit **www.glutenfreesociety.org**. Dr. Peter Osborne heads up the site, and is one of the leading authorities on gluten sensitivity. Another great book on this topic is *Wheat Belly* by William Davis, M.D., and the *Gluten-Free Warrior* cookbook by Genevieve Sherrow is a great resource for additional gluten free recipes.

Foods that can be reintroduced:

Any product that contains these grains, whole or refined: whe t, barley, bulgar, couscous, kamut, malt, quinoa, rye, spelt, triticale

Examples: pasta, bread, breakfast cereal, flou

Note: Consult the **Food Label & Allergy Guide** for the exact foods that contain gluten.

Food quality:

- Stick with whole grains instead of refined grains (white flour, white bread, etc.)

Signs/Symptoms to watch for:

- Joints - increased inflammation, pain, swelling, or stiffness
- GI – stomach upset, heartburn, reflux, bloating, nausea, increased gas, diarrhea
- Neurological – headaches, mood changes, fatigue, sleep disturbance

Phase 4: Peanuts

Peanuts are often associated with very violent allergic reactions, but a lot of people get side effects from them without knowing it. Because this allergen is contained in a ton of products, we feel it is best to do a separate reintroduction, to confirm they are not a major problem for you.

Foods that can be reintroduced:

Peanuts

Peanut butter

Peanut oil (could be a potential allergen)

Peanut-containing products (like peanut sauce)

Note: Consult the **Food Label & Allergy Guide** for the exact foods that contain peanuts.

Food quality:

- Buy fresh, raw organic peanuts
- Avoid any roasted varieties as the roasting process denatures the healthy oils and can turn the nuts rancid
- Avoid convenience store canned peanuts due to long shelf time and chance of rancidity

Signs/Symptoms to watch for:

- Joints – increased inflammation, pain, swelling, or stiffness
- GI – stomach upset, heartburn, reflux, bloating, nausea, increased gas, diarrhea
- Neurological – headaches, mood changes, fatigue, sleep disturbance
- Other – skin rash or hives, throat or chest tightness, shortness of breath

If you consume peanuts regularly, you need to understand that they are very prone to rancidity and develop inflammatory aflatoxins that are linked to inflammation.[80] Afl toxins are just that, a toxin, produced by the mold commonly found on peanut shells.

Foods from the parsnip or carrot family help to protect the liver from damaging aflatoxins.[81]

These foods include parsnips, carrots, celery, cilantro, coriander, caraway, dill, and fennel.

Phase 5: Soy

Soy is also a very common allergen, and is really hard to avoid because it's contained in most packaged food products in one form or another. Again, the goal of the reintroduction is to determine if soy creates so much inflammation in your body that you need to avoid it completely.

Foods that can be reintroduced:

- Soy milk
- Soybean oil
- Soy patties and meat substitutes
- Soy spread
- Soybean (curds, granules)
- Tofu
- Fermented soy products: soy sauce, tamari, miso, tempeh, natto, etc.

Note: Consult the **Food Label & Allergy Guide** for the exact foods that contain dairy.

Food quality:

- To avoid GMOs, always choose soy products that are organic
- Non-fermented (raw) soy is a real problem for 100% of people if you consume it on a regular basis, so we recommend only consuming on a very occasional basis
- We strongly recommend sticking to only the fermented soy products listed above

Signs/Symptoms to watch for:

- Joints – increased inflammation, pain, swelling, or stiffness
- GI – stomach upset, heartburn, reflux, bloating, nausea, increased gas, diarrhea
- Neurological – headaches, mood changes, fatigue, sleep disturbance

About the Yellow Light and Red Light Foods

We didn't address a couple of foods in the reintroduction protocol on purpose:

- Trans fat
- Common refined vegetable oil
- Grain-fed meats
- Processed meats (except artisanal high quality products)
- Sugar (stevia, raw honey and other unprocessed sweeteners are OK in moderation)
- Alcohol
- Artificial sweeteners
- MSG
- Artificial coloring
- GMO products

Nick nor I, with a good conscience, would ever tell you to add back large amounts of these foods. The negative impact they can have on the body and inflammation long-term is just too great.

The last four "foods" on that list (artificial sweeteners, MSG, artificial coloring and GMO products) are common additives found in many refined food products, and can certainly be quite allergenic.

If you just can't live without the occasional refined food or additive listed above, then we suggest you add them back into your diet cautiously and sparingly.

Again, you will want to monitor your response by following the same reintroduction protocol. The body is an amazing machine and it will let you know pretty darn quick if the fuel source is causing poor performance. Just pay attention to the warning lights popping up on your dashboard.

Alternate Systematic Reintroduction Plans

Although following the systematic reintroduction as outlined is strongly recommended – as it is the fastest and most specific way to determine what foods may be triggering pain – there are other roads that can be traveled.

Alternate Method 1: *"The I Can't Give Up All of These Foods For Two Weeks Method"*

Stopping all potentially inflammatory foods cold turkey can be a hard sell for some. If struggling with that concept, this method might be for you. Understand that this is the slow lane on the expressway, getting where you want to go, but taking a bit more time.

The downside is that it will become a longer program but that's OK, it still will get you where you want to be – more functional with less pain.

- **Step 1** – Eliminate all toxic foods as recommended in the first phase
- **Step 2** – Remove just one food for two weeks instead of following the main program
- **Step 3** – Reintroduce this food with three meals in one day
- **Step 4** – Track results as done with previous method
- **Step 5** – Repeat the process with another potentially problematic food

Alternate Method 2: *"The I Can't Live Without My _____ Method"*

For some people it may be bread or pasta, for others cheese, but this method allows you to start the reintroduction with the one food you feel you can't live without, rather than going in the suggested order of reintroduction.

- **Step 1** – Eliminate all toxic foods as recommended in the main program
- **Step 2** – Reintroduce the selected "can't live without" food with three meals in one day
- **Step 3** – Track results as done with previous method
- **Step 4** – Repeat the process with another potentially problematic food

Another good way to identify problematic food groups is to get allergy testing done.

Please note that allergy testing isn't always 100% accurate. We think this reintroduction protocol is the best way to systematically detect problematic foods, because it more closely mimics what happens with our day-to-day diet.

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79. If you can buy raw milk legally in your area, we suggest you do so. It contains important probiotics and enzymes that aid digestion, and a lot more nutrients than pasteurized milk. Raw milk is often demonized as a very dangerous food product. While it is vaguely estimated that there may be more than 76 million foodborne illnesses each year in the U.S. (killing more than 5000 people), there hasn't been a single death related to consumption of raw milk since the 1980's. Add these figures to the fact that more than 9.4 million people now consume raw milk regularly, and we get what we think might be a severe case of misinformation. That being said, every one has to judge if the risks outweighs the benefits

– as it is the case for any food. For additional information read this very informative article by Dr. Chris Kesser: **http://chriskresser.com/raw-milk-reality-is-raw-milk-dangerous**.

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Jonathan Tait, DO and Nick Pineault

THE 14-DAY

PAIN FREE DIET

Success & Food Journal

The 14-Day Pain Free Diet: Success and Food Journal

The following table will be utilized during the 14-Day anti-inflammatory cycle and during the Reintroduction Phase in order to help interpret the S.O.S. pain signals from inflammatory foods and to guarantee results:

Systematic diagnostic testing:

- To finally determine what foods can potentially be triggering pain, affecting your mood, energy level, mental focus, sleep, and overall quality of life, the approach must be systematic.

Optimization of the program:

- Review the table each day and week to pinpoint the inflammatory foods to avoid, and confirm what foods make you feel great.

Success:

- To be successful with any major lifestyle, or habit, change there must be a system to keep you accountable, so post the table on the computer desktop, the refrigerator, or pantry door.
- Recruit your family, friends, or coworkers to do the program with you.

How to use the table:

The table is a one-day record to systematically monitor critical information for each day on the diet.

- Be honest – Record everything you eat. Include snacks and drinks.
- Be accurate – Note portion sizes, and read labels carefully
- Be complete – The more information the better, i.e. how the food was prepared, addition of toppings or condiments, etc.
- Be consistent – Always carry the Food and Success Journal with you, or use a diet-tracking application on your smart phone. Trying to remember everything at the end of the day is very difficult.

Food and Success Journal Key

At the top of the form, sleep data will be tracked. Restorative sleep quantity and quality is very important to how we feel overall, and is essential when recovering from pain.

Column 1:
List your meals, snacks, and drinks for the day.

Column 2:
Track your pain

0 – Worse

1 – No different

2 – Better

Column 3-6:
Although pain reduction is the focus of the program, foods can also have an effect on how you feel in many other ways. A numerical value 0-2 will be scored for each category

0 – I feel like a zero

1 – I feel OK

2 – I feel great

Column 7:
Total columns 2-6.

The goal of course is to "feel like a 10" with each and every meal or food group being tested.

If you do not feel amazing, then it is likely that this food is contributing to some level of systemic inflammation and should be avoided.

Column 8:
Keep track of any additional symptoms felt during or after eating, particularly any of the side effects listed in the Reintroduction Phase:

- GI symptoms – abdominal pain, stomach upset, heartburn, reflux, bloating, nausea, diarrhea, constipation
- Neurological – headaches, dizziness, balance problems
- Other - nasal congestion, thickened or increased mucous production, sore throat, lymph node tenderness

Food and Success Journal

Date: _____

Sleep quality: _____ (Great/Fair/Bad) _____ (Hours slept) _____ (Bed time) _____ (Awaken Time)

Food being tested: _____

	Pain	How did I feel while eating?	How did I feel after eating?	Mood	Energy Level/ Mental Focus	Total	Additional Symptoms
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							

Jonathan Tait, DO and Nick Pineault

THE 14-DAY

PAIN FREE DIET

Food Label & Allergy Guide

TABLE OF CONTENTS

Disclaimer

The 14-Day Pain Free Diet – Food Label & Allergy Guide is an educational resource and is not intended to take the place of the advice and recommendations of a physician. Allergies can be severe, and even lead to death in some cases. If you suspect you have a serious health problem, please seek the services of a physician or healthcare professional.

The author shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this book.

Nutrition is an ever-changing science. The authors have condensed information from sources believed to be reliable. In view of the possibility of human error or changes in nutrition science, neither the author any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete. You are encouraged to read the full resources used in the compilation of this book.

As new research and clinical experience broaden our knowledge, changes in our recommendations are inevitable, and will be updated in subsequent versions and on the website, **www.ThePainFreeDiet.com**.

Unintended Ingredients… and Effects

If you're trying to eliminate or reduce certain potential allergens and inflammatory foods from your diet, you'll quickly realize that this challenge can be quite challenging.

Also complicating the matter, common food allergens can be hidden under dozens of different names.

Food labeling laws require food allergens to be identified even in very small amounts – but only when they're contained as an ingredient.

Manufacturers aren't required to include warnings about food allergens accidentally introduced during manufacturing or packaging (cross contamination). This common occurrence can cause trouble if you're very sensitive to food allergens.

When in doubt about whether a product contains something you could be allergic to, it's best to avoid it.[1]

The aim of this guide is two-fold:

- To help you become more aware of particularly problematic ingredients and understand the foods where they are commonly found
- To help you keep these substances out of your diet during (and after) The 14-Day Pain Free Diet

Again, if you discover your body has an allergic reaction to certain foods (through personal trial and error or with allergy tests), do not take the information in this guide for the absolute truth.

New contaminants and ingredients names are created every day, and we while we try to keep our material up-to-date, we cannot guarantee our information is inclusive.

artificial coloring

Artificial Coloring

Made with the same petroleum you put in your car,[2] artificial coloring is becoming a major concern for a lot of consumers. Health professionals are drawing links to increasing pediatric conditions like ADHD.

Although this has not yet been completely confirmed in the medical literature, a recent study performed at the University of Michigan showed that they can cause life-threatening allergic reaction for some people.[3]

Common Artificial Coloring Names

Color Code	Color name	E Code	Includes
FD&C Blue No. 1	Brilliant Blue FCF	E133	Blue shades
FD&C Blue No. 2	Indigotine	E132	Indigo shades
FD&C Green No. 3	Fast Green FCF	E143	Turquoise shades
FD&C Red No. 40	Allura Red AC	E129	Red shades
FD&C Red No. 3	Erythrosine	E127	Pink shades
FD&C Yellow No. 5	Tartrazine	E102	Yellow shades
FD&C Yellow No. 6	Sunset Yellow FCF	E110	Orange shades

Countries outside the US have different regulations. You can get a list of food dyes approved for use around the world here: thepainfreediet.com/international-food-dyes/

Limited Use

The following dyes are only allowed by the FDA for specific limited applications:

- Orange B (red shade) – allowed only for use in hot dog and sausage casings.
- Citrus Red 2 (orange shade) – allowed only for use to color orange peels.

Other dyes are allowed for use in cosmetics or drugs.[4]

Source

Laura Dolson, About.com Guide – http://lowcarbdiets.about.com/od/whattoeat/a/sugars.htm

artificial sweeteners

Artificial Sweeteners

Talking about artificial sweeteners is always controversial, and usually creates passionate debates.

While some people think they're more dangerous and even more fattening than sugar, the regulatory agencies like the FDA affirm they are safe.

Whatever side you're on – if you're trying to reduce your artificial sweeteners consumption, you need to be very keen on reading the labels. Like sugar, these hide in most processed foods and even under clever proprietary brand names.

Contains Artificial Sweeteners

Acesulfame-potassium (acesulfame-K) – Goes by the brand names **Ace-K®, Sunett®** and **Sweet One®.**

Aspartame – Goes by the brand names **AminoSweet®** (since 2009), **Equal®** and **NutraSweet®.**

Saccharin – Goes by the brand names **Necta Sweet®, Sugar Twin®, Sweet Twin®** and **Sweet 'N Low®.**

Sucralose – Goes by the brand name **Splenda®.**

Neotame®

Ingredients – May Contain Artificial Sweeteners

Artificial flavor – Any food with "Artificial Flavor" in the ingredients list usually contains artificial sweeteners.

Low sugar or sugar-free foods – Jell-O®, Pudding Mix, Diet Hot Cocoa (read labels), So Light®, Kool-Aid, Chewing Gum, Protein Powders, Syrups for desserts and coffee.

Source

Laura Dolson, About.com Guide – http://lowcarbdiets.about.com/od/whattoeat/a/sugars.htm

dairy

Dairy

All credits for the "Dairy" chapter go to Alisa Marie Fleming and GoDairyFree.org. The vast majority of the content below was extracted from her amazing book, Go Dairy Free.

If you like the information and want to follow a dairy-free diet, we suggest you support the author and grab a copy here:

Go Dairy Free on Amazon.com

Approximately 2.5% of children younger than 3 years of age are allergic to milk. Nearly all infants who develop an allergy to milk do so in their first year of life. Most children who have milk allergy will outgrow it in the first few years of life.[5]

Keep in mind that even if you don't get any allergic reaction to dairy; this food group is a problem for most people. In fact, 60% of all adults can't digest milk properly, contributing to inflammation within the gut.[6]

Ingredients – Contains Dairy

Acidophilus Milk
Ammonium Caseinate
Butter
Butter Ester(s)
Butter Fat
Butter Oil
Butter Solids
Buttermilk
Buttermilk Powder
Calcium Caseinate
Casein
Casein Hydrolysate
Caseinate (all forms)
Cheese (All animal-based)
Condensed Milk
Cottage Cheese
Cream
Curds
Custard
Delactosed Whey
Demineralized Whey
Diacetyl
Dry Milk Powder
Evaporated Milk
Dry Milk Solids
Ghee
Half & Half
Hydrolyzed Casein
Hydrolyzed Milk Protein
Iron Caseinate
Lactalbumin
Lactalbumin Phosphate
Lactoferrin
Lactoglobulin
Lactose
Lactulose
Low-Fat Milk
Magnesium Caseinate
Milk (in all forms, including
Condensed, Derivative, Dry,
Evaporated, Goat's Milk and milk
from other animals, Low Fat, Malted,
Milkfat, Nonfat, Powder, Protein,
Skimmed, Solids, Whole)
Milk Protein Hydrolysate
Natural Butter Flavor
Nonfat Milk
Nougat
Paneer
Potassium Caseinate
Pudding
Recaldent®
Rennet Casein
Skim Milk
Sodium Caseinate
Sour Cream
Sour Milk Solids
Sweetened Condensed Milk
Sweet Whey
Tagatose
Whey (in all forms)
Whey Protein Hydrolysate
Whipped Cream
Whipped Topping
Whole Milk
Yogurt
Zinc Caseinate

Ingredients – May Contain Dairy

Artificial or Natural Flavors/Flavoring – These are vague ingredients, which may be derived from a dairy source. A few of particular concern are butter, coconut cream, and egg fl vors.

Fat Replacers – Brands such as Dairy-Lo® and Simplesse® are made with milk protein.

Galactose – This is often a lactose byproduct, but it can also be derived from sugar beets and other gums.

High Protein or Protein – Ingredients noted with no further details may be derived from milk proteins (casein or whey). This is particularly true in "High Energy" foods.

Hydrolyzed Vegetable Protein – The processing phase may use casein, but only trace amounts would likely remain.

Lactic Acid Starter Culture – These cultures may be prepared by using milk as an initial growth medium.

Lactobacillus – This term is noted often as a probiotic. It is in fact bacteria, not a food byproduct, and is named as such for its ability to convert lactose and other simple sugars to lactic acid. Though often utilized in milk products to create lactic acid, on its own, this ingredient is not always a concern. However, in some cases it may have been cultured or produced on dairy, and thus have the potential to contain trace amounts.

Margarine – Milk proteins are in most brands, though not all.

Prebiotics – A newcomer on the digestive health scene, these are indigestible carbohydrates. They are quite different from probiotics, which are living microorganisms. Prebiotics, such as galacto-oligosaccharides, lactosucrose, lactulose and lactitol may be derived from milk-based foods.

Ingredients – Rarely Contains Dairy

Calcium or Sodium Stearoyl Lactylate – Stearoyl lactylates are derived from the combination of lactic acid and stearic acid. They are generally considered non-dairy and safe for the lactose intolerant and milk allergic. However, the stearic acid may be animal derived, which could be a concern for vegans.

Calcium, Sodium, or Potassium Lactate – Lactates are salts derived from the neutralization of lactic acid, and are rarely a dairy concern. For example, it was noted that the lactate found in one brand of orange juice was made from sugar cane.

Caramel Color – Anything with caramel in the title may sound like a dairy red fla , but caramel color is typically derived from corn syrup and occasionally from potatoes, wheat, or other carbohydrate sources. While lactose is a permitted carbohydrate in the production of caramel color, it is rarely, if ever used.

Lactic Acid – Lactic acid is created via the fermentation of sugars, and can be found in many dairy-free and/or vegan foods. Most commercially used lactic acid is fermented from carbohydrates, such as cornstarch, potatoes or molasses, and thus dairy-free. Though lactic acid can be fermented from lactose, its use is generally (I said generally; where concerned, always check with the manufacturer) restricted to dairy products, such as ice cream and cream cheese.

Ingredients – Doesn't Contain Dairy (surprisingly)

Calcium Propionate

Calcium Carbonate

Calcium Citrate

Calcium Phosphate

Cocoa Butter

Cocoa Powder

Coconut Butter

Coconut Cream

Cream of Coconut

Cream of Tartar

Creamed Honey

Fruit Butter (Apple, Pumpkin, etc.)

Glucono Delta-Lactone

Lecithin Oleoresin

Malted Barley or other Grain-Based Malts

Malt Liquor

Malt Vinegar

Milk Thistle

Nut Butters (Peanut, Almond, etc.)

Shea Butter

Always use due diligence in consumption of manufactured foods where food allergies, sensitivities, or intolerances may be a concern.

eggs

Eggs

All credits for the "Eggs" and "Tree Nuts" content that follows goes to The Kids With Food Allergies Foundation (KFA).

The KFA educates families and communities with practical food allergy management strategies to save lives and improve the quality of life for children and their families.

One of the unique ways it provides this help is through its award-winning online community that offers support for families raising children with food allergies, free of any charge.

For more info, visit: http://community.kidswithfoodallergies.org/

After dairy, eggs are the second most common food allergy for children. About 1.5 percent of children are allergic to hen's eggs. Eggs are not a major allergen for adults, although it is possible to develop an egg allergy in adulthood.[7]

Ingredients – Contains Eggs

- Albumin (also spelled as Albumen)
- Apovitellin
- Cholesterol Free Egg Substitute (e.g. Eggbeaters®)
- Egg (Dried, Powered, Solids, White, Yolks)
- Egg Wash
- Eggnog
- Fat Substitutes
- Globulin
- Livetin
- Lysozyme
- Mayonnaise
- Meringue
- Meringue Powder
- Ovalbumin
- Ovoglobulin
- Ovomucin
- Ovomucoid
- Ovotransferrin
- Ovovitelia
- Ovovitellin
- Powdered Eggs
- Silica Albuminate
- Simplesse
- Surimi
- Trailblazer
- Vitellin
- Whole Egg

fish & seafood

Fish & Seafood

An estimated 2.3% of Americans – that's nearly 7 million people – report allergy to seafood, including fish and shellfish. Salmon, tuna, and halibut are the most common kinds of fish to which people are allergic.

Fish allergy and seafood are considered lifelong, and once a person develops these allergies, it is very unlikely that they will lose them.

Approximately 40% of those with an allergy to fish first experienced an allergic reaction as an adult. To limit the chance of a reaction, strict avoidance of seafood and seafood products is essential. Always read ingredient labels to identify fish ingredients. In addition, avoid touching fish and seafood, going to the fish market, and being in an area where fish or seafood are being cooked (the protein in the steam may present a risk).

Ingredients – Contains Fish & Seafood

All types of Fish – It is generally recommended that individuals who are allergic to one species of fish avoid all fish. If you have a fish allergy but would like to have fish in your diet, speak with your allergist about the possibility of being tested with various types of fish

Barnacle

Crab

Crawfish – Crawdad, Crayfish, crevisse.

Fish Oil and Omega-3 – Fish-allergic individuals may be able to take some brands of fish oil or omega-3 fatty acid supplements safely.[8] These supplements may still trigger allergic reactions in highly sensitive individuals, however. Check with your doctor or allergist to ensure fish oil suppleme ts are safe for your allergy sensitivity.

Fish Sauce – Common ingredient in the Far East. Terms to look out for are Nuoc Mam and Nam Pla. Fish sauce can be made with shellfish as ell as fish

Glucosamine Supplements – Derived from shrimp, lobster or crab shells.

Gelatin – Derived from fish bones. Foods that contain gelatin, such as marshmallows, may be unsafe for fish-alle gic individuals to eat.

Kedgeree – Made with rice and fish

Krill

Lobster – Langouste, Langoustine, Moreton Bay Bugs, Scampi, Tomalley.

Mollusks – Clams and Oysters.

Shrimp – Crevette, Scampi.

Patum Peperium (Gentleman's Relish) – Spread made with anchovies.

Ingredients – May Contain Fish & Seafood

Any product with the following ingredients – Roe, fish oil, anchovies, fish and shellfish fl voring, disodium inosate, agar, alginic acid, alginate, kamaboko, natural and artificial fl voring, seafood fl voring, tomalley, langoustine, scamp, cuttlefish in , clam extract, fish s ock.

Cockroaches and Dust Mites – Carry the same substance that triggers allergic reactions to shellfish (t opomyosin).

Coral Calcium – This arthritis supplement often contains trace amounts of shellfish and can trigger an allergic reaction.

Insect Spray, Cosmetics, Lip Balm, Vitamins, Paint and Soap – May all contain oil from menhaden, an Atlantic fish

Meatloaf, Marinara and Chili Recipes – May include Worcestershire sauce, and therefore may trigger an allergic reaction in those with fish alle gies.

Pet Food, Pet Treats, Fish food and Fertilizer – Possible reactions in highly sensitive individuals.

Salad Dressing, Worcestershire Sauce, Barbecue Sauces, Bologna, Pizza Toppings, Hot Dogs, Oriental Pastes & Prepared Meals, and Imitation Seafood – May all contain fish.

Sauces, Dressings, Condiments and Stocks – May all contain shellfish. Examples: bouillabaisse, kedgeree, caponata, Caesar dressing, surimi (imitation crab) and patum peperium.

Ingredients – May Have to Avoid

Your physician may advise you to avoid mollusks or these ingredients:

Abalone

Clams (Cherrystone, Geoduck, Littleneck, Pismo, Quahog)

Cockle

Cuttlefis

Limpet (Lapas, Opihi)

Mussels

Octopus

Oysters

Periwinkle

Scallops

Sea Cucumber

Sea Urchin

Snails (Escargot)

Squid (Calamari)

Whelk (Turban Shell)

Ingredients – Does Not Contain Fish & Seafood (surprisingly)

Carrageenan – Carrageenan, or "Irish moss," is a red marine algae and doesn't contain fish. This food product is used in a wide variety of foods, particularly dairy foods, as an emulsifie , stabilizer, and thickener. It appears safe for most individuals with food allergies. Carrageenan is not related to fish and does not need o be avoided by those with food allergies.

Iodine – Allergy to iodine, allergy to radio contrast material (used in some radiographic procedures), and allergy to fish or shellfish e not related. If you have an allergy to fish, ou do not need to worry about cross reactions with radio contrast material or iodine.

Wine – Even though some wines are processed with fish derived ingredients, they are safe for those with fish alle gies to consume.[9]

Some shrimp-allergic individuals may eventually grow out of their allergy, per recent research conducted at the Mount Sinai School of Medicine in New York City.

Researchers discovered that children are far more prone to serious allergic reactions from shrimp than adults, which suggests that age may diminish shrimp protein sensitivity.

Tricks to Avoid Fish & Seafood

Avoid seafood restaurants – Even if you order a non-seafood item off of the menu, it is safer to always assume that cross-contamination is possible.

Avoid Asian restaurants – Often serve dishes that use fish sauce as a fl voring base. Exercise caution or avoid eating there altogether.

Avoid foods like fish sticks and anchovies – Some individuals with fish allergy make the mistake of thinking that such foods don't "count as real fish"

Stay away from cooking areas – Fish and shellfish protein can become airborne in the steam released during cooking and may be a risk.

Get tested – Many people who are allergic to fish or shellfish are allergic to more than one kind. Get tested and have your allergies confi med by a physician so that you know for sure what foods to avoid.

Boil your seafood – Shrimp boiled for 10 minutes has fewer allergenic properties than raw shrimp; however, this doesn't mean that boiled shrimp is safe for shellfish-alle gic individuals to consume.[10]

Thorough cleaning – After barbecuing or grilling fish, thoroughly clean the grill to avoid contaminating it.

Scan labels for indicators of cross-contamination – For example, a statement on the label might read, "Produced on shared equipment with fish" "Produced in a facility that processes fish" "May contain shellfish"

Before ordering fried food at a restaurant, ensure the venue has dedicated fryers for seafood and non-seafood items – Eating food that is deep-fried in oil previously used to cook battered shrimp, for example, could trigger an allergic reaction.

Tell your doctor about your seafood allergy if you have an order for a procedure that uses dye – The contrast dye may trigger an allergic reaction in some individuals.[11]

Sources

Mayo Clinic – http://www.mayoclinic.com/health/shellfish-alle gy/DS00987/DSECTION=prevention

AllergicChild.com – http://home.allergicchild.com/top-8-fish/ and ttp://home.allergicchild.com/reading-food-labels/

The Food Allergy and Anaphylaxis Network – http://www.foodallergy.org/page/fish allergy and http://www.foodallergy.org/files/HTRLsheet_2012.pd

The above information was created for informational purposes only. Always use due diligence in consumption of manufactured foods where food allergies, sensitivities, or intolerances may be a concern.

gluten

Gluten

To learn everything you might ever want to know about gluten and why it can be so problematic, and to learn how to cook amazing gluten-free recipes, visit:

www.glutenfreesociety.org

Dr. Peter Osborne heads up the site, and is one of the leading authorities on gluten sensitivity. Again, for a much deeper look at gluten, please visit the site.

Generally, when gluten is discussed, the reference is being made to wheat gluten, however all grains such as rye, oats, barley, corn, rice, sorghum, amaranth and millet contain gluten. Gluten is composed of varying amounts of smaller proteins called prolamines and glutelins. Gliadin is the prolamine found in wheat, and makes up nearly two-thirds of the total protein, far more than the prolmaine of other grains, which is why it is thought to be so problematic.

Gluten allergy refers to an immune-system mediated response thought to affect about 10% of the world's population.[12] Far more people however suffer from gluten intolerance which is not mediated by the immune stystem. Gluten sensitivity, or what some have termed gluten syndrome, combines both terms, and is used to describe various reactions to gluten in someone who does not have celiac disease. Celiac disease is a manifestation of gluten senstivity whereby with repeated exposure there is damage to the small intestine. Individuals with celiac disease typically cannot tolerate even the smallest amount of "celiac grains" - wheat, rye, oats, or barley - without horrible gastrointestinal (GI) side effects.

GI inflammation from gluten can trigger zonulin, a protein known to increase the permeability of the gut lining. As we have mentioned with other foods, gluten sensitivity can also cause gut dysbiosis where food is not processed effectively leading to various changes including a negative effect on the balance of normal gut bacteria. This will lead to increased inflammation and further leaks within the gut wall that will allow larger food particles to enter the bloodstream and trigger the development of antibodies to gluten. With future exposure, the body will mount an immune response towards gluten, causing a number of symptoms including potentially increased pain.

Once the GI and immune system become "sensitized", allergies can also develop to other foods not responsible for the original damage. This is how someone can become sensitive, or even allergic, to many different foods.

The downstream effect can be a state of malnutrition, or the inability of the body to extract vital nutrients from the food consumed. Various vitamin and mineral deficiencies may occur causing a number of different medical problems, or symptoms that can mimic more serious problems.

Gluten can hide under a vast array of names, as you will see on the following pages.

Ingredients – Contains Gluten

Barley

Bread Crumbs

Bulgar

Cereal Extract

Couscous

Club Wheat

Cracker Meal

Dinkle

Durum

Einkorn

Emmer

Farina

Faro

Flour (All Purpose, Bread, Cake, Durum, Enriched, Graham, High Gluten, High Protein, Instant, Pastry, Self-Rising, Soft Wheat, Steel Ground, Stone Ground, Whole Wheat)

Hydrolyzed Wheat Protein

Kamut

Malt

Matzoh & Matzoh Meal (also spelled as Matzo, Matzah or Matza)

Oats and oat bran (unless tested and guaranteed)

Orzo

Panko

Pasta

Rye

Setan (also spelled Seitan)

Semolina

Spelt

Sprouted Wheat

Triticale

Udon

Vital Wheat Gluten

Wheat (Bran, Durum, Germ, Sprouts, Starch)

Wheat Bran Hydrolysate

Wheat Germ Oil

Wheat Grass

Wheat Protein Isolate
Whole Wheat Berries

Ingredients – May Contain Gluten

Ale, Beer, Stout, Lager

Broth

Candy

Cloudy Lemonade

Curry Mixes

Dried Meals

Egg Substitutes

Flavoring (may contain Barley Malt)

Flavored Instant Coffee

Ginger Beer

Glucose Syrup

Grain Spirits

Gravy Cubes and Mixes

Hot Chocolate Mixes

Hydrolyzed Vegetable Protein (also Hydrolyzed Plant Protein or Protein Hydrolysate) that is made from wheat. Safe if indicated as being from soy or corn.

Ice Cream

Imitation Bacon and Seafood

Licorice

Malt Vinegar (Distilled Vinegars are gluten-free)

Marinades

Mustard Powder

Nondairy Cream Substitutes

Lookout for these ingredients in medications:

Starch

Stabilizer

Flavoring

Hydrolyzed Plant Protein

Emulsifie

Questionable Ingredients

Modified Food Starch – There is no requirement for the identific tion of the name of the plant source of modified ood starch. However, because of the Food Allergen Labeling and Consumer Protection Act, if wheat is being used, it will need to be labeled as "Modified Wheat Starch."

Flavorings (natural and artificial) – There are thousands of substances that can be used to fl vor foods, either by natural or artificial mean . There are two reasons why gluten may be in a fl vor. The first eason is because a hydrolyzed protein may be used to enhance fl vor. The second reason is because barley malt extract/syrup is being added.

If a fl vor uses a hydrolyzed "wheat" protein, in parenthesis after the word natural or artificial flavors, the label would have to read like this: natural fl vors (hydrolyzed wheat protein).

Hydrolyzed Plant Protein or Hydrolyzed Vegetable Protein (HPP or HVP) – The names "Hydrolyzed Protein" and "Hydrolyzed Vegetable Protein" are no longer acceptable because they do not identify the food source of the protein. The source of the Plant or Vegetable by law needs to be stated, for example, "Hydrolyzed Wheat Protein" or "Hydrolyzed Corn Protein."

Starches – Often used as a thickener or binding agent especially in seasonings. The single word "starch" on a food label in the USA refers to corn. If other starches such as tapioca or wheat are being used, they must be declared. In addition, the new Food Allergen Labeling and Consumer Protection Act would mandate a label to read "Wheat Starch."

Dextrin – Also used as a thickener or binding agent and is usually made from corn, potato, tapioca, rice and wheat. If wheat is in dextrin, the label will read "Wheat Dextrin".

Individual spices – Do not contain gluten. However, blended spices may carry a wheat starch. If so, wheat will be in parenthesis after the word spice. For example, Cajun spice (includes wheat).

Ingredients – Naturally Gluten-Free

Unless cross-contaminated by other foods, the following do not contain wheat gluten:

Amaranth

Arrowroot

Bean or Pea flour

Buckwheat

Corn

Flaxseed

Fruit

Meat – fresh, not processed

Milk, not malted or fl vored

Millet

Montina

Nut and Seed Flours

Potato Flour

Potato Starch

Quinoa

Rice

Rice Bran

Sago

Sorghum

Soy flou

Tapioca

Teff

Vegetables, not creamed or breaded

Ingredients – Does Not Contain Gluten (surprisingly)

Caramel Coloring (unless imported)

Citric Acid

Distilled Vinegar

Maltodextrin

Mono- and Diglycerides

Yeast

The above information is copyright of the Celiac Sprue Association Kansas City – Chapter 4. It was created for informational purposes only. Always use due diligence in consumption of manufactured foods where food allergies, sensitivities, or intolerances may be a concern.

MSG

MSG

All credits for the "MSG" content go to the Truth in Labeling Campaign.
This website is dedicated to people with problems that once defied medical dia nosis and who discovered that elimination of MSG from their diets improved their health.
For more info, visit: http://www.truthinlabeling.org/

MSG has been used as a food additive for decades. Over the years, the FDA has received many anecdotal reports of adverse reactions to foods containing MSG. These reactions — known as MSG symptom complex — include:

- Headache
- Flushing
- Sweating
- Facial pressure or tightness
- Numbness, tingling or burning in the face, neck and other areas
- Rapid, fluttering heartbeats (heart palpitations)
- Chest pain
- Nausea
- Weakness

However, researchers have found no definitive evidence of a link between MSG and these symptoms. Researchers acknowledge, though, that a small percentage of people may have short-term reactions to MSG. Symptoms are usually mild and don't require treatment. The only way to prevent a reaction is to avoid foods containing MSG.[13]

On their website, The Truth in Labeling Campaign is more severe than the FDA on possible reactions to MSG:

"Some people react to even very small amounts. MSG-induced reactions may occur immediately after ingestion or after as much as 48 hours.

The time lapse between ingestion and reaction is typically the same each time for a particular individual who ingests an amount of MSG that exceeds his or her individual tolerance level."

Ingredients – Contains MSG

Glutamic Acid (E 620)[14]

Glutamate (E 620)

Monosodium Glutamate (E 621)

Monopotassium Glutamate (E 622)

Calcium Glutamate (E 623)

Monoammonium Glutamate (E 624)

Magnesium Glutamate (E 625)

Natrium Glutamate

Yeast Extract

Anything "Hydrolyzed"

Any "Hydrolyzed Protein"

Calcium Caseinate

Sodium Saseinate

Yeast Food, Yeast Nutrient

Autolyzed Yeast

Gelatin

Textured Protein

Soy Protein

Soy Protein Concentrate

Soy Protein Isolate

Whey Protein

Whey Protein Concentrate

Whey Protein Isolate

Anything "…protein"

Vetsin

Note: Glutamic acid found **in unadulterated protein** does not cause adverse reactions. To cause adverse reactions, the glutamic acid must have been processed/ manufactured or come from protein that has been fermented.

Ingredients – May Contain MSG

These ingredients:

Carrageenan (E 407)

Bouillon and Broth

Stock

Any "Flavors" or "Flavoring"

Maltodextrin

Citric acid, Citrate (E 330)

Anything "Ultra-Pasteurized"

Barley Malt

Pectin (E 440)

Protease

Anything "Enzyme Modifie "

Anything containing "Enzymes"

Malt Extract

Soy Sauce

Soy Sauce Extract

Anything "Protein Fortifie "

Anything "Fermented"

Seasonings

The following work synergistically with MSG to enhance flavor. If they are present for flavoring, so is MSG.

- Disodium 5'-guanylate (E 627)
- Disodium 5'-inosinate (E-631)
- Disodium 5'-ribonucleotides (E 635)

Foods, Drugs and Household Products – May Contain MSG

Low fat and no fat milk products – Often contain milk solids that contain MSG and many dairy products contain carrageenan, guar gum, and/or locust bean gum. Low fat and no fat versions of ice cream and cheese may not be as obvious as yogurt, milk, cream, cream cheese, cottage cheese, etc., but they are not exceptions.

Disodium Guanylate and Disodium Inosinate – They are relatively expensive food additives that work synergistically with inexpensive MSG. Their use suggests that the product has MSG in it. They would probably not be used as food additives if there were no MSG present.

Soaps, shampoos, hair conditioners and cosmetics – MSG is hidden in ingredients with names that include the words "Hydrolyzed," "Amino Acids," and/or "Protein." Most sun block creams and insect repellents also contain MSG.

Drinks, candy, and chewing gum – Potential sources of hidden MSG and/or Aspartame, Neotame, and AminoSweet (the new name for aspartame). These artificial sweeteners ordinarily cause MSG type reactions in MSG sensitive people.

Aspartame will be found in some medications, including children's medications. For questions about the ingredients in pharmaceuticals, check with your pharmacist and/or read the product inserts for the names of "other" or "inert" ingredients.

Binders and fillers for medications, supplements (both prescription and non-prescription), enteral feeding materials, and some fluids administered intravenously in hospitals – May all contain MSG.

Vaccines – According to the manufacturer, Varivax–Merck chicken pox vaccine (Varicella Virus Live) contains L-monosodium Glutamate and Hydrolyzed Gelatin. It would appear that most, if not all, live virus vaccines contain some ingredient(s) that contains MSG.

Ingredients – Suspected

The following are ingredients suspected of containing or creating sufficient processed free glutamic acid to serve as MSG-reaction triggers in highly sensitive people:

Corn Starch

Corn Syrup

Modified Food Starch

Lipolyzed Butter Fat

Dextrose

Rice Syrup

Brown Rice Syrup

Milk Powder

Reduced Fat Milk (skim; 1%; 2%)

Most things low fat or no fat

Anything Enriched

Anything Vitamin Enriched

nightshades

Nightshades

Nightshades are a group of over 2,800 plants – from the scientific order Polemoniales, and the Solanaceae families – that grow in the shade of night. Many of the nightshades species can be toxic when consumed by mammals.

They naturally contain four different alkaloid compounds (steroid, tropane, pyrrolizidine, indole) more highly concentrated in the leaves, green varieties (tomatoes, peppers), and older potatoes.

Their leaves also contain nicotine. Yes, the same nicotine as in tobacco, albeit in far less amounts (largest quantity found in eggplant and green tomatoes).

Literature on the possible link between nightshades and inflammatory responses (therefore, increase in pain) has been available for decades, but has not been endorsed by most health professionals.

Ingredients – Are Nightshades

Vegetables – Potatoes, Eggplant, Tomatoes, Tomatillos, Hot and Sweet Peppers, Jalapeno Peppers, Pepino, Pimento

Fruits – Ground Cherries, Goji Berries, Huckleberry, Naranjillas

Spices – Paprika, Cayenne

Other - Tobacco

Ingredients – Are NOT Nightshades

Sweet Potatoes

Yams

Black Pepper

Nightshades, Alkaloids and Pain

The alkaloid compounds are produced as a natural protection mechanism, or pesticide, protecting the plant from being eaten by insects.[15]

You may have experienced a bitter taste when eating potatoes. It is better not to eat any potatoes containing green spots or sprouts (as they usually correspond to increased alkaloid content) even if removed.

Interestingly, steaming, boiling, or baking can decrease the alkaloid content by as much as 50%, making consumption tolerable for some.

There are a couple of theories as to why these alkaloids could spell trouble for those with joint pain:

- Pro-inflammatory – triggering an immune response in the gut that can contribute to systemic inflammation causing more joint pain.
- Interfere with calcium metabolism causing demineralization of bone and deposition in soft tissues around joints.
- Block an enzyme in nerve cells called cholinesterase.[16] A high level of cholinesterase inhibition can cause muscle twitching or even paralysis. Although the low levels found in nightshades are unlikely to cause this extreme effect, it is theorized that they may have a negative effect on optimal neuromuscular control.

Although there is research demonstrating the relationship of nightshades to pain, particularly arthritis pain[17], if you search the literature, you will be hard-pressed to find recent studies.

Why is this? The same reason many potentially helpful natural treatments don't have large-scale studies. There is no financial windfall to be gained by a drug or medical device company, therefore it is very difficult to fund such a study.

To promote dietary modification as a way to limit arthritis pain - That would definitely be bad for the sales of pain pills.

So although you will not be able to find research to conclusively confirm the connection, it has been suggested that as many as 1 in 3 people with joint pain experience increased symptoms when consuming nightshades.

Therefore, the only way to determine if you are that one in three people is to run the research study on yourself.

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peanuts

Peanuts

All credits for the "Peanuts" chapter go to the The Food Allergy & Anaphylaxis Network (FAAN).

The FAAN is the most trusted source of information, programs, and resources related to food allergy and anaphylaxis.

Its membership now stands at approximately 22,000 worldwide and includes families, dietitians, nurses, physicians, school staff, and representatives from government agencies and the food and pharmaceutical industries. FAAN serves as the communication link between the patient and others.

For more info, visit: http://www.foodallergy.org

Allergy to peanuts appears to be on the rise. One study showed that from 1997 to 2002, the incidence of peanut allergy doubled in children. Peanuts can trigger a severe reaction. The severity of a reaction depends on how sensitive an individual is and the quantity consumed.

Ingredients – Contains Peanuts

Arachis Oil (other name for Peanut Oil)

Cold Pressed, Expeller Pressed, or Extruded Peanut Oil

Peanut Butter

Peanut Flour

Peanut Protein Hydrolysate

Ingredients – May Contain Peanuts

Artificial Nut
Beer Nuts
Globulin
Goobers
Ground Nuts
Livetin
Lysozyme Powder
Nut Pieces
Ovalbumin
Ovoglobulin
Ovomucin
Mandelonas
Mayonnaise
Meringue
Mixed Nuts
Monkey Nuts
Nut Meat
Ovomucoid
Ovotransferrin
Ovovitelia
Ovovitellin
Powdered Eggs
Silici Albuminate
Simplesse®
Sunfl wer Seeds
Trailblazer
Vitellin
Whole Egg

These foods probably contain peanuts:

African, Asian and Mexican Dishes

Baked Goods

Candy

Chili

Chocolate

Egg Rolls

Enchilada Sauce

Marzipan

Mole Sauce

Nougat

Questionable Ingredients

Peanut Oil – The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most allergic people can safely consume peanut oil that has been highly refined. Check with your doctor regarding the potential risk.

Lupine – There is a strong possibility of cross-reaction between peanuts and lupine (a legume). It does not fall under the peanut labeling requirements. It is also known as lupinus albus. It can be found in seed or flour form.

Tree Nuts – Many doctors advise peanut allergy sufferers also avoid tree nuts. Check with your doctor.

Sunfl wer Seeds – Often produced on the shared equipment with peanuts. Be sure to read labels and know your precautions.

Nut Butters – Made on shared equipment with peanuts. Contact the manufacturer, if necessary.

Chocolate – Peanut allergy sufferers should also avoid non-certified products that contain chocolate as chocolate products often share the same equipment with tree nuts.

sesame seeds

Sesame Seeds

Sesame allergy is a significant, serious, and growing problem.[18] Even if it isn't listed in the FDA's food allergen awareness program[19], Canada and the European Commission include it in their lists of major allergy-causing substances.[20]

Ingredients – Contains Sesame Seeds

Benne (also named Benne Seed or Benniseed)

Gingelly

Gingelly Oil

Halvah

Hummus

Seeds

Sesamol (also named Sesamolina)

Sesamum Indicum

Sim Sim

Tahina

Tahini

Til

Vegetable Oil

Other Names for Sesame Seeds

Other names: Bene Seeds, Beniseed, Benne, Gingelly, Gingili, Gingilli, Semsem, Simsim, Teel, Til

French: Sesame

German: Sesam

Italian: Sesamo

Spanish: Ajonjoli, Sesamo

Arabic: Tahina, Tahine, Tahini

Chinese: Chi Mah, Hak Chi Mah (black sesame)

Indian: Gingelly (oil)

Japanese: Goma, Kuro Goma (black sesame)

Malay: Bene, Bijan

Ingredients – May Contain Sesame Seeds

Aqua Libra (herbal drink)

Baked goods – breads, cookies, pastries, bagels, buns

Bread crumbs, bread sticks, cereals, crackers, melba toast, muesli

Dips, pâtés, spreads, e.g., hummus, chutney

Dressings, gravies, marinades, salads, sauces, soups

Ethnic foods, e.g., flavored rice, noodles, shish kebabs, stews, stir fry

Flavor(ing)

Herbs, seasoning, spice

Margarine

Processed meats, sausages

Risotto (rice dish)

Sesame oil, sesame salt (gomasio)

Snack foods – bagel/pita chips, candy, granola bars, halvah, pretzels, rice cakes,

sesame snap bars

Tahini

Tempeh

Vegetarian burgers

***Sesame seed oil may be an ingredient in skin creams, lip gloss, soap, and pet foods.

Sources

DanielMore,MD,About.comGuide–http://allergies.about.com/od/otherfoodallergies/a/sesameallergy.htm

AllergicLiving.com – http://allergicliving.com/?p=4767

The Kids With Food Allergies Foundation – http://www.kidswithfoodallergies.org/resourcespre.php?id=107

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soy

Soy

Avoiding soy can be difficult, since it is rampant in our food supply and in non-food consumer products.

Fortunately for people with soy allergies, the Food Allergen Labeling & Consumer Protection Act of 2004 (FALCPA) requires manufacturers to clearly list soy ingredients on product labels.

Ingredients – Contains Soy

Ingredients:

Hydrolyzed Soy Protein (HSP)

Mono- and Di-glycerides

MSG (Monosodium Glutamate)

Soy (albumin, cheese, fibe , grits, milk, nuts, sprouts, yogurt, ice cream, pasta)

Soy Lecithin

Soy Protein (concentrate, hydrolyzed, isolate)

Soybean Oil

Teriyaki Sauce

Textured Vegetable Protein (TVP)

Foods:

Bean Curd

Bean Sprouts

Edamame (fresh soybeans)

Kinako

Miso (fermented soybean paste)

Natto

Nimame

Okara

Shoyu

Soy Sauce

Soya

Soybean (curds, granules)

Tamari

Tempeh

Tofu (dofu, kori-dofu)

Yuba

Ingredients – May Contain Soy

Foods with the following statements on a label may be cross-contaminated with soy – "may contain soy", "produced on shared equipment with soy", "produced in a facility that also processes soy". These warnings are generally voluntary, so some manufacturers may not include this information – even if there is soy present in their facility.

Refined Soy Oil and Soy Lecithin – Manufacturers do not have to label a product "contains soy" if it only contains refined soy oil, or if it contains soy lecithin that has been used as a release agent.

Research shows that soy proteins are present in soybean oil and soy lecithin. However, it is not clear if there is enough soy protein in these ingredients to cause a reaction in most people with soy allergies. Some people are more sensitive to soy than others, so follow your doctor's advice about these ingredients.

Waxes or Horticultural Oils on Fruits and Raw or Frozen Chicken that has been processed in Chicken Broth – May contain soy ingredients.

Ingredients – May Contain Soy (cont'd)

The following ingredients:

Bulking Agent

Hydrolyzed Plant Protein (HPP) or Hydrolyzed Vegetable Protein (HVP)

Gum Arabic

Guar Gum

Lecithin

Mixed Tocopherols

Natural Flavoring

Stabilizer

Thickener

Vegetable Gum, Starch, Shortening, or Oil

Vitamin E

The following foods:

Asian cuisine (Korean, Japanese, Thai, Chinese, etc.)

Baked Goods and Baking Mixes

Bouillon Cubes

Candy

Cereal

Chicken (raw or cooked) that is processed with Chicken Broth

Chicken Broth

Chocolate

Deli Meats

Energy Bars, Nutrition Bars

Imitation dairy foods, such as Soy Milks, Vegan Cheese, or Vegan Ice Cream

Infant Formula

Margarine

Mayonnaise

Meat products with fillers, for example, burgers or sausages

Non-Food Soy Products

Around the home

Artificial fire logs

Candles

Carpet backing

Cleaning products

Inks and Toners

Pet food

Synthetic fabrics

Crib mattresses

In the medicine cabinet

Cosmetics

Hand sanitizer

Lotion

Shampoo and conditioner

Soap

Medications, vitamins, and supplements

In the toy box

Crayons

Modeling dough

Puzzles, games, or board books printed with soy-based inks

Stuffed animal filling

Industrial, auto, and building supplies

Diesel additives

Engine oils and lubricants

Fertilizer

Flexible foam used in furniture padding

Insecticides and fungicides[21]

Plastics

Solvents: paint stripper, graffiti remover

Soy biodiesel

Spray foam insulation

Stains and sealers

Waxes

Cross-reactivity

Soy is a member of the legume family, as are other beans, peas, and peanuts. Most people with soy allergies can safely eat other legumes. Rarely, some people may have reactions to other beans or peanuts. Ask your doctor about allergy testing to determine if you are allergic to other legumes.

Source

Jeanette Bradley, About.com Guide – http://foodallergies.about.com/od/soyallergies/a/List-Of-Soy-Ingredients-To-Avoid-When-Following-A-Soy-Free-Diet.htm

http://foodallergies.about.com/od/soyallergies/a/Surprising-Non-Food-Soybean-Products. htm

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sugar

Sugar

Sugar is highly inflammatory and feeds off the bad bacteria in your gut lining,[22] resulting in your immune system being weakened.

Everyone should always keep their sugar consumption to a minimum, especially processed sugar.

Keep an eye on the labels. Sugar hides under a lot of different names, and in almost every processed food under the sun.

Ingredients – Contains Sugar

- Agave Nectar
- Barley Malt Syrup
- Corn Sweetener
- Corn Syrup, or Corn Syrup Solids
- Dehydrated Cane Juice
- Dextrin
- Dextrose
- Fructose
- Fruit Juice Concentrate
- Glucose
- High-fructose Corn Syrup
- Honey
- Invert Sugar
- Lactose
- Maltodextrin
- Malt Syrup
- Maltose
- Maple Syrup
- Molasses
- Raw Sugar
- Rice Syrup
- Saccharose
- Sorghum or Sorghum Syrup
- Sucrose

Ingredients – May Contain Sugar

The words “syrup”, “sweetener”, and anything ending in “ose” can usually be assumed to be “sugar”.

If the label says “no added sugars”, it should not contain any of the above ingredients, although the food could contain naturally-occurring sugars (such as lactose in milk).

Source

Laura Dolson, About.com Guide – http://lowcarbdiets.about.com/od/whattoeat/a/sugars.htm

sulfites

Sulfites

Sulfites are substances that naturally occur in some foods and within the human body.

They are also regulated food additives that are used as preservatives to maintain food color and prolong shelf-life, prevent the growth of micro-organisms, and to maintain the potency of certain medications.

The FDA estimates that one out of 100 people may be sensitive to these compounds, and they are part of the top ten allergens list in Canada.

For some people, sulfites can trigger asthma and symptoms of an anaphylactic reaction.[23]

Ingredients – Contains Sulfites

Potassium Bisulphite

Potassium Metabisulphite

Sodium Bisulphite

Sodium Dithionite

Sodium Metabisulphite

Sodium Sulphite Sulphur

Dioxide Sulphurous Acid

Sulfites

Sulphites

Sulfiting agents

Sulphiting agents

Ingredients – May Contain Sulfites

Alcoholic/non-alcoholic beer, cider, wine

Baked goods, e.g., breads, cookies, pastries, waffl

Bottled lemon and lime juice/concentrate

Canned/frozen fruits and vegetables, e.g., mushrooms, sliced apples, olives, peas, peppers, pickles, pickled onions, tomatoes

Cereal, cornmeal, cornstarch, crackers, muesli

Condiments, e.g., coleslaw, horseradish, ketchup, mustard, pickles, relish, sauerkraut

Deli meat, hot dogs, sausages

Dressings, gravies, guacamole, sauces, soups, soup mixes

Dried fruits/vegetables, e.g., apples, apricots, coconut, mincemeat, papaya, peaches, pears, pineapple, raisins, sun dried tomatoes

Dried herbs, spices, tea

Fish, including crustaceans and shellfish, shrimp (fresh/frozen)

Fresh grapes, lettuce

Fruit filling, fruit syrup, gelatin, jams, jellies, marmalade, molasses, pectin

Fruit/vegetable juices, e.g., coconut, grape, sparkling grape, white grape

Glazed/glacéed fruits, e.g., apples, grapes, maraschino cherries

Potatoes, e.g., frozen French fries, dehydrated, mashed, peeled, pre-cut

Snack foods, e.g., candy, chocolate/fruit bars, tortilla/potato chips, soft drinks, trail mix

Soup mixes

Soy products

The above information was created for informational purposes only. Always use due diligence in consumption of manufactured foods where food allergies, sensitivities, or intolerances may be a concern.

trans fat

Trans Fat

As we write this guide in 2013, it's now common knowledge that trans fat should **never** be consumed by anyone. In fact, it's one of the very rare ingredients that have a recommended intake of exactly **0g** by the Food and Nutrition Board.[25]

On top of increasing the risk of an array of dangerous conditions including heart attack and stroke, they are also linked to an increase in chronic inflammation.[26]

Few people know this – while consumers are starting to reject trans fat and demand bans in an increasing manner many scientists started to express serious concern over their safety as far back as the 1950s.[24]

Just another reason you always need to do your own research instead of relying on the Government's "official recommendations".

Ingredients – Contains Trans Fat

Partially hydrogenated oil (generally canola, corn, soybean, safflower, sunflower or cottonseed oils)

Hydrogenated oil

Trans Fat-Free Products – Most food products that claim to be "trans fat-free". Manufacturers can legally claim their product contains 0g of trans fat if it contains less than 0.5g per **serving**. This means you may unknowingly be consuming grams of trans fat contained in supposedly trans fat-free products.

Ingredients – May Contain Trans Fat

All non-hydrogenated refined oils (canola, orn, soybean, safflower, sunflower or cottonseed oils). Some studies even show that non-hydrogenated refined oils mqy contain up to 4.6% trans fat not included on the label.[27]

We suggest you avoid these refined oils altogether because they contain little nutrition and contain rancid oils that are known to increase inflammation.

tree nuts

Tree Nuts

An estimated 1.8 million Americans have an allergy to tree nuts. Allergic reactions to tree nuts are among the leading causes of fatal and near-fatal reactions to foods.[28]

Most experts advise patients who have been diagnosed with an allergy to specific tree nuts to avoid all tree nuts.

Common Names for Tree Nuts

- Almond
- Beechnut
- Brazil nut
- Bush nut
- Butternut
- Cashew
- Chestnut
- Coconut
- Filbert
- Ginko nut
- Hazelnut
- Hickory nut
- Lychee nut
- Macadamia nut
- Nangai nut
- Pecan
- Pine nut
- Pistachio
- Shea nut
- Walnut

Ingredients – May Contain Tree Nuts

Barbecue sauce

Black Walnut Hull Extract (Flavoring)

Breading for chicken

Cereals

Cookies

Fish dishes

Honey

Ice cream

Mandelonas (peanuts soaked in almond fl voring)

Meat-free burgers

Mortadella (may contain pistachios)

Natural Nut Extract

Nut Distillates/Alcoholic Extracts

Nut Oils (e.g., Walnut Oil, Almond Oil)

Pancakes

Pasta

Pie crust

Salads and salad dressing

Walnut Hull Extract (Flavoring)

Ingredients – Does Not Contain Tree Nuts (surprisingly)

Coconut – Has typically not been restricted in the diets of people with tree nut allergy. However, in October of 2006, the FDA began identifying coconut as a tree nut. The available medical literature contains documentation of a small number of allergic reactions to coconut; most occurred in people who were not allergic to other tree nuts. Ask your doctor if you need to avoid coconut.

Nutmeg – Obtained from the seeds of the tropical tree species Myristica fragrans. It is generally safe for an individual with a tree nut allergy.

Shea Nut Oil and Butter – No evidence that these are allergenic.

Water Chestnuts – They are not a nut; it is an edible portion of a plant root known as a «corm.» It is safe for someone who is allergic to tree nuts.

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22 **http://ajcn.nutrition.org/content/76/1/266S.full.pdf+html?cnn=yes**

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24 In a 1956 paper, Ancel Keys had suggested that the increasing use of hydrogenated vegetable oils might be the underlying cause of the CHD epidemic.

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26 **http://www.ncbi.nlm.nih.gov/pubmed/15051604 and http://ajcn.nutrition.org/content/88/4/913.abstract**

27 S O'Keefe and others. Levels of Trans Geometrical Isomers of Essential Fatty Acids in Some Unhydrogenated US Vegetable Oils. Journal of Food Lipids 1994; 1:165-176.

28 **http://www.foodallergy.org/page/tree-nut-allergy**

Jonathan Tait, DO and Nick Pineault

THE 14-DAY

PAIN FREE DIET

Shopping Guide

CONTENTS

Read This Before Shopping

I am going to be honest with you: shopping for healthier foods *will* require extra time and effort. But so does anything that makes a difference in your life and health.

You are already committed to this. Now is the time to take action and execute this critical part of the program the right way.

In the next pages, you're going to find a lot of information on what foods to buy, where to find them and what to avoid for the entire 14 days of the 14 Day Pain Free Diet.

Then, at the end, you'll find printable shopping lists you can bring with you to the grocery store to make sure you have every ingredient you need to prepare the tasty anti-inflammatory meals in the **14-Day Pain Killing Recipes Guide**.

A little reminder, it is critical that you follow the program the way it's outlined, and only eat what is permitted for the 2 weeks.

The whole point of this program is to stop consuming inflammatory and pain-inducing foods – to finally give your body a chance to heal itself and reduce your pain levels.

After completing the 2 week program, you'll start reintroducing your favorite foods right away, in a very strategic order. This will help you determine what foods are the most inflammatory and problematic for **you**, and what foods can be added back to your diet safely.

I know how exhausted you must be about fighting pain and trying to find new solutions to get rid of it.

I know you may be about to give up and accept that having pain is just the way it is.

Trust me: it doesn't have to be that way. Once you start experiencing the pain reduction and higher energy that are simply "side effects" of a diet that focuses on the right food, you'll understand how powerful this new method can be.

Are you ready to kill pain with food, not pills?

Let's do this!

Food is Fuel

As you already know, I often use the car analogy to talk about pain and inflammation with my patients. Choosing the right fuel is critical if you want to function optimally.

Most people see food as entertainment.

It usually goes like this:

- "I'm hungry."
- "This food looks good!"
- "This food tastes good!"
- "…I've eaten too much. I feel terrible."

Food is addictive. Fast food, sugary treats and other man-made food products (processed foods) are *designed* to stimulate your taste buds and to make you crave them even more.

Would you put cheap fuel in your car, knowing that the engine and different internal components will eventually fail because of it? I doubt it.

Yet, that's exactly what you do when you eat processed food. Cheap food is cheap fuel for your body, and every organ and process in your body can either be negatively or positively affected by your food choices.

You might think: "everything can be eaten in moderation", and you are right.

If you eat inflammatory foods every single day, you're basically guaranteed to have a problem with your "engine" one day or another.

That's why it is so critical to identify the problematic foods, and make sure you aren't consuming them on a constant basis without even knowing it.

Nick Pineault's 5 Rules

Choosing the right foods can be a headache. Follow these 5 rules when choosing your ingredients – and you will avoid the vast majority of the unhealthy stuff.

1. **Choose foods that existed 200 years ago.**

Before we organized our food supply around giant industries, we didn't have or consume much of the processed foods around today. Stick with the foods that have always been healthy for us.

2. **Don't buy anything with ingredients you can't even spell.**

All the chemicals and dangerous ingredients you see on most food labels didn't exist before, and there's really no good reason to consume them on a regular basis.

If you need to study Chemistry before being able to read an ingredient list… chances are you're better off skipping this food altogether.

3. **When in doubt, go organic.**

Organic food generally contains less contaminant and must follow guidelines that are most strict towards the use of pesticides, herbicides, antibiotics, etc.

While organic doesn't always mean "better" or "more nutritious" – it can be a great way for you to avoid nasty hidden chemicals.

4. **If the food has been transformed and processed in any way – use it sparingly (even if it's "all-natural" or "organic")**

Organic white sugar is still white sugar. Organic crackers are still crackers. The point: if a food has been processed or prepared in any way, it shouldn't be a regular staple of your diet.

5. **Buying local is always better**

Buying local is a very important habit to develop. Local food is fresher, therefore more nutritious. Remember that vitamins and different nutrients slowly fade away from fresh produce as soon as it's picked. Also, buying local will give you a chance to get to know businesses that produce food in your area, and if their practices are in line with your values and health goals.

Is Organic Really Worth it?

Even if organic food hasn't been proven to be more nutritious than non-organic food, it's a useful tool to avoid a vast array of unneeded chemicals that end up on your plate.

Not many people know this, but annually, Americans are exposed to more than 4.5 billion pounds of pesticides.[1]

In the last several years, health authorities like the President's Cancer Panel (PCP) finally started recommending that consumers avoid pesticides as they are known to increase risks of cancer.[2]

During this program, we suggest that you decrease your exposure to these dangerous chemicals to help your body heal faster.

That being said, we understand that organic food costs more. It's just the way it is. Food grown the right way requires more time and resources, and consumers pay the price.

If you want to focus on the essentials, choose organic produce from the "Dirty Dozen" below, and don't spend extra money on the "Clean 15" (these produce are known to contain very little amounts of pesticides).

The Dirty Dozen

These 12 foods represent more than half of the total risk of pesticide exposure. If you can, always choose organic.

- Strawberries
- Spinach
- Green and red bell peppers
- Cherries
- Peaches
- Cantaloupe (from Mexico)
- Celery
- Apples
- Apricots
- Green beans
- Grapes (Chilean)
- Cucumbers

The Clean 15

The foods in the clean 15 contain little to no traces of pesticides, and are safe to consume in non-organic form.

- Onions
- Avocados
- Sweet corn (the exception – always choose organic to avoid GMOs)
- Pineapples
- Mango
- Sweet peas
- Asparagus
- Kiwi fruit
- Cabbage
- Eggplant
- Cantaloupe
- Watermelon
- Grapefruit
- Sweet potatoes
- Sweet onions

What to Buy

Before you head out to shop for the anti-inflammatory foods that will soothe your pain, review the information below to learn exactly what to buy for each food category.

Carbs

Food	Choose	Avoid
Vegetables (should constitute about 50% of your diet)	▪ Fresh or frozen ▪ Cruciferous veggies like broccoli, brussels sprouts, kale and cauliflower ▪ Other veggies like onions, squash and kelp	▪ Non-organic zucchini ▪ Canned veggies
Fruits	▪ Berries ▪ Grapes ▪ Citrus ▪ Peaches, pears, nectarines ▪ Pineapple ▪ Plum ▪ Pomegranate ▪ Organic papaya	▪ Non-organic papaya ▪ Fruit juices and derivatives ▪ Canned fruits ▪ Between 10 - 20% of the population has Irritable Bowel Syndrome (IBS) more commonly affecting women. People with IBS should probably avoid citrus and bananas[3]

Food	Choose	Avoid
Dried fruits	▪ Apple ▪ Apricot ▪ Blueberry ▪ Cherry ▪ Cranberry ▪ Date ▪ Fig ▪ Prune	▪ Overeating them (just a handful every day because of the high sugar content) ▪ Any added sugar, preservatives or hydrogenated oils
Rice	▪ White, wild or brown Rice	▪ Check labels for any possible gluten contamination
Gluten-Free Grains	▪ Breads, pastas, flours or any product containing these whole grains: amaranth, millet, quinoa, sorghum, tapioca, job's Tears, buckwheat	▪ Check the label for any possible gluten contamination ▪ Refined grains of any kind

Even if they are gluten-free, grains might cause allergic reactions for some people.

Be cautious of how they make you feel during the program, and don't be afraid to cut them out if you think they might be a problem.

Protein

Food	Choose	Avoid
Grass-fed and pasture-raised meats	▪ Grass-fed beef, lamb or bison ▪ Free-range chicken and turkey ▪ Pasture-raised pork ▪ Wild game	▪ Grain-fed meat. **If on a low budget,** stick with very lean grain-fed meat to avoid inflammatory fats
Beans and lentils	▪ Soaked and boiled from dry form (see the **Meal Plans & Recipes Guide** for more details) ▪ Or, in BPA-free cans ▪ All types of beans and lentils	▪ Canned beans and Lentils ▪ Soybeans
Eggs	▪ Cage-free (pastured) Eggs ▪ Organic if possible	▪ Egg Beaters® ▪ Packaged omelette mixes ▪ If you want to eliminate eggs from your diet, check out the **Food Label & Allergy Guide**

Eggs are a yellow light food because they are a common allergen (some people are allergic to egg whites, some to yolks).

That being said, they can be a great source of nutrients if you can tolerate them.

Be cautious of how eggs make you feel during the program, and don't be afraid to cut them out if you think they might be a problem.

Food	Choose	Avoid
Nuts	▪ Organic and raw ▪ Soaked, if possible (see the **Meal Plans & Recipes Guide** for more details) ▪ Almonds, Brazil nuts, cashews, chestnuts, filberts/hazelnuts, macadamia nuts, pecans, pine nuts (pignolia nuts), pistachios, and walnuts ▪ Nut butters	▪ Roasted or candied nuts ▪ Added salt or oil If you want to eliminate nuts from your diet, check out the **Food Label & Allergy Guide**.

Nuts are a yellow light food because they're a common allergen.

That being said, nuts are a great source of protein, healthy fats and a vast array of nutrients – if you can tolerate them.

Be cautious of how nuts make you feel during the program, and don't be afraid to cut them out if you think they might be a problem.

Food	Choose	Avoid
Seeds	▪ Organic and raw ▪ Chia ▪ Pumpkin seeds ▪ Sesame seeds (see below) ▪ Sunflower seeds ▪ Flax seeds (grind them just before use)	▪ Roasted seeds ▪ Added salt or oil If you want to eliminate sesame seeds from your diet, check out the **Food Label & Allergy Guide**

Sesame seeds are a common allergen.

Be cautious of how they make you feel during the program, and don't be afraid to cut them out if you think they might be a problem.

Fish and Shellfish	▪ Wild cold water oily fish ▪ Salmon (fresh or frozen, wild or canned sockeye) ▪ Arctic char, black cod, haddock, halibut, herring, mackerel, sardines, tilapia, trout ▪ Other fish not prone to contamination or overfishing (see the "Wild-Caught Fish & Seafood Annex" at the end of this document)	▪ Farmed fish and shellfish ▪ If you want to eliminate fish and shellfish from your diet, check out the **Food Label & Allergy Guide**

Fish and shellfish are known to be very allergenic for some people.

At the same time, they pack a ton of essential fatty acids (omega-3) and protein.

Be cautious of how they make you feel during the program, and don't be afraid to cut them out if you think they might be a problem.

Fats

Food	Choose	Avoid
Coconut Oil	▪ Organic ▪ Cold pressed ▪ If you want coconut oil with no taste, expeller pressed with no chemical treatment (more details in the **Shopping List & Guide**)	▪ Refined coconut oil
Red Palm Oil	▪ Organic ▪ Cold pressed or expeller pressed with no chemical treatment (more details in the **Shopping List & Guide**)	▪ Refined palm oi
Olive Oil (cold use or low temperature cooking)	▪ Organic if possible ▪ Dark or opaque glass jar	▪ Transparent bottle ▪ Cheap supermarket olive oil (16% of all olive oils on the market are adulterated in some manner)[4]

Food	Choose	Avoid
Avocados	▪ Fresh avocados	▪ Avocado-type spreads and processed guacamole (Kraft actually sells a guacamole that contains less than 2% avocado)[5]

Drinks

Food	Choose	Avoid
Dairy Substitutes	▪ Organic if possible ▪ Almond Milk ▪ Hemp Milk ▪ Rice Milk	▪ Check labels for any possible gluten contamination ▪ Added sugar or refined oi
Water	▪ Fresh, clean, fil ered water	▪ Bottled water
Coffee	▪ Organic and fair trade, if possible ▪ Freshly ground	▪ Coffee drinks ▪ Added dairy, sugar, artificial sweeteners or any other "Frankenstein" Starbucks® toppings ▪ Avoid drinking more than 1-2 cup per day to let your adrenal glands rest ▪ No caffeine after 3 pm
Tea	▪ Organic and fair trade, if possible	▪ Added sugar or artificial sweeteners ▪ No caffeine after 3 pm

Seasonings and Condiments

Food	Choose	Avoid
Herbs and Spices	▪ Any fresh or dried herb ▪ Turmeric, Ginger, Nutmeg or any other fresh or dried spice	▪ Cayenne pepper paprika, Tabasco when avoiding nightshades veggies
Broth	▪ Organic chicken, beef or vegetable broth ▪ Made with sea salt or unrefined ock salt (not table salt) ▪ Gluten-free, Soy-free and MSG-free	▪ Regular broth like Bovril® that contains MSG, soy and gluten
Unrefined sea or rock Salt	▪ Any salt that's "unrefined"	▪ Regular table salt

Food	Choose	Avoid
Vinegars	▪ Organic, if possible ▪ Rice Vinegar ▪ Red Wine Vinegar ▪ Apple Cider Vinegar (unpasteurized is best) ▪ Balsamic vinegar	▪ Check labels for any possible gluten contamination ▪ White vinegar (usually made with cheap GMO corn)
Coconut Milk	▪ Organic, if possible ▪ No added preservatives ▪ Unrefine ▪ BPA-free cans, if possible	▪ Added preservatives like sodium metabisulfite
Fermented Veggies	▪ Organic, if possible ▪ Sauerkraut, kimchi ▪ Pickled ginger root, dill pickle, or any other vegetable	▪ Check labels for any possible gluten or soy contamination ▪ Added sugar or artificial coloring (in most dill pickles)

Sweets & Sweeteners

Food	Choose	Avoid
Dark chocolate	▪ Organic ▪ At least 70% cocoa content ▪ Gluten-free ▪ Peanut-free	▪ Check labels for any possible gluten, soy or peanut contamination ▪ High sugar content, hydrogenated oils
Honey	▪ Raw (Unpasteurized) ▪ Organic, if possible ▪ From a local source, if possible	▪ Pasteurized honey (all the benefits a e gone… it's basically pure sugar) ▪ Popular brand cheap honey (75% or more of all the honey in the US may be fake and ultra-processed)[6]
Coconut sugar	▪ Organic, if possible ▪ Unprocessed	▪ Refined coconut sugar
Stevia	▪ Organic, if possible ▪ Tested for purity ▪ Liquid or powdered form	▪ Stevia in the Raw® brand (mostly contains pure sugar) ▪ Cheap stevia

Other safe sweeteners include maple syrup, birch syrup, brown rice syrup, black strap or green molasses, just to name a few.

Consume them in moderation (2-3 teaspoons a day goes a long way) and always look for the organic and raw versions that contain no filler or possible contaminants.

Agave may also be an alternative, but make sure it's processed at very low temperatures. 99% of all agave products are manufactured the wrong way, so be very cautious with this sweetener.

Where to Buy

Like I said before, buying healthier foods requires extra effort… but only the first few times you do so. After a while, you'll come up with a new shopping routine, and it will all become very natural to you.

Grocery Store

- Vegetables
- Fruits
- Dried fruits
- Rice
- Gluten-free grains
- Beans and lentils
- Eggs
- Tree nuts
- Seeds
- Fish and shellfish (ask if they a e wild-caught or farmed)
- Olive oOil
- Avocados
- Dairy substitutes
- Coffee
- Tea
- Herbs and spices
- Broth
- Vinegars
- Dark chocolate
- Honey

You'll probably find the following ingredients or organic food in just a handful of grocery stores including Wal-Mart, Costco, Kroger, SupeTarget, Safeway, Whole Foods Markets and Trader Joe's:

- Grass-fed and pasture-raised Meats
- Coconut oil
- Red Palm oil
- Coconut sugar
- Stevia
- Unrefined sea or rock salt
- Coconut milk
- Fermented veggies

Health Food Stores

Your local health food store is usually the best spot to find every ingredient you need – especially organic ones.

If you're looking for organic foods or very specific quality ingredients, consult this list to find a health food store near you:

http://www.greenpeople.org/healthfood.htm

Farmers Markets

Farmers markets allow you to find fresh, natural food locally. Once you visit one, I'm sure you won't go back to your old ways.

To locate a farmers market near you, visit:

http://www.farmersmarketsintheusa.com/markets.php

Online

If you don't live in the US, chances are you'll still have access to a local health food store. If this isn't the case, or if you just want to make things easier, ordering online is your next best choice.

You'll find a lot of online retailers that offer cheap or even free shipping on food products that may be hard to find elsewhere.

Here's my list of the best online retailers:

Amazon.com **http://www.amazon.com/**	Almost every healthy food can imagine, and free shipping if you plan on spending more than $25.
Nuts.com **http://www.nuts.com**	Nuts, dried fruits, chocolate & sweets, sweeteners, snacks, coffee & teas, baking goods, superfoods.

Teeccino **http://teeccino.com/**	Dozens of herbal teas and teas.
Tropical Traditions **http://www.tropicaltraditions.com**	Coconut oil, red palm oil, and a ton of organic products (sweeteners, snacks and even cosmetics).
Steviva **http://www.steviva.com**	The perfect spot to buy stevia and other natural 0-calorie sweeteners.
Upgraded Self **http://www.upgradedself.com/**	High quality products designed for performance.
US Wellness Meats **http://www.grasslandbeef.com**	Grass-fed beef, lamb & bison, pasture-raised poultry & pork, wild caught seafood, organic snacks.
Vital Choice **http://www.vitalchoice.com/**	Wild-caught salmon, white fish, shellfish, contaminant-free canned seafood, and a ton more.
Viva Pura **http://www.vivapura.com/**	Shop this popular health food store online. Products include organic cacao, coconut products, nut butters, nuts & seeds, olives & tomatoes, superfoods and trail mixes.
YouBars **http://www.youbars.com/**	Create your own organic, all natural protein/nutrition bar. Yes, you actually get to choose the ingredients.

A Note on Kitchen Tools

Just as it's very important to reduce the possible toxic substances in food, it is also critical that you use the right healthy kitchen tools. A lot of cheap cooking pots, pans, utensils, etc. leave traces of toxic heavy metals or volatile plastics in your food – something best to avoid if possible.

You do NOT need to change all your kitchen tools to guarantee your success on The 14-Day Pain Free Diet, but it's just another step that will help you stay healthy and pain free for life.

Kitchen Tool	Choose	Avoid
Pans and Pots	▪ Stainless steel ▪ Ceramic enamel cast iron (brands like Le Creuset) ▪ Cast iron ▪ Glass	▪ Aluminum, Teflon and other non-stick cookware. Studies show that non-stick coating breaks down and releases toxins into the air after only two minutes of heating.[7]
Food Storage	▪ Glass ▪ Stainless steel ▪ Silicone ▪ BPA-Free, PVC-free plastic #1, #2, #4, #5	▪ Plastic #3, #6, #7 ▪ Some BPA-free plastics release even more chemicals than regular plastic[8] ▪ Never heat plastic in your microwave

Kitchen Tool	Choose	Avoid
Utensils and accessories	▪ Wood ▪ Bamboo ▪ Silicone ▪ Stainless steel	▪ Plastic

Silicone tools and cookware is a perfect replacement for plastic in the kitchen – if you choose the right kind. Cheap silicone is usually manufactured with dangerous fillers that will eventually leach in your food.

To make sure that your silicone tools are 100% silicone, twist the silicone and check the ridges for signs of white stretching (which indicates that filling materials have been used).

If the color remains consistent, you have in your hands some high quality silicone!

Where to Buy Kitchen Tools

If you don't live in the US, chances are you'll still have access to a local health food store. If this isn't the case, or if you just want to make things easier, ordering online is your next best choice.

You'll find a lot of online retailers that offer cheap or even free shipping on food products that may be hard to find elsewhere.

Here's my list of the best online retailers:

Amazon.com
http://www.amazon.com/

Aquasana
http://www.aquasana.com/

Big Kitchen
http://www.bigkitchen.com/

Le Gourmet Chef
http://www.legourmetchef.com

Chef Central
http://www.chefcentral.com

A Word on Wild-Caught Fish & Seafood

Long known by nutritionists to be a premier source of protein, most ocean fish contain between 15-25% proteins by weight, which is less than most "meat of the land", but the protein in seafood is easier to break down and more completely absorbed than red meat and poultry. It also contains all essential amino acids, substantial amounts of omega-3 fatty acids, as well as B-complex vitamins.

The issue with seafood is the discussion about contaminants, mainly mercury and polychlorinated biphenyls (PCBs). PCBs were once used fairly commonly as a hardener in plastics, which is why you shouldn't be drinking out of a plastic bottle unless it is PCB-free, as well as bisphenol A (BPA) free. According to the U.S. Environmental Protection Agency (EPA), PCBs have been shown to cause cancer in animals, and there is also evidence that they can cause cancer in humans. Mercury is known to effect brain function and development.

Both are typical leached into the sea from factories near the ocean. They then make their way into the smallest plants and organisms on the sea floor. As smaller species are eaten by larger predators, contaminants can accumulate and become more concentrated.

Just as we are asking you to pledge to this program, I am also going to ask that you pledge only to eat sustainable sources of seafood. As a newly certified scuba diver, I'm learning about and seeing the results of over-fishing, with populations of large predatory fish a fraction of what they were just 40 years ago. Devastated population include sea bass, grouper, sharks, some snappers, and jacks. If you want your kids to be able to see a sea turtle on that big Hawaii trip, or maybe a shark on a deep-sea fishing trip 10 years from now, we all need to pay attention to this.

Other methods like bottom trawling for wild shrimp is completely destroying delicate ocean seafloors. This is the equivalent of clear-cutting forests. For every kilogram of shrimp caught, 10-40 kilograms of by catch (other fish and sea life caught in the process) are killed. Each year it is estimated that 150,000 endangered sea turtles are caught and dragged in shrimp nets until they drown. Think about that next time you're bellying up to the all-you-can stuff shrimp platter.

The Monterey Bay Aquarium's Seafood Watch program is a great resource for making the right choices.

They even have a "Super Green List" on the site meaning:

- Low levels of contaminants – less than 216 parts per billion (ppb) and less than 11ppb PCBs
- The daily minimum of omega-3s (>250mg per 8 oz. serving)
- Classified as "Best Choice" according to the Seafood Watch

Their recommendations for "Super Green" omega-3 packed (>250mg per 8ox serving):

- Albacore Tuna (troll or pole caught from the U.S. or British Columbia)
- Salmon (wild caught from Alaska)
- Freshwater Coho Salmon (farmed in tank systems)
- Oysters (farmed)
- Rainbow Trout (farmed)

Other healthy "best choices" (100-250 mg/d omega-3 per 8oz serving):

- Arctic Char (farmed)
- Barrramundi (farmed, from the US)
- Dungeness Crab (wild-caught, from California, Oregon, or Washington)
- Long fin Squid (wild-caught, from the U.S. Atlantic)

For more information, visit: http://www.montereybayaquarium.org/cr/seafoodwatch.aspx

SOURCES & REFERENCES

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Jonathan Tait, DO and Nick Pineault

THE 14-DAY

PAIN FREE DIET

Shopping List

How To Use These Shopping Lists

The shopping lists on the next pages will help you make sure you have all the right foods you need before starting the program.

After choosing the recipes you want to eat in the **14-Day Pain Killing Recipes Guide**, note all the ingredients and start your shopping spree.

Quick reminder: Make sure you have plenty of pain killing snacks (outlined in the **14-Day Pain Killing Recipes Guide**) around all the time.

The last thing we want is for you to get cravings and jump on the first inflammatory food available instead of sticking to the program.

Happy shopping!

Week _____

Fresh vegetables

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Fresh fruits

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Refrigerated Items

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Meat/Poultry/Seafood

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Condiments / Others

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Jonathan Tait, DO and Nick Pineault

THE 14-DAY

PAIN FREE DIET

Pain Killing Recipes Guide

CONTENTS

Breakfast and Shakes

Soups

Salads

Main Entrees

Beverages

Healthy Eating Can Be Tasty

The biggest myth around natural and healthy foods is that they are bland and simply don't taste as good as the junk food does.

That's a lie.

The truth is that healthy and tasty foods are used every day by the best chefs all around the world.

But don't worry, you don't have to be a chef to prepare the tasty meals outlined in this pain killing recipe guide.

We made sure they are so simple and easy to prepare that your success in the kitchen is basically guaranteed.

That being said, we suggest you avoid the 3 mistakes most cooks do that sabotage their recipes:

1) Never using fresh ingredients. Look, dried herbs and spices might be cheaper and handier, but they will never give your recipes the same aromas and mouth-watering flavors as fresh herbs and spices. The bottom line: the fresher, the better.

2) Not tasting before serving. One of the worst mistakes amateur cooks do. No matter how hard you try to follow a recipe with the exact quantities and cooking time, it won't end up exactly the same every time.

Always test your work just before serving, and use unrefined salt, pepper, herbs or spices to adjust the taste until it's perfect.

3) Being afraid to change the recipe. If a certain recipe asks for mushrooms and you don't like mushrooms… simply skip them. Tweak any recipe to your taste. You'll be surprised how much you can modify things around and end up with something good at the end.

Portion Sizes, Caloric Intake

As you'll see in the **14-Day Meal Plans**, we recommend you eat 3 meals every day, with two optional snacks.

For the sake of simplicity, we don't recommend you spend hours counting calories during this program. Instead, focus on a single goal – eating for optimal health – and naturally, over time your pain will improve.

Removing all allergenic and inflammatory foods should also help you improve digestion, eliminate toxins in the gut, and potentially even help you lose some pounds.

The recipes in this guide usually serve 2-4 portions at a time. Feel free to spend less time cooking and reheat leftovers whenever needed.

If you cook for more people or feel like you need extra calories, simply double or triple the quantities.

Don't forget to write every ingredient down on your **Shopping List** before going to the grocery store.

A Note on Snacks

Snacks should be quick to grab and demand very little to no preparation. Here are our favorite pain-killing snacks you should have around at all times:

- 1-2 oz. nuts or seeds with a fruit
- Celery and carrot sticks with almond butter
- Hummus with sliced veggies
- Turkey rolled in lettuce with Dijon mustard
- Hard-boiled eggs
- Small salad with balsamic vinegar and chopped nuts
- Guacamole with sliced veggies

Soaking Nuts & Seeds

Nuts and seeds contain natural toxins that make them hard to digest.

The simplest way to improve the digestibility of your nuts and seeds is soaking them. Doing so will get rid of most of these toxins, and increase the nutrient content at the same time.

If you ever felt like you have a hard time digesting nuts and seeds and feel heavy after eating them, this extra step is the perfect solution for you.

Note that only raw nuts and seeds can be soaked. Soaking roasted nuts won't have the same beneficial effects.

Action Steps

1. Gather your raw, organic nuts or seeds.
2. Rinse them in purified or distilled water.
3. Place them in a glass or stainless steel bowl.
4. Cover with twice as much water as the nuts or seeds. (1 cup of nuts to 2 cups of water).
5. Cover the bowl with something breathable like a cloth towel.
6. Let them soak following the guidelines on the next page.
7. Rinse under cold water.

Notes:

- After soaking them, you can use a dehydrator, or dry them in the oven with the door open at a maximum temperature of 150°F (to maintain the nutrient content).
- If you don't dry your soaked nuts, consume them within 24 hours.

Soaking Times

Nuts or Seed	Soaking Time
Almonds	8 to 12h
Cashews	2h
Hazelnuts	6 to 8h
Macadamia nuts	7h or overnight
Nuts (other)	6h
Pecans	6 to 8h or overnight
Pine nuts	6 to 8h or overnight
Pumpkin seeds/pepitas	8h or overnight
Sesame seeds	8h
Sunfl wer seeds	6 to 8h
Walnuts	6 to 8h or overnight

Preparing Beans & Lentils

Similar to nuts and seeds, legumes like beans and lentils contain hard-to-digest compounds.

If you ever felt significant indigestion after eating beans and lentils, you need to prepare them the right way - by soaking and boiling them before use.

Action Steps

1. Use 3 cups of water for every cup of beans and soak at room temperature. Then, strain the beans with a colander, discarding the soaking water.

2. For a faster soak, try boiling the beans in the water for two minutes, then letting them stand for one hour before rinsing them.

3. Boil the beans until they can be mashed with a fork. See the reference chart on the next page for cooking times.

Name	Cooking Time
Baby lima beans	1h
Black beans	1 to 1.5h
Black eye peas	30 min to 1h
Cranberry Beans	45 min to 1h
Garbanzo beans (also called chickpeas)	1 to 1.5h
Great northern beans	45 min to 1h
Kidney beans (light or dark)	1.5 to 2h
Large lima beans (also called butter beans)	1 to 1.5h
Nay beans	1.5 to 2h
Pink beans	1h
Pinto beans	1.5 to 2h
Small red beans	1 to 1.5h

Notes:

Boiling beans with any of the following herbs and spices will improve digestibility: anise seed, basil, bay leaf, cardamom, clove, cinnamon bark, coriander seed, cumin seed, fennel seed, fenugreek see, garlic, ginger root, mint, star anise and turmeric.

Feel free to experiment with different blends!

breakfast & shakes

Spanish Tortilla

PREPARATION TIME: 15 min

COOKING TIME: 15 min

SERVES: 6

1 pound sweet potatoes, peeled

1 large onion, diced

¼ cup olive oil

5 eggs

Sea salt and pepper

1. Slice the potatoes as thin as possible and dry with a paper towel.

2. Sauté potatoes and onions in olive oil over medium heat, turning frequently, until golden brown (about 3 minutes).

3. Meanwhile, beat the eggs with salt and pepper until foamy. Pour the eggs over the potatoes, cover, lower heat, and cook for about 5-7 minutes, until the omelette is set and the bottom is golden brown.

4. Slide the omelette onto a plate, cover with the other plate, flip, and slide the omelette back into the pan, so that the cooked side is on top.

5. Cover and cook for about 5 more minutes. Cut into wedges and serve.

Potential Allergenic Foods: Eggs

Warm and Nutty Cinnamon Quinoa

PREPARATION TIME: 10 min

COOKING TIME: 20 min

SERVES: 2

½ cup unsweetened almond milk

½ cup water

½ cup quinoa, rinsed

1 cup fresh berries

¼ tsp. ground cinnamon

¼ cup pecans, chopped

2 tsp. raw honey

1. Combine almond milk, water and quinoa in a medium saucepan. Bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes.

2. Stir in berries and cinnamon; transfer in 2 bowls and top with pecans. Drizzle 1 tsp. honey over each serving.

Potential Allergenic Foods: Nuts

Banana-Quinoa Muffins

PREPARATION TIME: 10 min

COOKING TIME: 20 min

SERVES: 6 muffins

½ cup quinoa flour

½ cup quinoa flakes

2 tsp. baking powder

1 tsp. baking soda

½ tsp. sea salt

2 bananas, very ripe ones

2 eggs

2 tbsp. raw honey

1. Preheat oven to 400°F.
2. Mix flour and flakes with the other dry ingredients.
3. In a separate bowl, mix together bananas, eggs and honey; add to dry ingredients.
4. Pour into greased muffins tins.
5. Bake for 20-25 minutes.

Potential Allergenic Foods: Eggs

Sausage-Egg Muffins

PREPARATION TIME: 20 min

COOKING TIME: 20 min

SERVES: 12 muffins

½ pound ground pork sausages (pasture-raised, if possible)

12 eggs, beaten

1 small onion, chopped

1 tsp. garlic powder

Salt and pepper to taste

1. Preheat oven to 350°F. Lightly grease 12 muffin cups.

2. Place sausages in a large, deep skillet. Cook over medium heat until evenly brown. Slice and set aside.

3. In a large bowl, combine eggs, onion, garlic powder, salt pepper and sausage; mix well. Spoon ¼ cup of sausage mixture into each prepared muffin cup.

4. Bake in preheated oven for 15 to 20 minutes, until egg has set and a toothpick inserted into each 'muffin' comes out clean.

Potential Allergenic Foods: Eggs

Delish Coconut Muffins

PREPARATION TIME: 10 min

COOKING TIME: 30 min

SERVES: 12 muffins

2 ½ cups coconut milk

1 tbsp. water, or as needed (optional)

1 ¼ cups white rice flour

2 cups shredded unsweetened coconut

1 tsp. salt

1 tsp. coconut sugar or honey, for sprinkling (optional)

1. Preheat oven to 375°F. Lightly grease 12 muffin cups.

2. Mix together coconut milk and water in a mixing bowl. Stir in white rice flour, shredded coconut, and salt. Spoon the mixture into the muffin cups, and sprinkle with sugar if desired.

3. Bake in the preheated oven until the tops are golden brown and crusty, about 30 minutes.

Potential Allergenic Foods: None

No-Flour Banana-Chocolate Muffins

PREPARATION TIME: 15 min

COOKING TIME: 35 min

SERVES: 12 muffins

6 fresh eggs

½ tsp. sea salt

½ cup raw honey

½ cup melted coconut oil

4-5 bananas, mashed

1 cup cocoa

1. Preheat oven to 350°F.
2. Mash bananas and add eggs.
3. Mix well and add salt, honey, cocoa and oil. Fill lined muffin cups ¾ full and bake for about 15 minutes.

Potential Allergenic Foods: Eggs

Raw Carrot Cake "Muffins"

PREPARATION TIME: 20 min

WAITING TIME: 1 hour

SERVES: 12 muffins

4 cups grated carrots (from about 1 pound carrots)

2 cups chopped pitted dates

2 cups walnuts

2 tsp. ground cinnamon

1 tsp. ground ginger

¼ tsp. ground nutmeg

½ tsp. sea salt

2 tsp. raw honey

1 ½ cups raisins

1. Line a baking sheet with paper towels. Spread grated carrots across baking sheet and cover with another layer of paper towels. Top with a second baking sheet. Place heavy objects, such as books or a skillet, on top of baking sheet. Let stand until most of liquid has been pressed out of carrots, about 20 minutes.

2. Meanwhile, In the bowl of a food processor, combine dates and walnuts. Pulse until they have broken down into a sticky, uniform paste, about 1 minute, scraping down sides as necessary. Add cinnamon, ginger, nutmeg, and salt and pulse to combine.

3. Remove carrots from baking sheet and squeeze out any excess moisture. Add to bowl of food processor. Add honey and pulse until evenly combined, about 7 pulses. Add raisins and pulse until most raisins have been incorporated and mixture is a coarse textured paste, about 7 pulses. Scoop mixture out of food processor and divide among 12 muffin tins. Place in refrigerator and let chill at least one hour. Remove from tins and serve.

Potential Allergenic Foods: Nuts

Asparagus Omelette

PREPARATION TIME: 10 min

COOKING TIME: 10 min

SERVES: 4

10 ounces asparagus, cut into ½-inch pieces

6 large eggs

Sea salt

Pepper

4 green onions (white parts only), thinly sliced

1. Steam asparagus until crisp-tender, about 5 minutes. Drain.
2. Whisk eggs, salt and pepper in large bowl to blend well.
3. Add sliced green onions and sauté until onions are translucent, about 3 minutes. Add cooked asparagus; sauté until heated through.
4. Reduce heat to medium. Spread asparagus mixture in single layer in skillet. Pour egg mixture over asparagus. Cook until eggs are very softly set, tilting skillet, gently running spatula around edges and allowing uncooked egg portion to flow underneath, about 4 minutes.
5. Tilt skillet and slide omelette out onto plate, folding omelette in half.

Potential Allergenic Foods: Eggs

Banana Split Protein Shake

PREPARATION TIME: 5 min

SERVES: 1

8 oz. water or 4 oz. almond milk and 4 oz. water

1 scoop rice, hemp or pea protein powder

½ banana

¼ cup chopped pineapple

2 frozen strawberries

1. Place liquid in the blender first, then powder, then additions.
2. Blend on low then high till well blended.

Potential Allergenic Foods: Nuts

Blueberry Power Shake

PREPARATION TIME: 5 min

SERVES: 1

1 cup almond milk

1 cup blueberries (fresh or frozen)

1 tsp. almond extract (optional)

1 scoop rice, hemp or pea protein powder

1. Place milk in the blender first, then powder, then additions.

2. Blend on low then high till well blended.

Potential Allergenic Foods: Nuts

Black Forest Protein Shake

PREPARATION TIME: 5 min

SERVES: 1

1 cup almond milk

1 scoop rice, hemp or pea protein powder

1 tbsp. unsweetened cocoa powder

½ cup cherries (fresh or frozen)

Stevia, to taste

1. Place milk in the blender first, then powder, then additions.
2. Blend on low then high till well blended.

Potential Allergenic Foods: Nuts

Berry Blast Protein Shake

PREPARATION TIME: 5 min

SERVES: 1

1 cup mixed berries

½ banana

½ cup almond milk

1 scoop rice, hemp or pea protein powder

1. Place milk in the blender first, then powder, then additions.
2. Blend on low then high till well blended.

Potential Allergenic Foods: Nuts

Choco-Monkey Protein Shake

PREPARATION TIME: 5 min

SERVES: 1

1 cup almond milk

2 tbsp. unsweetened cocoa powder

1 tbsp. almond butter

1 scoop rice, hemp or pea protein powder

1 banana

1. Place milk in the blender first, then powder, then additions.

2. Blend on low then high till well blended.

Potential Allergenic Foods: Nuts

Egg Nog Protein Shake

PREPARATION TIME: 5 min

SERVES: 1

1 scoop rice, hemp or pea protein powder

1 cup almond milk

1 tsp. rum extract

½ tsp. allspice

5 ice (cubes)

1. Place milk in the blender first, then powder, then additions.

2. Blend on low then high till well blended.

Potential Allergenic Foods: Nuts

soups

Spicy Sweet Potato Carrot Soup

PREPARATION TIME: 15 min

COOKING TIME: 20 min

SERVES: 4

2 tbsp. coconut oil

1 onion, chopped

3 cloves of garlic, finely chopped

1 tbsp. ground cumin

1 tsp. ground coriander

1 tsp. ground ginger

1 sweet potato, diced

1 pound carrots, sliced

5 cups organic chicken or vegetable stock

1 orange

2 tbsp. red wine vinegar

Sea salt and pepper

Fresh coriander

1. Brown the onion and garlic in oil for about 4 min on medium heat. Add cumin, coriander, ginger, and then the sweet potato, carrots and stock.

2. Bring to a boil, reduce heat, cover and let simmer for 20 min or until carrots are tender.

3. Blend soup using an immersion blender. Press the orange and add the juice to the soup. Add red wine vinegar, salt and pepper. Serve with fresh chopped coriander.

Potential Allergenic Foods: None

Sweet Potato and Cauliflower Potage

PREPARATION TIME: 15 min

COOKING TIME: 15 min

SERVES: 4

2 tbsp. coconut oil

1 onion, chopped

2 cloves of garlic, finely chopped

1 tbsp. fresh ginger root, finely chopped

1 tbsp. ground cumin

1 tsp. ground coriander

1 tsp. ground curcuma

3 cups organic chicken or vegetable stock

1 can (400 ml) coconut milk

1 large sweet potato, diced

½ cauliflower, cut into florets

1 freshly squeezed lemon (or lemon juice), to taste

Sea salt and pepper

Fresh coriander

1. Brown the onion, garlic and ginger in oil for about 4 min on medium heat. Add cumin, coriander and curcuma, and then the coconut milk, stock, sweet potato and cauliflower.

2. Bring to a boil, reduce heat and let simmer for 15 min uncovered or until veggies are tender.

3. Blend soup using an immersion blender. Add lemon juice, salt and pepper to taste. Serve with fresh chopped coriander.

Potential Allergenic Foods: None

Coconut and Chicken Soup

PREPARATION TIME: 15 min

COOKING TIME: 15 min

SERVES: 4

2 tbsp. coconut oil

3 green onions, finely chopped

2 cloves of garlic, finely chopped

1 tbsp. fresh ginger root, finely chopped

2 lemongrass sticks, finely chopped

1 can (400 ml) coconut milk

3 cups organic chicken stock

2 large chicken breasts

7 oz. rice noodles

2 tbsp. fish sauce

1 freshly squeezed lime (or lime juice), to taste

Fresh coriander

Sea salt and pepper

1. Brown the green onions, garlic and ginger in oil for about 4 min on medium heat. Add lemongrass, coconut milk and stock.

2. Bring to a boil, reduce heat, add diced chicken breast and let simmer for 10 min uncovered.

3. Meanwhile, cook rice noodles in boiling water.

4. Add fish sauce, chopped coriander and lime juice to the soup. Add salt and pepper to taste. Add the hot soup to the noodles and serve.

Potential Allergenic Foods: Fish

Sweet Pea Soup

PREPARATION TIME: 10 min

COOKING TIME: 5 min

SERVES: 4

2 tbsp. coconut oil

2 green onions, finely chopped

2 cloves of garlic, finely chopped

1 ½ pounds of sweet peas (fresh or frozen)

3 cups organic chicken stock

4 tbsp. coconut milk

Sea salt and pepper

1. Brown the green onions and garlic in oil for about 2 min on medium heat. Add sweet peas and stock.

2. Bring to a boil. Blend using an immersion blender until smooth.

3. Add coconut milk, salt and pepper.

Potential Allergenic Foods: None

Spinach and Coconut Soup

PREPARATION TIME: 15 min

COOKING TIME: 15 min

SERVES: 4

2 tbsp. coconut oil

1 onion, finely chopped

2 cloves of garlic, finely chopped

1 tbsp. ground cumin

1 tsp. ground coriander

1 tsp. curcuma

1 tsp. ground ginger

1 can (400 ml) coconut milk

3 cups organic chicken stock

1 pound organic spinach

1 freshly squeezed lemon (or lemon juice), to taste

Sea salt and pepper

1. Brown the onion and garlic in oil for about 2 min on medium heat. Add cumin, coriander, curcuma and ginger, and then the stock and coconut milk.

2. Bring to a boil, lower heat and let simmer for 10 min uncovered. Add spinach and cook for 2 more minutes, or until it's soft.

3. Blend using an immersion blender until smooth.

4. Add lemon juice, salt and pepper to taste.

Potential Allergenic Foods: None

Spicy Sweet Potato and Coconut Soup

PREPARATION TIME: 15 min

COOKING TIME: 15 min

SERVES: 4

2 tbsp. coconut oil

1 onion, finely chopped

3 cloves of garlic, finely chopped

1 tbsp. fresh ginger root, finely chopped

1 tsp. curcuma

1 tbsp. ground cumin

1 tsp. ground coriander

2 large sweet potatoes, diced

2 large chicken breast, diced

1 can (400 ml) coconut milk

3 cups organic chicken stock

1 freshly squeezed lemon (or lemon juice), to taste

Sea salt and pepper

Fresh coriander, chopped

1. Brown the onion, garlic and ginger in oil for about 3 min on medium heat. Add cumin, coriander and curcuma, and then the potatoes, chicken, stock and coconut milk.

2. Bring to a boil, lower heat and let simmer for 15 min uncovered. The chicken and sweet potatoes must be fully cooked.

3. Crush half of the cooked potatoes using a potato crusher.

4. Add lemon juice, salt and pepper to taste, and sprinkle coriander on top.

Potential Allergenic Foods: None

Orange Chicken Soup

PREPARATION TIME: 15 min

COOKING TIME: 20 min

SERVES: 4

2 tbsp. olive oil or expeller-pressed coconut oil

1 onion, chopped

2 cloves of garlic, finely chopped

9 oz. chicken breast, diced

2 tbsp. cumin powder

1 tbsp. coriander powder

1 organic orange (for zest and juice)

6 cups organic chicken stock

1 lemon (or lemon juice), to taste

1 can chick peas (or 2/3 cup dried chick peas, prepared)

Sea salt and pepper

1. Brown the onion and garlic for about 3 min on medium heat. Add the diced chicken, cumin and coriander, and cook for 2 more minutes.

2. Add the orange zest and juice, stock, salt and pepper.

3. Bring to a boil, cover and let simmer over low heat for 10 min. Add the chickpeas and cook for 10 more minutes. The chicken must be fully cooked.

4. Add lemon juice, salt and pepper to taste.

Potential Allergenic Foods: None

Winter Squash Soup With Olive Salsa

PREPARATION TIME: 20 min

COOKING TIME: 40 min

SERVES: 4

2 tbsp. olive oil or expeller-pressed coconut oil

1 onion, chopped

2 cloves of garlic, finely chopped

1 kg winter squash, peeled with seeds removed

1 can white beans (or 2/3 cup dried beans, prepared)

4 cups organic vegetable or chicken stock

Sea salt and pepper

Olive salsa

¾ cup chopped black olives

1 organic lemon (for the zest)

3 tbsp. olive oil

Fresh or dried parsley

Sea salt and pepper

1. Brown the onion and garlic for about 3 min on medium heat. Add the diced winter squash, white beans and stock. Add salt and pepper to taste.

2. Bring to a boil, cover and simmer over low heat for 30 min, or until squash is soft.

3. Meanwhile, prepare the olive salsa: mix the chopped black olives, lemon zest, olive oil, parsley, salt and pepper.

4. Blend the soup using an immersion blender, and serve with the black olive salsa on top.

Potential Allergenic Foods: None

salads

Italian Artichoke Salad

PREPARATION TIME: 10 min

SERVES: 2

1 can artichoke hearts

1 small red onion, finely chopped

1 can white beans (or 2/3 cup dried beans, prepared)

Mixed greens

1 tbsp. apple cider vinegar

1 tsp. Dijon mustard

1 tsp. raw honey

1 tbsp. olive oil

Fresh parsley (optional)

Sea alt and pepper

1. Prepare sauce: whisk vinegar, olive oil, mustard, honey and parsley. Add salt and pepper to taste.

2. Drain artichoke hearts. Mix with the mixed greens, onion and white beans.

3. Add sauce and serve.

Potential Allergenic Foods: None

Thai Salad with Steak

PREPARATION TIME: 10 min

SERVES: 4

20 oz. of grass-fed steak

2 large carrots

Mixed greens

A handful of bean sprouts

1 freshly squeezed lime (or lime juice), to taste

1 tbsp. fish sauce

1 tbsp. raw honey

Sea salt and pepper

1. Season steak with salt and pepper, and grill it to your taste.
2. Prepare sauce: mix fish sauce, lime juice, salt, pepper and honey.
3. Shred carrots. In a bowl, mix carrots, sprouts and mixed greens. Add sauce and split in 4 plates.
4. Cut the steak in thin strips and add to salad. Serve.

Potential Allergenic Foods: Fish

Mango Beef Salad With Ginger Sauce

PREPARATION TIME: 10 min

SERVES: 4

12 oz. grass-fed steak

2 tbsp. fish sauce

Mixed greens

1 large mango

1 small red onion, finely chopped

1 tbsp. coconut oil

1 tbsp. fresh ginger root, finely chopped

2 cloves of garlic, finely chopped

1 freshly squeezed lime (or lime juice)

1 tbsp. raw honey

Seaalt and pepper

1. Cut the raw steak in pieces. Put in a bowl and mix with the fish sauce and some ground pepper.

2. Prepare the ginger sauce: in a bowl, mix the ginger, garlic, lime juice and honey.

3. Put some mixed greens in each plate. Peel the mango and dice it. Mix it with the onion. Put them both on top of your salad.

4. Put 1 tbsp. of coconut oil in a wok or large pan. Brown the steak pieces until medium-rare. Add to your salad, and top with the ginger sauce. Add salt and pepper to taste.

Potential Allergenic Foods: Fish

Orange, Chicken, and Avocado Salad

PREPARATION TIME: 20 min

SERVES: 4

2 tbsp. coconut oil

4 small chicken breasts

1 large avocado

2 oranges

3 green onions

1 lime (for zest and juice)

Fresh coriander or basil (optional), chopped

Sea alt and pepper

1. Fry chicken in oil for 10 minutes on each side, or until fully cooked.

2. Meanwhile, dice avocado, chop green onions and peel orange before cutting it in large pieces. Mix these ingredients with fresh herbs, lime zest and lime juice. Split in 4 plates.

3. Add chicken on top of each plate. Add salt and pepper to taste.

Potential Allergenic Foods: None

Vietnamese Salad

PREPARATION TIME: 20 min

SERVES: 4

1 tsp. raw honey

1 lime (for zest and juice)

Fresh coriander, chopped

1 tbsp. quality toasted sesame oil (optional)

1 tbsp. fish sauce

1 tbsp. coconut oil

1 pound free-range pork tenderloin

½ cabbage, any color, shredded

1 cucumber, cut in thick strips

3 French shallots

2 lemongrass sticks, outside layer removed, finely chopped

1 tbsp. water

Sea alt and pepper

1. Preheat oven to 400°F. Set a large pan over medium to high heat, and add coconut oil. Grill the tenderloin on all sides, and put in oven for 10-12 minutes or until fully cooked.

2. Mix the honey, lime juice and zest, 1 tbsp. water, fish sauce, toasted sesame oil and half of the chopped fresh coriander.

3. Mix cabbage, cucumber, shallots, lemongrass and the rest of the coriander.

4. Put your mixed veggies in plates. Add meat, and top with your prepared Vietnamese sauce.

Potential Allergenic Foods: Fish

Lemon Artichoke Salad

PREPARATION TIME: 10 min

SERVES: 4

2 cans artichoke hearts, drained

Mixed greens

3 oz. raw almonds

1 organic lemon (for zest and juice)

Sea salt and pepper

Sauce

1 tbsp. dried thyme

2 tbsp. raw honey

1 tbsp. red wine vinegar

4 tbsp. olive oil

4 tbsp. lemon juice

1. Prepare dressing: whisk vinegar, olive oil, lemon juice, honey and dried thyme. Add salt and pepper to taste.

2. In a large bowl, mix the mixed greens with lemon zest, lemon juice and the artichoke hearts. Add sauce and serve in 4 plates. Top with the ham and almond mix. Add salt and pepper to taste.

3. Add almonds.

Potential Allergenic Foods: None

Honey Salmon Salad

PREPARATION TIME: 15 min

COOKING TIME: 15 min

SERVES: 4

4 wild-caught salmon filets (3 oz. each)

2 tbsp. olive oil

Mixed greens

2 oranges, peeled and diced

1 small red onion, finely chopped

Sea salt and pepper

Honey sauce

4 tbsp. olive oil

1 tbsp. old style Dijon mustard

2 tbsp. raw honey

1 tbsp. organic mayonnaise

1 tbsp. red wine vinegar

Sea salt and pepper

1. Preheat oven to 400°F. Brush salmon with olive oil, salt and pepper. Set in oven for 12-15 minutes. Do not overcook.

2. Meanwhile, prepare the sauce: mix olive oil, mustard, honey, mayonnaise, vinegar, salt and pepper.

3. Put mixed greens in 4 plates. Add orange dices and onions.

4. Add the cooked salmon, and top with the honey sauce. Add salt and pepper to taste.

Potential Allergenic Foods: Fish

Tangy Dijon Salad Dressing

PREPARATION TIME: 2 min

4 tbsp. olive oil

1 tbsp. Dijon mustard

2 tbsp. red wine vinegar

Sea salt and pepper to taste

Apple Cider Dijon Balsamic

PREPARATION TIME: 2 min

1/4 cup apple cider vinegar

2 tbsp. Dijon mustard

1/4 cup balsamic vinegar

Sea salt and pepper to taste

Fat Free Balsamic Vinaigrette

PREPARATION TIME: 10 min

1/4 cup balsamic vinegar

1/4 cup apple cider vinegar

1/4 cup red wine vinegar

3-4 cloves garlic

1/4 cup sugar free ketchup

1 tbsp Dijon mustard

1 tbsp agave nectar

1. Blend vinegars in small food processor

2. Add other ingredients and continue to blend

3. Refrigerate before serving

Citrus Thai Chili Dressing

PREPARATION TIME: 5 min 1 cup orange juice

1/4 cup Dijon mustard

1/4 cup rice wine vinegar

2 cloves garlic

1-2 tsp chili powder

1 tablespoon sweet Thai chili paste

1. Combine all ingredients in a small food processor

Main Entrees

Chicken Pilaf

PREPARATION TIME: 15 min

COOKING TIME: 15 min

SERVES: 4

1 tbsp. coconut oil

1 onion, chopped

2 cloves of garlic, finely chopped

1 tbsp. cumin powder

1 tsp. coriander powder

1 tsp. turmeric

4 chicken breast, diced

1 cup rice

3 cups organic chicken stock

4 oz. dried apricots, chopped

Fresh coriander, chopped

Salt and pepper

1. Brown the onion and garlic for about 3 min on medium heat. Add cumin, coriander, turmeric and chicken breast, and cook for 2 more minutes.

2. Add stock, rice and apricots.

3. Bring to a boil, cover and let simmer over low heat for 10 minutes. Add salt and pepper to taste.

4. Serve with fresh coriander.

Potential Allergenic Foods: None

Chicken and Spinach Casserole

PREPARATION TIME: 10 min

COOKING TIME: 15 min

SERVES: 4

1 onion, finely chopped

4 chicken breast, diced

1 tbsp. coconut oil

1 organic lemon (for zest and juice)

1 tbsp. cumin powder

1 tsp. coriander powder

1 cinnamon stick (optional)

10 oz. spinach

1 can beans (or 2/3 cup dried beans, prepared)

1 cup organic chicken stock

Sea salt and pepper

1. Brown the onion for 2-3 min in coconut oil. Add the chicken and cook for 2 more minutes. Season with salt and pepper.

2. Add lemon zest and half the lemon juice, cumin, coriander and cinnamon stick. Cook for 2 more minutes.

3. Add the beans and stock. Cook for 5 more minutes. Adjust taste with salt and pepper.

4. Add spinach and cook until soft. Serve with the rest of the lemon juice.

Potential Allergenic Foods: None

Spicy Chicken On Crunchy Coleslaw

PREPARATION TIME: 15 min

COOKING TIME: 20 min

SERVES: 4

4 chicken breast, diced

2 tbsp. olive oil or expeller-pressed coconut oil

½ red or green cabbage, shredded

2 carrots, shredded

Sauce

1 tbsp. turmeric

Fresh coriander, chopped

2 organic limes (for zest and juice)

2 tbsp. cumin powder

Sea alt and pepper

1. Prepare the sauce: mix half the fresh coriander, lime zest, lime juice, cumin, turmeric, salt and pepper.

2. Brown the chicken for 4-5 min in oil. Add half the sauce and continue cooking for 5 more minutes.

3. Meanwhile, mix the rest of the coriander, carrots and cabbage.

4. Put the coleslaw in 4 plates, and add chicken on top. Put the rest of the sauce, and add salt and pepper to taste.

Potential Allergenic Foods: None

Pork Tenderloin With Apricot White Bean Purée

PREPARATION TIME: 10 min

COOKING TIME: 20 min

SERVES: 2

12 oz. pork tenderloin (pasture-raised if possible)

1 tbsp. olive oil

1 small onion, chopped

A handful dried apricots, chopped

2 tbsp. pine nuts or walnuts (optional)

Fresh sage or basil, chopped

White bean purée

1 can white beans (or 2/3 cup dried beans, prepared)

2 cloves of garlic, finely chopped

½ cup organic chicken stock

Sea salt and pepper

1. Pre-heat the oven to 400°F. Season the tenderloin with salt and pepper, and brush with olive oil.

2. Brown the tenderloin in a pan over medium heat for 2-3 min. Set in oven and cook for 10-15 min or until inside is light pink.

3. Mix the white beans, stock and garlic. Bring to a boil and simmer for 10 minutes. Crush the mix with a potato crusher just before serving.

4. Meanwhile, brown the onion for about 3 min on medium heat in the same pan you roasted the pork in, adding oil if needed. Add sage or basil and dried apricots and cook for 2 more minutes.

5. Serve the sliced pork tenderloin on top of the white bean puree, adding the apricot and onion mix. Add salt and pepper to taste.

Potential Allergenic Foods: Nuts

Roasted Apple Pork Tenderloin

PREPARATION TIME: 10 min

COOKING TIME: 15 min

SERVES: 2

12 oz. pork tenderloin (pasture-raised if possible)

1 tbsp. olive oil

1 organic lemon (for zest and juice)

2 large apples, skin and core removed

1 tbsp. brown sugar

Fresh sage, chopped

Sea salt and pepper

1. Pre-heat the oven to 400°F. Cut a small opening in the tenderloin. Season the insides with salt and pepper, and brush with olive oil. Add lemon zest, half the sage and half the lemon juice. Cook for 10-15 min or until inside is light pink, turning it once.

2. Meanwhile, dice the apples. Heat a pan over medium heat and add apples, the rest of the sage, the rest of the lemon juice, and coconut sugar.

3. Bring to a boil, lower heat and let simmer for 5-6 min. Add salt and pepper to taste and serve with the pork tenderloin and your favorite veggies.

Potential Allergenic Foods: None

Balsamic Vinegar Steak

PREPARATION TIME: 10 min

COOKING TIME: 15 min

SERVES: 2

2 grass-fed steaks (5-6 oz. each)

3 tbsp. olive oil

3 tbsp. balsamic vinegar

1 clove of garlic, finely chopped

Sea salt and pepper

1. Prepare the marinade: mix the garlic, olive oil, balsamic vinegar, salt and pepper. Brush steaks with the mix.

2. If you can, let marinate for 1-2 hours in the fridge. If time is short, skip this step.

3. Cook steaks for 3-4 minutes on each side (to your taste). Enjoy with a baked sweet potato or a salad.

Potential Allergenic Foods: None

White Fish With Coriander Rice Pilaf Rice

PREPARATION TIME: 10 min

COOKING TIME: 15 min

SERVES: 4

4 white fish filets (5-6 oz. each)

2 tbsp. olive oil or expeller-pressed coconut oil

1 organic lemon (for zest and juice)

2 tbsp. cumin powder

1 cup rice

2 cups organic chicken stock

1 onion, finely chopped

2 large carrots, shredded

Fresh coriander, chopped

Sea salt and pepper

1. Pre-heat the oven to 400°F. Brown the onions for 2-3 min. Add the cumin and shredded carrots, and cook for 2 more minutes. Add the rice, stock, salt and pepper.

2. Bring to a boil, cover and let simmer over low heat for 15 min.

3. Season the fish with salt and pepper, and brush with olive oil. Add lemon zest, half the coriander and half the lemon juice. Cook for 10-12 min or until the flesh can be detached with a fork.

4. Serve the fish over the pilaf rice, adding the rest of the coriander and the rest of the lemon juice. Add salt and pepper to taste.

Potential Allergenic Foods: Fish

White Fish With Sweet Potato Purée

PREPARATION TIME: 15 min

COOKING TIME: 15 min

SERVES: 2

2 white fish filets (5-6 oz. each)

2 large sweet potatoes

2 tbsp. fresh ginger root, finely chopped

Sea salt and pepper

Sauce

1 clove of garlic, finely chopped

Fresh coriander, chopped

2 tbsp. olive oil

1 organic lemon (for zest and juice)

1 tbsp. cumin powder

1. Pre-heat the oven to 400°F. Dice the sweet potatoes and boil for 10 minutes.
2. Meanwhile, prepare the sauce: mix the garlic, coriander, olive oil, cumin, lemon zest and lemon juice., salt and pepper
3. Add sauce to the white fish, and brush with olive oil. Cook for 10 minutes in the oven.
4. Crush the sweet potatoes with a potato crusher, adding salt, pepper and ginger to the mix.
5. Serve the white fish over the sweet potato purée, adjusting taste with salt and pepper.

Potential Allergenic Foods: Fish

Basil Shrimp

PREPARATION TIME: 15 min

COOKING TIME: 10 min

SERVES: 4

1 pound fresh shrimp, peeled and deveined

1 tbsp. olive oil

1 tbsp. Dijon mustard

1 lemon (or lemon juice), to taste

Fresh basil, chopped

2 cloves of garlic, finely chopped

Sea salt and pepper

1. If you want, prepare 1 cup rice with 2 cups water, and steam your favorite veggies.

2. Mix shrimp, half the lemon juice, half the basil, the garlic, Dijon mustard, olive oil, salt and pepper.

3. Cook shrimp 2-3 minutes, or until desired texture is attained. Add salt and pepper to taste.

Potential Allergenic Foods: Seafood

beverages

Sweet Tea

PREPARATION TIME: 10 min

5–6 bags caffeine-free herbal tea (e.g., peach, mint, chamomile, or fruit tea)

3 quarts boiling water

Stevia powder (or liquid), to taste

1. Pour water over tea bags in a large pot. Add stevia while tea is hot. Adjust amount according to the desired sweetness.

2. Let the tea cool, remove tea bags, transfer tea to a serving pitcher or individual water bottles, and refrigerate. Feel free to add citrus to the mix.

Potential Allergenic Foods: None

Jonathan Tait, DO and Nick Pineault

THE 14-DAY

PAIN FREE DIET

Meal Plans

Instructions

Within this manual the entire two weeks are outlined, day by day. You can follow these meal plans to the letter or use them as a guide; it's completely up to you. Either way, you'll find a ton of pain-killing meal ideas and recipes that you're sure to enjoy and use over and over again.

Feel free to add veggies at will to any meal. Their anti-inflammatory effect will help you feel results even faster.

The recipe portions are not universal. With recipes, we have to give you exact numbers, otherwise you'd have no idea how much of what to add to the recipe. The portions included are for the "average" sized person. That said, you may likely need to tweak the portion sizes a bit to be in line with you individual calorie needs or appetite.

Some recipes yield multiple servings and some are for single servings. You may choose to cook in bulk by doubling or tripling a recipe, or you may choose to cut a recipe in half to make only a single serving. If going with the former option (cooking in bulk), separate the meals into individual containers and store for an easy reheat-able meal.

If you want to include snacks, please refer to the **14-Day Pain-Killing Recipes Guide**. It doesn't really matter if you choose to eat 3 times or 5 times a day, just make sure you don't deprive yourself.

Listen to your body. If you are following the meal plans but continually feeling fatigued, this may be a sign that you are not meeting your calorie needs, and you should eat more.

On to the 2-weeks of meal plans!

Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast:						
Spanish Tortilla	**Banana-Quinoa Muffins**	**Banana Split Protein Shake**	**Warm and Nutty Cinnamon Quinoa**	**Raw Carrot Cake "Muf-fins"**	**Egg Nog Protein Shake**	**Asparagus Omelet**
Lunch:						
Spicy Carrot Soup	**Honey Salmon Salad**	**Coconut and Chicken Soup**	**Italian Artichoke Salad**	**Sweet Pea Soup**	**Thai Salad with Steak**	**Spicy Sweet Potato and Coconut Soup**
Dinner:						
Chicken Pilaf	**Roasted Apple Pork Tenderloin**	**Balsamic Vinegar Steak**	**Chicken and Spinach Casserole**	**White Fish With Sweet Potato Purée**	**Pork Tenderloin With Apricot White Bean Purée**	**Basil Shrimp**

Week 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast:						
Black Forest Protein Shake	**No-Flour Banana-Chocolate Muffins**	**Sausage-Eggs Muffins**	**Choco-Monkey Protein Shake**	**Berry Blast Protein Shake**	**Blueberry Power Shake**	**Delish Coconut Muffins**
Lunch:						
Mango Beef Salad With Ginger Sauce	**Spinach and Coconut Soup**	**Orange Chicken and Avocado Salad**	**Thai Chili Salad**	**Winter Squash Soup**	**Orange Chicken Soup**	**Sweet potato and Cauliflower Potage**
Dinner:						
Spicy Chicken On Crunchy Coleslaw	**Tangy Bacon Salad**	**Coriander White Fish With Pilaf Rice**	**Lemon Artichoke Salad**	**Chicken Rice Pilaf**	**Honey Salmon Salad**	**Vietnamese Salad**

About The Authors - Who is Dr. Tait?

Jonathan Tait, DO, received his medical degree from Michigan State University College of Osteopathic Medicine, and then completed a residency in Physical Medicine and Rehabilitation at the Rehabilitation Institute of Michigan in Detroit, Michigan. Following his residency he pursued an additional year of fellowship training in Interventional Spine and Pain Management with Rehabilitation Physicians, P.C. of Novi, Michigan, and another year completing a Sports Medicine fellowship at Virginia Tech in Blacksburg, Virginia.

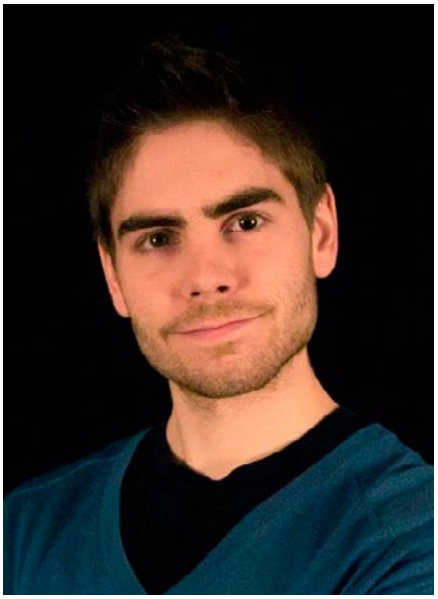
He is triple board-certified in Physical Medicine and Rehabilitation by both the American Board of Physical Medicine and Rehabilitation and the American Osteopathic Board of Physical Medicine and Rehabilitation, and in Sports Medicine by the American Osteopathic Academy of Sports Medicine.

Dr. Tait currently holds an academic appointment of Associate Research Faculty with the Department of Biomedical Engineering at the University of Arizona, and is a consultant for the University of Arizona Athletics Department.

He currently resides in Tucson, Arizona and is President of Rejuv Medical Southwest, a comprehensive Sports Medicine, Functional Medicine and Medical Fitness practice providing evidence-based and sustainable lifestyle interventions for recovery from injury and prevention of recurrence.

His passion is teaching patients how to recover from painful injuries, using dietary and exercise prescription as the foundation for restoring and maintaining optimal function at any age.

About The Authors - Who is Nick Pineault?



Coming from a Communications background, Nick Pineault has always been obsessed in finding the right sources of information, and the most objective, independent and up-to-date recommendations.

After spending 6 years consuming thousands of pages worth of nutrition information just by pure passion, he decided to bring his discoveries to the world and create his first online product, "Healthy or Not?".

This simple guide on making the right food choices eventually became the foundation of his work: forging his own opinion on what foods can improve health and performance – far from the too often biased studies led by the Big Aggro Business, the Food Industry or the Big Pharma.

If you ask him how he recognizes the drop of truth in this ocean of nutrition misinformation, he will tell you: that's what I do. I'm not a lab researcher or a scientist – just a citizen looking for some justice.

He currently resides in Quebec, Canada, where he spends most of his time continuing his autodidact journey as a growing nutrition authority, writing and improving his health and well-being through sound nutrition and workouts.

His work has been endorsed by dozens of fitness experts, transformation coaches and nutrition authorities in the last year alone.

By partnering with Dr. Tait to create what he considers to be the simplest and most-effective anti-inflammatory and pain-killing diet ever created, Nick hopes to incentivize more people to understand the dramatic effect food can have on our health, mood, pain or fat storage – for the better or the worst.

You can find him on his blog at: **http://www.nickpineault.com**