

Eating to Relieve Pain and Promote Healing

Drink lots of water. Start each day with at least two glasses of water, before you eat or have coffee, tea, etc. and drink water freely all through the day. If you don't like the taste of water, try a bit of lemon or lime juice.

Notice which foods make you feel better and which foods make you feel worse.

What you eat does affect how you feel!

Food can be medicine and food can be poison.

Simple principles to follow:

Enjoy delicious, fresh whole foods, especially vegetables, high quality proteins, high quality oils, fruit and whole grains. These nourish your body and give you the fuel you need to work, play, heal and enjoy your life. Let these foods make up the majority of your diet.

Nourishing food is necessary for everyone but especially for someone dealing with chronic pain or illness. Your body needs to be well nourished to heal and rebuild.

Give your body the good fuel it needs, just as you give your car the good fuel it needs. You wouldn't expect your car to keep functioning if you put junk in its gas tank.

Michael Pollan's principles: (from In Defense of Food)

- Eat food. Mostly vegetables, not too much
- Only eat foods your great grandmother would recognize as being real food
- Shop around the perimeter of the grocery store. Avoid the center of the store.

KISN: Keep It Simple and Natural.

90%/10% Guideline: Let 90% of your food be wholesome and healthy, and let 10% be whatever else you want. (Soon, your taste will naturally shift toward enjoyment of the foods your body actually needs!)

Whatever you do eat, let yourself enjoy it!!!

Each meal or snack, eat good oil, good carb, good protein

You need oil!

- Make sure you have some whenever you have carbs to help balance the blood sugar spiking effect.
- Have oil with salads and vegetables to assimilate the value of the vegetables.
- Studies indicate that when eating dairy products, you need some fat to assimilate the calcium.
- Eating good oils will actually help lower your craving for simple carbohydrates and will help you process carbs so they are less fattening.

Every day, eat lots of the super foods that are rich in vitamins, minerals and antioxidants.

These reduce inflammation, ease pain, help your body to heal and promote youthfulness, optimal weight and healthy skin, hair, joints, muscles and organs. They are also delicious, beautiful and abundant in the Willamette Valley.

- Leafy greens such as kale, chard, spinach, collards, mustard greens, romaine lettuce, turnip greens
- Sweet potatoes and yams, carrots, winter squash, yacon
- Mushrooms such as crimini, shiitake, maitake
- Lean meats and poultry, especially free-range, grass fed and hormone and antibiotic free
- Cultured yogurt
- Blueberries, strawberries, blackberries, raspberries

- Cantelopes, watermelon
- Nuts and seeds, especially walnuts, sunflower seeds, pumpkin seeds
- Grains such as quinoa, amaranth, brown rice, millet, oats
- Extra virgin olive oil, flax oil, grapeseed oil, hemp oil, natural coconut oil.
- Fish, especially cold water fish such as wild salmon, halibut, cod, sardines, tuna

Avoid:

- Artificial sweeteners. These are neurotoxins, may cause or worsen many symptoms and studies show that they do not help you lose weight
- High fructose corn syrup, invented in the 1970's and now in large amounts of processed foods.
- Trans fats, particularly artificial trans fats, including shortening and margarine Trans fats are in many processed foods and show up on the label as hydrogenated fats and partially hydrogenated fats.
- Food products
- Processed foods
- Fast foods
- Foods that cause a spike in your blood sugar level, especially simple carbohydrates. These foods have an addictive quality and cause us to crave sweets, they imbalance your insulin, cause problems with stress hormones such as cortisol and deplete our adrenals and our energy reserves. These include: white flour, sugar, cakes, cookies, pops, sweet drinks with sugar, corn syrup etc.
- Meats that have been grown in feedlots and with antibiotics and hormones
- Preservatives, chemicals and pesticides

Notice the emotional qualities you bring to your eating

- Rushing, guilt, anxiety and discord make for poor digestion and absorption of nutrients.
- Taking a few moments of gratitude before eating prepares your body to receive the value of the food, physically and emotionally.
- While you are eating take time to appreciate the food, savoring the colors, textures, taste.
- Create mealtimes that are harmonious, convivial and beautiful.
- Avoid harsh conversations, distractions and multi-tasking.
- Let your meals be a celebration of life and the bounty of the earth. Treat yourself and those you love to a beautifully set table that reminds you to slow down and appreciate your meal and the people you are with. This can be very simple and is certainly not about fancy or expensive. A candle, a fabric cloth, flowers, leaves, stones from a walk outside....decorate with whatever makes you feel happy to be alive. When we live with care for the everyday pleasures we bring healing and deep nourishment to our bodies, hearts and relationships.
- Enjoy what you eat. Any foods on the *avoid list* can be delightful treats occasionally. Throw out guilt and embrace the pleasure of eating.

**Small changes lead to big health benefits.
What one or two changes would you be willing to begin today?**

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