



Fighting Pain *with* Food

The Healing Kitchen

Kimberly Evans MS RD – Whole Health Nutrition and UVMHC

Dianne Villani APRN, FNP-C – Trillium Integrative Medicine

Shannon McKenna BS nutrition

Objectives

1. Understand the impact diet can have on the progression from adaptive/physiologic inflammation to chronic inflammation and disease aggravation.
2. Provide evidence based nutrition interventions for the treatment of chronic pain disorders and some common comorbid metabolic disorders.
3. Apply course knowledge via case study review to build practical skills in nutrition counseling and culinary literacy.

Food for Thought...

"THE FOOD YOU EAT
CAN BE EITHER
THE SAFEST
&
MOST POWERFUL
FORM OF MEDICINE
or
THE SLOWEST
FORM OF POISON."

Ann Wigmore



www.alejandraramos.com

What is Inflammation?

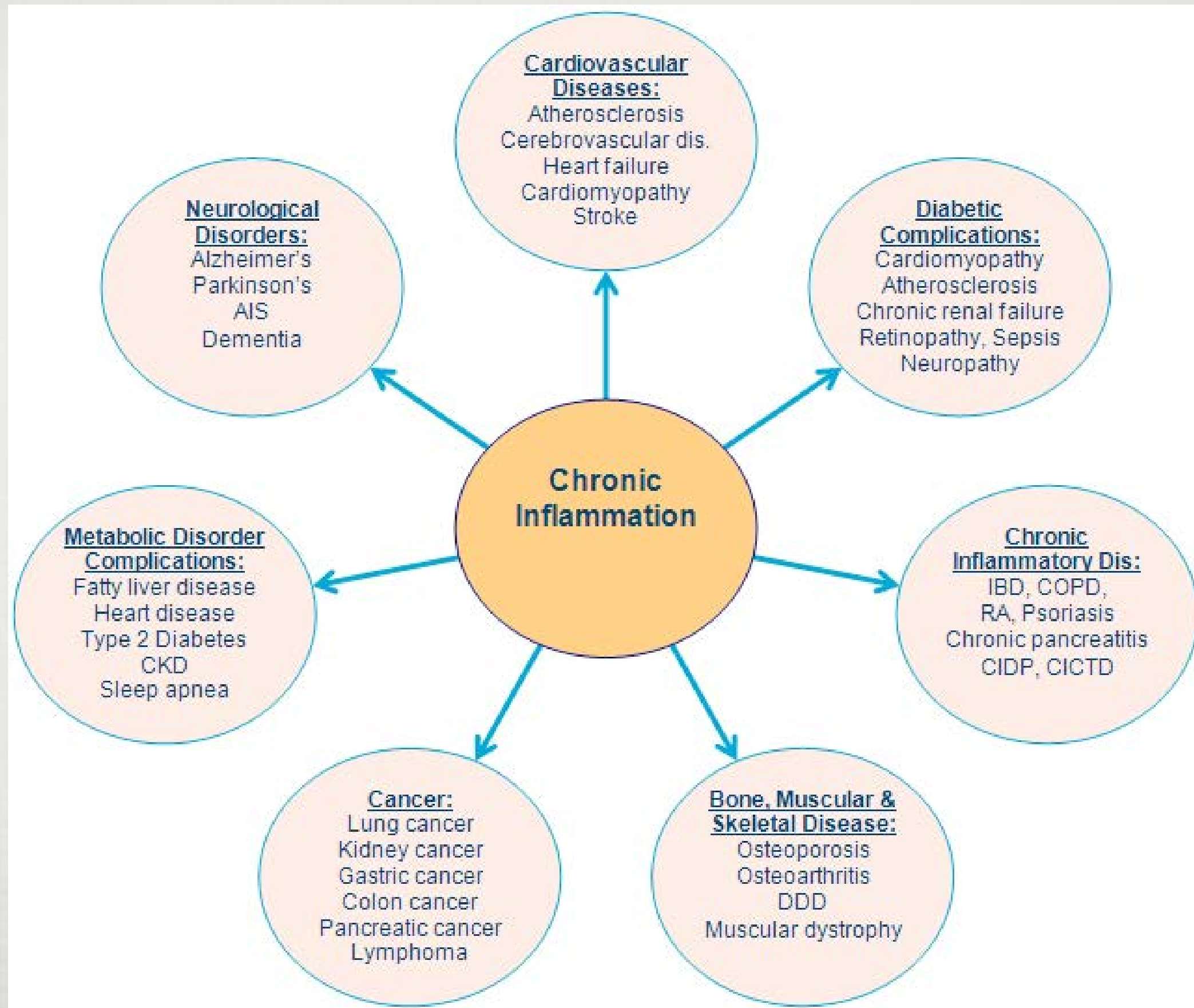
A physiologic process with a purpose

- Acute inflammation - the body's effort to defend against invasion and/or injury.
- Chronic inflammation - a persistent acute phase response that plays a role in most chronic diseases.

A brief review of the inflammatory process:

- **Antecedents** - What the patient walks in the room with. The groundwork including genetics and environment (i.e. epigenetics)
- **Inducers** - these  molecular triggers including AGEs, toxins and free radicals.
- **Sensors** – these  cells recognize a problem
- **Endogenous mediators** – substances the body makes that mediate inflammation





Standard American Diet



Foods that Trigger Inflammation

- Refined grains
- High glycemic index foods
- Processed meats
- Trans fats and some saturated fats
- High Omega-6 oils
- High heat oils
- Feed lot dairy
- Processed foods with additive colors, preservatives, sweeteners, MSG (hydrolyzed proteins)
- Foods with environmental toxins such as farm raised fish, non-organic fruits and vegetables
- High sugar intake – watch for the hidden sources
- Excess calorie intake



“Eat food. Not too much.
Mostly plants.”

-Michael Pollen

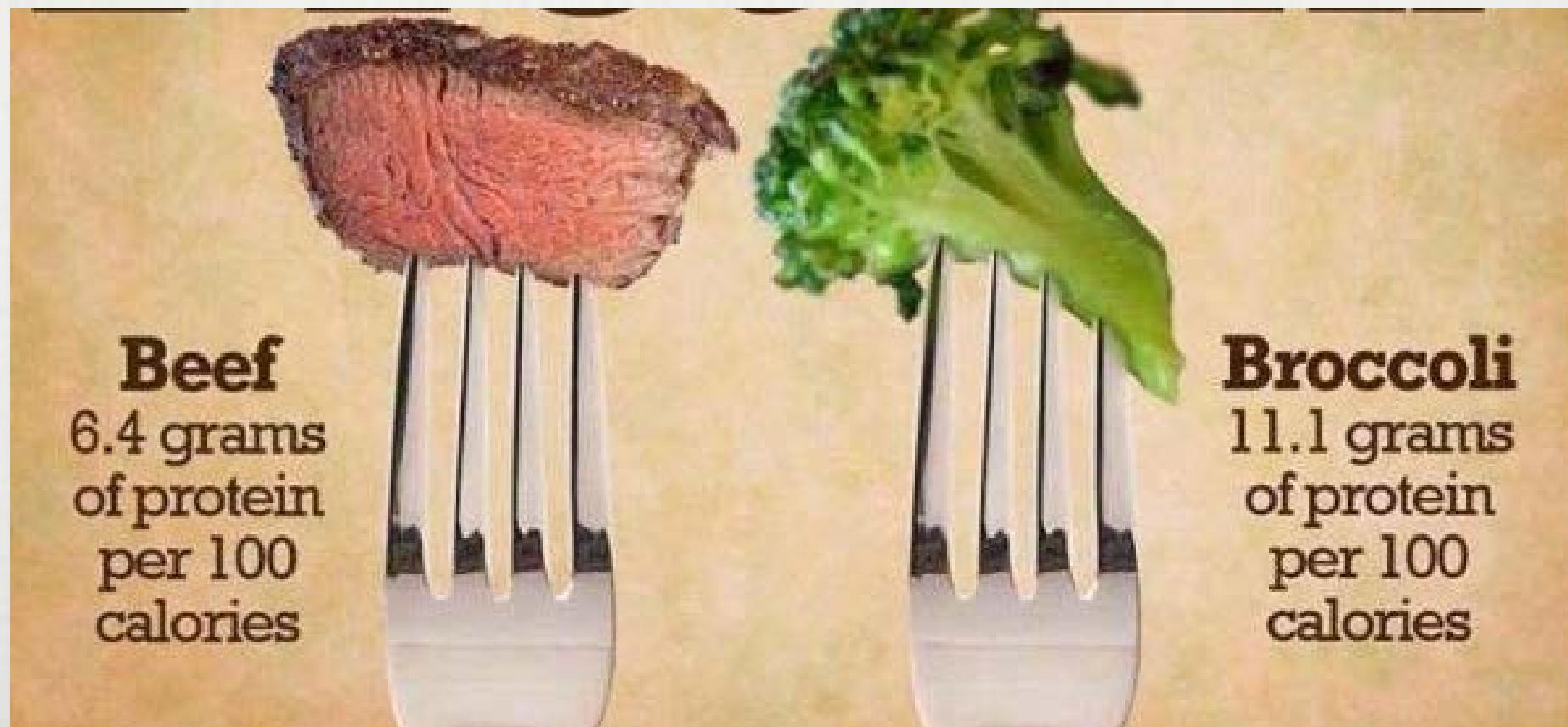


Fats – The Good, The Confusing, The Ugly

The Good	The Confusing	The Ugly
<ul style="list-style-type: none">• EPA – eicosapentaenoic acid (O-3)• DHA – docosahexaenoic acid (O-3)• ALA – alpha linolenic acid (O-3)• GLA – gamma-linolenic acid (O-6)• Monounsaturated fats	<ul style="list-style-type: none">• PUFA's (O-3, O-6)• Omega 6 Fats• Omega 9 Fats• Coconut Oil• Dairy• Saturated Animal Fat• Cooking Oils	<ul style="list-style-type: none">• Trans Fats

Power to the Protein

1. Endogenous pain relievers are protein derivatives
2. Build and maintain muscle and cartilage
3. Activate glucagon
4. Decrease inflammation – *when well chosen*



Vitamins



Minerals



Minerals

Enzymes



Fiber



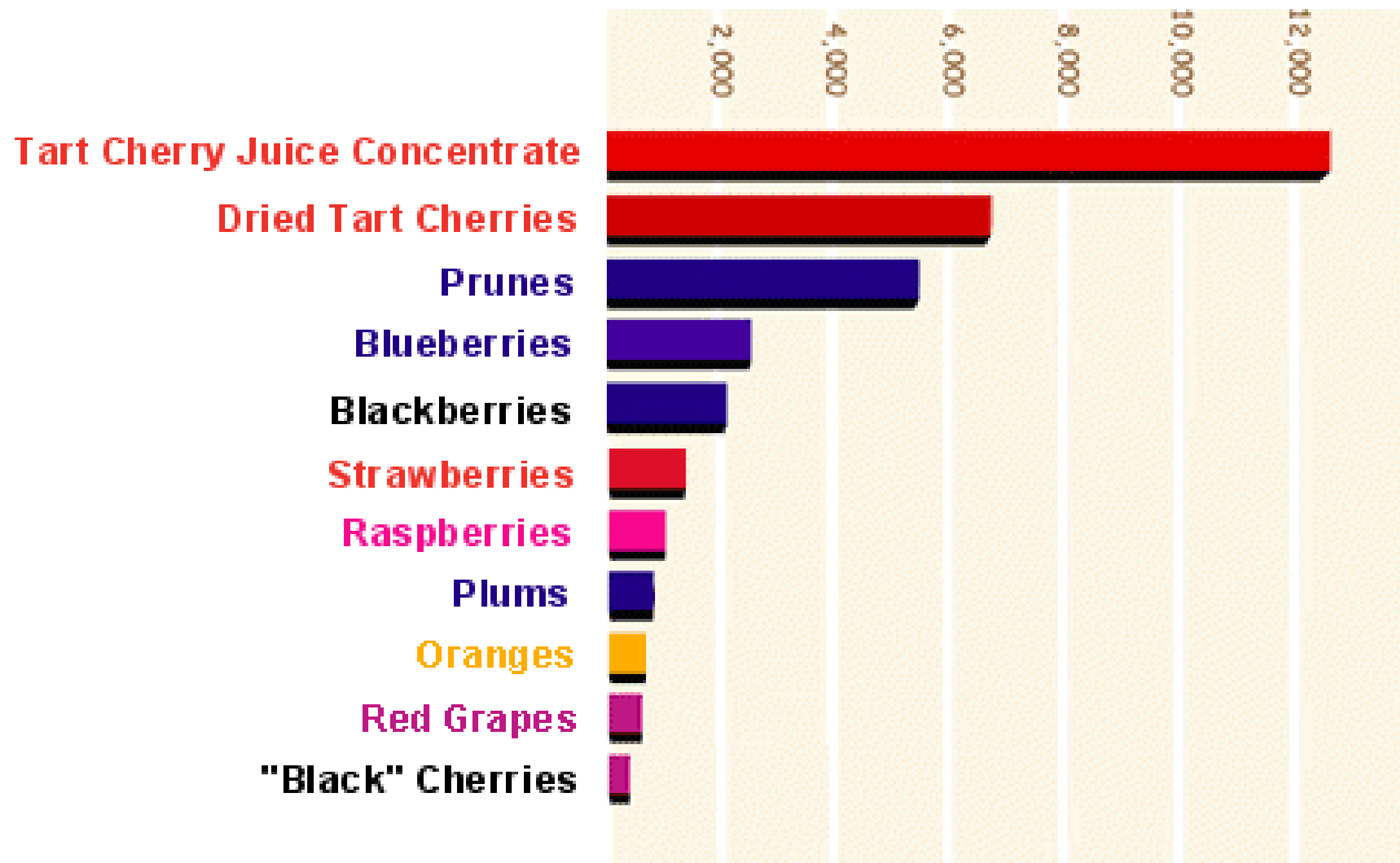
Probiotic and Prebiotics



Fats...Fatty Acids



Antioxidant Capacity of Selected Fruits



[illegible]

Ginger

- Anti-Nausea
- Pain treatment (30-500mg per day)
- Decrease in Muscle Soreness (2g ginger) raw or ground



Tart Cherries

- Decrease symptoms of exercise induced muscle damage.
- Anti-Inflammatory and Antioxidant



Green Tea

- Flavonoids reduce inflammation in the body
- Drink 3-5 cups per day for maximum benefit



Turmeric

- Curcuminoids are active compounds
- Many targeted actions
- 1100 mg daily of curcuminoids.. mixed with + 10 mg black pepper to help with absorption-> need fat and pepper if you want systemic effect



Blue Green Algae

- Spirulina and Chlorella are two examples
- 1 tsp per day/2000-3000 mg

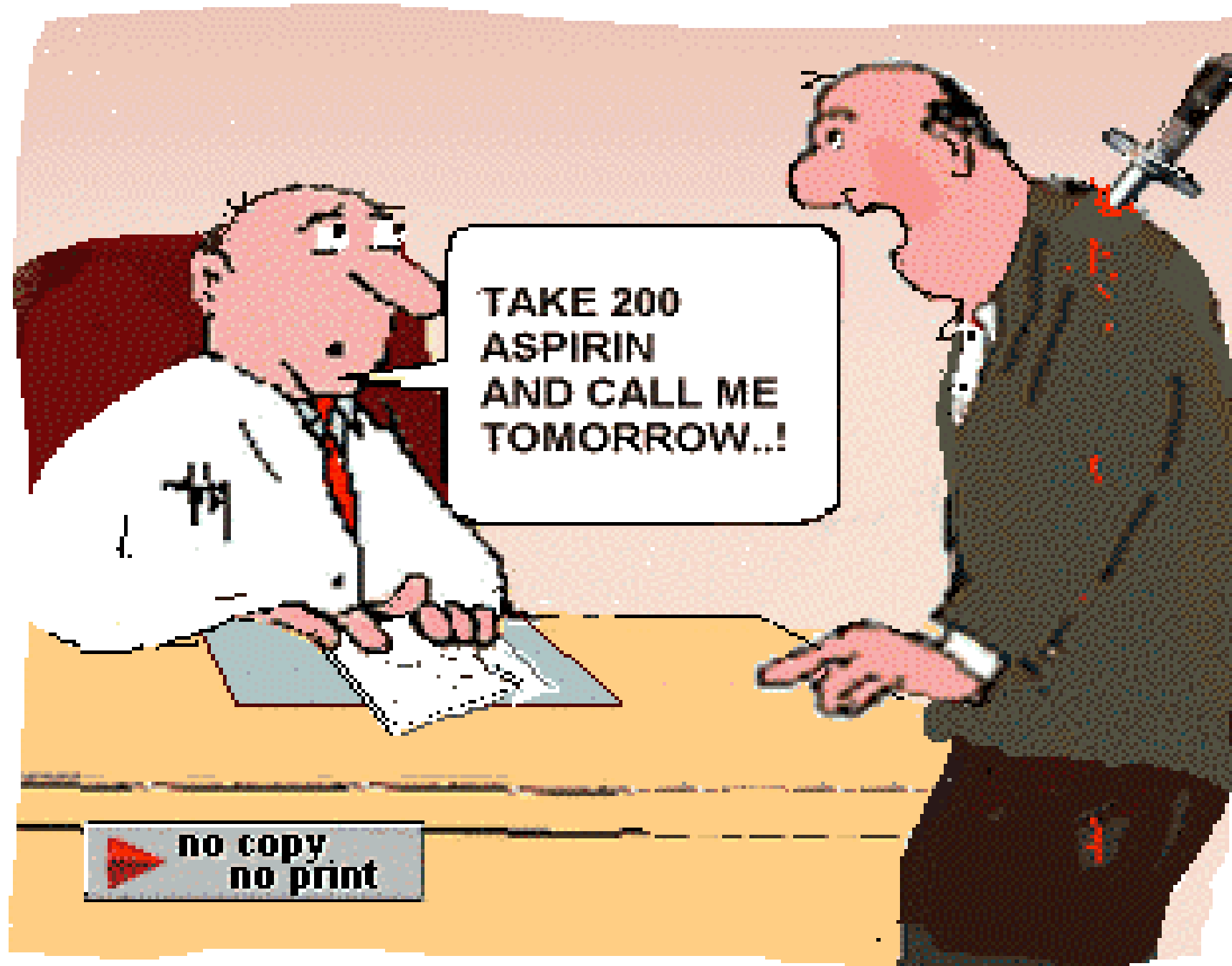


Getting it to the Plate

1. **Boost consumption of COLORFUL fruits and vegetables. .**
2. **Get an oil change..**
3. **Snack on walnuts instead of chips.**
4. **Eat a intact whole grains such as oatmeal.**
5. **Eat fatty fish such as salmon two to three times per week.**
6. **Eat fewer fast foods.**
7. **Replace white potatoes with sweet potatoes.**
8. **Cut down on sugary drinks such as juice, soda, and punch.**
9. **Eat more lentils and beans.**
10. **Munch on dark chocolate and fresh raspberries.**



Anti-inflammatory Clinical Approaches



Quack

Anti-inflammatory Clinical Approaches



Fibromyalgia

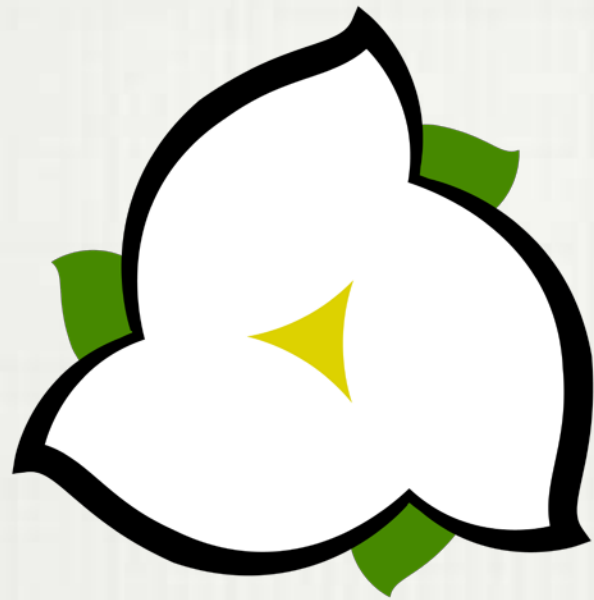


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Summary

- ✓ Balance immunity
- ✓ Reduce chronic inflammation
 - ✓ Reduce stress on the body
 - ✓ Manage weight
 - ✓ Regenerative
- ✓ Food as part of the solution
- ✓ Small changes with big results
- ✓ Seen as part of care - Integrative

THANK YOU...



The human body heals itself and nutrition provides the resources to accomplish the task. ~*Roger Williams Ph.D.*

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