

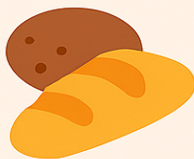
NUTRITION AND PAIN

Fueling Your Health



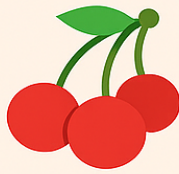
Arthritis

- Avoid red meat, ~~eccour~~ omega-3s
~leafy greens



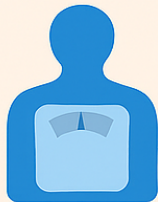
Diabetes & Nerve Pain

- Avoid sugar spikes
whole grains



Gout

- Avoid red meat, organ meats, excess alcohol
- Cherries, water, lean proteins



Obesity & Back Pain

- Calorie control, high-protein
high-fiber foods



Migraines reduce inflammatory
foods (red, sugary), alcohol

Smart food choices tailored to your condition
can help reduce pain and improve daily function.