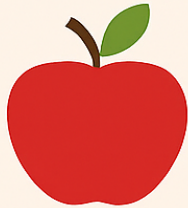


NUTRITION AND PAIN

Fueling Your Health



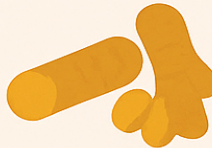
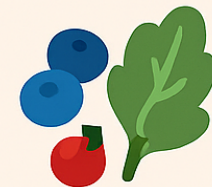
Why Nutrition Matters

- Balanced nutrition helps muscles, joints and nerves stay strong
- Poor diet can increase inflammation, worsen pain, and slow healing



Foods That Reduce Inflammation & Pain

- Fatty fish (salmon, sardines, tuna)
 - rich in omega-3s
- Olive oil & nuts (walnuts, almonds)
 - healthy fats
- Fruits & berries (blueberries, cherries, oranges)
- Leafy greens (spinach, kale, broccoli)
- Turmeric & ginger
 - natural anti-inflammatory spices



Good nutrition strengthens your body, lowers inflammation, and helps reduce pain naturally.