

# Pain Management: Don t Forget Nutrition (Paperback)

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## Reviews

Without doubt, this is actually the greatest work by any writer. It is actually writter in simple terms instead of confusing. I found out this ebook from my i and dad recommended this pdf to understand. (Kristy Dicki)

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## PAIN MANAGEMENT: DON T FORGET NUTRITION (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\* Almost everyone experiences pain at some time. Pain can be a natural response to injury and disease in some instances. With the advent of pain medicine as a medical specialty, patients no longer need to suffer. Suffering is how our lives are affected. Patients who suffer have significant reductions in the normal joys of their lives. They cannot enjoy their families or enjoy recreational activities etc. Their pain affects them emotionally.Pain is an unpleasant sensory and emotional experience following tissue injury. Pain occurs as a response to tissue irritation, injury, infection, ischemia or inflammation. Surgery may help decrease tissue irritation if it is caused by a disc herniation etc. Antibiotics may stop pain caused by infec-tions. Injury treatment may require steroids, orthopedic surgery, chiroprac-tic, physical therapy etc. Ischemia may require surgery or a stint. Inflammation may decreased by a proper diet such as the Mediterranean diet. The Mediterranean diet emphasizes eating foods like fish, fruits, vegetables, beans, high-fiber breads and whole grains, nuts, and olive oil. Meat, cheese, and sweets are very limited.Most pain however is a result of inflammation. Nutrition may be therefore helpful in decreasing inflammatory pain. Patients should try to avoid strong narcotic medications for any type of pain. Anti-inflammatory medications, anticonvulsants, steroid injections and mild pain medications may be of benefit. This book in addition to conventional pain management addresses nutrition for pain reduction. Unfortunately, it is the rare physician who includes diet therapy and nutritional supplements in patient care. Inflammation is one of the causes of chronic pain and this can be re-lated to diet. The ratio between omega six and omega-3 fatty acid s used to be 1 to 1 to 2 to 1...

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