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NERVE AND SPINE

**THE NUTRITIONAL SECRETS
THAT WILL PUT
YOUR DOCTOR OUT OF BUSINESS**

Thanks for downloading this nutrition guide!

You just might be one of the 50 million people in the United States who suffer from chronic pain. Conditions like fibromyalgia and chronic fatigue syndrome are robbing you of so many of the things you love. You struggle with daily activities, going to work and engaging in social events.

We believe you deserve to live a pain-free life!

One of the ways to heal your body is through food. We know chronic pain is impacted by inflammation in the body. And inflammation is often worsened by our diet.

If you suffer from chronic pain, improving your diet and eating habits can go a long way toward easing your pain. Don't discount healthy eating habits as a key component of your overall treatment for chronic pain.

A healthy diet:

- **Reduces inflammation.** Choose anti-inflammatory foods, such as fruits, vegetables, nuts, and fatty fish.
- **Improves gut health.** The gut microbiome plays a critical role in regulating the immune system and inflammation in the body. Eat prebiotic and probiotic foods, such as yogurt, kefir, sauerkraut, and kimchi.
- **Provides essential nutrients.** A diet rich in vitamins, minerals and antioxidants can help support the body's natural healing processes and reduce pain. Choose foods high in magnesium, such as leafy greens, nuts, and seeds, to help reduce muscle pain and cramps.
- **Helps with weight management.** Being overweight or obese can put additional stress on the joints and muscles, leading to chronic pain. Avoid processed foods and opt for whole, nutrient-dense foods.
- **Improves overall health.** While alleviating chronic pain, eating well also reduces your risk of diabetes, heart disease and cancer.

Food is powerful!

That's why we put together this helpful guide with tips on which foods to choose, which foods to avoid and how to create balanced meals. We're not talking about a fad diet or quick fix. Build on these healthy eating habits so they become part of your lifestyle, fueling your body and easing your pain.



The Core Principles

1. **Healthy fats vs. Damaged fats:** Eat more healthy fats and reduce/eliminate all damaged fats.
2. **Protein Naturally-raised vs. Unnaturally-raised animals:** Go as much organic and natural as possible for animals at the top of the food chain.
3. **Whole carbohydrates vs. Refined carbohydrates:** Eat more vegetables, fruits, and eliminate refined grains and sugars.
4. **ZERO Packaged or Processed Foods:** Packed and processed foods must be eliminated completely to better control blood glucose levels and insulin. High blood glucose levels destroy health tissue and contribute to MORE inflammation and pain.
5. **Water! Water! Water!** Staying hydrated flushes toxins from the body and can help reduce inflammation and pain.

Food Choices

1. **FAT:** The #1 missing ingredient in the Standard North American diet is not a vitamin or mineral, but **GOOD/HEALTHY FAT**. Good/Healthy fats are essential to hormone production, cancer prevention, regulating metabolism, fat-burning, brain development, weight loss, cellular healing and anti-inflammation. **BAD FATS**, such as hydrogenated and partially hydrogenated oils, trans-fats, and rancid vegetable oils are linked to cellular congestion and are related to cancer, heart disease, inflammation, and neurotoxicity.

Good/Healthy Fats for the Core Plan

- **Raw nuts & seeds:** Almonds, Cashews, Flaxseeds, Hemp Seeds, Pecans, Pine Nuts, Macadamia, Sesame Seeds, Sunflower, Walnuts, raw nut and seed butters (almond butter, macadamia butter, raw tahini)
- **Olives, avocado, and organic coconut products**
- **Animal proteins with good fats:**
 - **Grass Fed Meat:** contains good fats in the ideal ratio for consumption.
 - **Fish:** best are cold water fish (salmon, mahi-mahi, mackerel, halibut) and/or smaller on the food chain (sardines, anchovies)
 - **Eggs:** from hens who are cage free/free range, organic, hormone/antibiotic- free, fed no animal by-products)
 - **Full Fat Dairy Product:** Full fat, organic dairy is a bare minimum. Non-homogenized is even better. Non-pasteurized (raw) is best, if available. Dairy products with reduced fat contain a higher percentage of sugar. Full Fat Raw Milk, Full Fat Plain Yogurt, Butter (preferably raw), Ghee (Clarified Butter), Heavy Cream, Raw Cheeses, Organic Kefir

- **Healthy Oils:**

- Coconut Oil (best for high heat) & Grape seed Oil (acceptable for heat)
- Olive Oil (medium heat only – do not let it smoke)
- Walnut, Flaxseed, Avocado, Cod Liver Oil, Hemp Seed Oil (Do Not Heat!)

Damaged Fats to *ELIMINATE* on the Core Plan

- **NO** Hydrogenated and Partially Hydrogenated Oils
 - **NO** Rancid oils (corn, vegetables, canola, cottonseed, soybean, safflower, or sunflower)
 - **NO** Trans Fats (margarine, synthetic butters, and shortening)
 - **NO** Roasted nuts and seeds
 - **NO** Roasted nut and seed butters
 - **NO** Pasteurized and homogenized dairy products
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2. PROTEIN: Countless studies link commercial meats with cancer and heart disease. In contrast, naturally raised meats provide nutrients, fatty acids, and amino acids that are essential for good health. Many cultures, along with our own Paleolithic ancestors have survived on naturally-raised meats without experiencing cancer or heart disease in the proportions we do in North America. To avoid and/or reduce the toxic burden of harmful nutrients in your body, purchase **organic** and **all-natural** especially for animals at the top of the food chain.

FattyAcidRatioDistortion: When red-meat animals that would naturally eat grass are fed grain, their fatty acid ratios are altered and their good-saturated fats are denatured, becoming bad fats. As a result, they become susceptible to sickness and require a constant dose of antibiotics.

Grass-Fed and Free-Range Meats provide many of the fatty acids that are missing in the Standard North American Diet (arachidonic acid, conjugated linoleic acid and the proper ratio of Omega-6 to Omega-3 fatty acids), which your body needs to burn fat, to detoxify, and to prevent heart disease and cancer.

Healthy Proteins for the Core Plan

- **Animal Proteins:**

- **Grass-Fed Meat (beef, lamb):** Choose grass-fed, free-range, and hormone-free animal sources.
- **Poultry (chicken, turkey) :** Naturally-raised, free-range, hormone-free, antibiotic-free

- **Fish:** Best are cold water fish (salmon, mahi-mahi, mackerel, halibut), from the cleanest waters (Pacific and Alaskan oceans), and those that are lowest on the food chain (sardines, anchovies)
- **Eggs:** From hens that are cage-free, free-range, organic, hormone-free, antibiotic free, and fed no animal by-products
- **Fermented Soy Products:** Miso, Tempeh, Tamari

Unhealthy Proteins to *ELIMINATE*

- **NO** Grain-fed red meats (beef or lamb) or Pork (highly acidic & large toxic load) or Conventionally raised poultry (chicken or turkey)
- **NO** Farm-raised fish (fish are fed grains & are not raised humanely) or Shellfish (highly acids & large toxic load) and large ocean fish (tuna or cod)
- **NO** Processed soy products (tofu, soy nuts, soy milk, or soy formula)
- **NO** Commercial Whey Protein (if hydrolyzed, treated with heat, or from pasteurized dairy)
- **NO** Roasted nuts & seeds (highly acidic, loss of nutrients, & heat turns natural oils rancid)
- **NO** Pasteurized & homogenized dairy products

3. CARBOHYDRATES: According to published reports, the number one source of sugar for the vast majority of North Americans is soft drinks. Other sources include lunch meats, pizza, sauces, breads, soups, crackers, fruit drinks, canned foods, yogurt, ketchup and mayonnaise. Today, North Americans consume an average of 120 pounds of sugar per year per person, compared to 5 pounds per year per family in the early 1900's.

Sugar is an “anti-nutrient.” Not only does it provide an insignificant amount of vitamins and minerals, but it also robs your body of precious nutrient stores. Refined carbohydrates such as flour, bread and rice, turn into sugar almost immediately after putting them in your mouth and your saliva starts breaking them down. Don't be fooled. These foods are still sugar even if they don't taste sweet.

Refined sugars cause elevated Blood Glucose, which in turn elevates insulin, leading to premature aging and degenerative disease (type-2 diabetes, heart disease, inflammation of the arteries, and cancer). Therefore, only carbohydrates like fruits, vegetables, and sprouted whole-grain or stone-ground grains are acceptable.



Healthy Carbohydrates for the Core Plan

Vegetables:

- Artichokes
- Asparagus
- Bamboo Shoots
- Barley
- Bean Sprouts
- Beets
- Bell Peppers
- Broccoli
- Brussel Sprouts
- Buckwheat (kasha)
- Bulgar
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chives
- Collard Greens
- Corn
- Cucumber
- Eggplant
- Endive
- Ezekiel 4:9® Bread 100%
- Fennel
- Garlic
- Ginger Root
- Green Beans
- Hearts of Palm
- Jalapeno Peppers
- Jicama (raw)
- Kale
- Leeks
- Legumes Brown Rice
- Lettuce
- Millet
- Mushrooms
- Okra
- Onions
- Parsley
- Potato
- Purple Yam
- Pumpkin Yam
- Radicchio
- Radishes
- Rye
- Snap Beans
- Snow Peas
- Spaghetti Squash
- Spinach
- Steel Cut Oats
- Summer Squash
- Sweet Potato
- Swiss Chard
- Tomatoes
- Turnip
- Turnip Greens
- Watercress
- Whole Grain Breads
- Whole Grain Cooked Cereals & Crackers
- Zucchini

Fruits:

- Apples
- Apricot
- Avocado
- Banana
- Blackberries
- Blueberries
- Boysenberries
- Cherries
- Dates
- Grapefruit
- Grapes
- Honeydew Melon

- Kiwi
 - Lemons
 - Limes
 - Mango
 - Nectarines
 - Orange
 - Papaya
 - Passion Fruit
 - Peach
 - Pear
 - Pineapple
 - Plum
 - Pomegranates
 - Prunes
 - Raspberries
 - Strawberries
 - Tangerines
 - Watermelon
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SAMPLE MENU

- **Breakfast:**
 - Three (3) Whole Organic Eggs cooked in Organic Coconut Oil served with 1-1.5 cups of Mixed Fruits
 - **Lunch:**
 - Grilled 6-8oz. Grass-Fed Ribeye Steak or Organic Chicken Breast served with Small/Medium sized Baked Potato and Steamed or Raw Vegetables of your choice
 - **Dinner:**
 - 1.5-2 cups of Brown Rice Pasta served with 4-6oz. Sautéed Organic Chicken Breast, topped with All--Natural Tomato Sauce and Mixed Veggies
 - **Snack:**
 - Full Fat Plain Yogurt with Fresh Berries or Fruits of your choice
 - Raw Salted Nuts
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