Treatment Modalities

Pain Medications

- Constipation
- Probiotics- GI Tract, Anxiety and Depression
- Fluids
- Olive Oil
- Fruits and Vegetables with Skin

Corticosteroids

- Excessive Hunger
- Protein and Healthy Fats
- Fluids
Inflammation and Immune System

- Inflammation is Caused By Body’s Immune System
- Strong Immune System
  - Antioxidants- Brightly pigmented Fruits and Vegetables
    - Think Berries, Carrots, Squash Varieties, Broccoli
  - Exercise
    - Brief with Rest Inbetween
      - Commercials- Favorite Show
  - Hydration
    - Decaf beverages, Passion flower Tea
    - Water with Frozen Fruit
  - Sleep
    - Chamomile Tea or Sleepy Time Tea
Write it down!

- Food Journals
  - Pain Scale
  - Ask Yourself, How Do I Feel?
    - Bloating, issues going to the bathroom, pain, fatigue?
    - Safe Foods
- Start with snacks
  - Grab and Go, Limit Time Cooking and Standing
TOWER OF POWER

Every diner at Andrew Weil's True Food Kitchen restaurants gets a copy of this what-to-eat-at-a-glance rendering of his anti-inflammatory diet.

CHOCOLATE
It has its place, in moderation. The type Weil recommends—plain and dark, with at least 70% cocoa—is relatively low in sugar and provides healthy fat.

DAIRY
Though the diet limits foods of animal origin, Weil encourages the consumption of high-quality dairy products like yogurt and natural cheeses.

SPICES
The compounds in ginger, turmeric, and other spices protect our tissues and organs from inflammation.

FISH
Eat fish at least twice a week. Choose oily varieties (wild Alaskan salmon, sardines, herring, and black cod) that provide anti-inflammatory omega-3 fatty acids.

VEGETABLES
Opt for low-glycemic carbs, which won't spike blood sugar. Think starchy roots, tubers, and winter squashes.

WHOLE GRAINS
To keep blood sugar low and stable, swap in slow-digesting whole grains for white potatoes, crackers, chips, and other snacks.

FRUITS
Minimize consumption of tropical fruits, like bananas and pineapple, and load up on berries, cherries, apples, and pears.