

FOODS THAT REDUCE CHRONIC PAIN

UNDERSTANDING INFLAMMATION

Inflammation is your body's natural defense response, but when it lingers—thanks to stress, environmental triggers, or poor diet—it can wreak havoc, especially for those living with chronic conditions. Chronic inflammation can heighten pain sensitivity, increase fatigue, and worsen disease symptoms.

HEALING FOODS TO EMBRACE

Focus on foods that naturally reduce inflammation and support your body's healing processes:

Whole Grains – oats, brown rice, quinoa, barley. Rich in fiber, these help reduce inflammatory markers.

Fruits & Veggies – berries, leafy greens, peppers, broccoli, tomatoes. Color equals antioxidants.

Healthy Fats – olive oil, flaxseed oil, avocado. Swap these in for saturated or trans fats.

Lean Proteins – fish (especially salmon, sardines), tofu, legumes, skinless poultry. Fish provides Omega-3s.

Legumes & Nuts – beans, lentils, walnuts, almonds. Fiber- and protein-packed.

Herbs & Spices – turmeric, ginger, garlic, cinnamon. Natural anti-inflammatory and pain-modulating properties.

FOODS TO LIMIT OR AVOID

These are known to increase inflammation and worsen symptoms:

- Red and processed meats (bacon, sausage, deli meats)
- Refined carbs (white bread, instant rice, sugary cereals)
- Sugary drinks and soda (even diet versions with artificial sweeteners)
- Fried and fast foods
- Packaged snacks and desserts high in sugar and fat

