



Do you have digestion problems?

Do you know which foods can help ease pain?

Do you know how pain medications can affect digestion?

Tips to improve your nutrition



Prepare food at home



Drink 8-10 cups of water a day



Eat food with colors of the rainbow



Limit aspirin, ibuprofen, and prescription pain relievers (RX opioids)



Make a plan



Eat in a calm and relaxed state



Eat fermented foods

Good nutrition can aid digestion and improve your pain and overall health




NUTRITION, STRESS AND PAIN ARE DIRECTLY RELATED:

When our brain and body are stressed, we do not digest food very well, even with a healthy diet. This can cause diarrhea or constipation and add to pain. Good nutrition will improve your gut health and change your experience with pain.


A HEALTHY LIFESTYLE HELPS YOUR PAIN:

If we make healthy food choices, prepare food at home, and eat with friends and family in a relaxed environment, many of our digestion problems are likely to improve. Restful sleep, regular activity, and a good social life can also help with pain.


Understanding the relationship food has with your body can help improve your health and your pain

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> DRINK MOSTLY WATER

 - Staying hydrated makes everything function better. Aim for 8-10 cups a day
 - If you don't drink enough water you can get dehydrated easily, increasing fatigue, headaches and irritability
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> EAT FOOD WITH COLORS OF THE RAINBOW

 - Eat many colors of fruits, vegetables, nuts, seeds, legumes, whole grains
 - These foods have the most vitamins, minerals, antioxidants, and fiber to feed those healthy gut bacteria
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> EAT FERMENTED FOODS

 - Fermented foods have good bacteria that help your immune system and bowel movements
 - These foods include miso, sauerkraut, kefir, yogurts, tempeh, kimchi, kombucha
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> LIMIT ASPIRIN, IBUPROFEN, AND PRESCRIPTION PAIN RELIEVERS

 - Medications such as ibuprofen, aspirin, and naproxen, damage the gut lining and build up toxins which can lead to ulcers
 - Prescription pain relievers such as oxycodone and hydrocodone limit digestion and cause constipation
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> PREPARE FOOD AT HOME

 - Cooking food yourself stimulates your digestive system
 - When you cook at home you can control the quality and variety of your food
 - Eating at a table, with others in a relaxed state promotes good digestion

Be patient with yourself. Each step, no matter how small, adds up

My short-term goal:

Steps to reach my goal: _____
