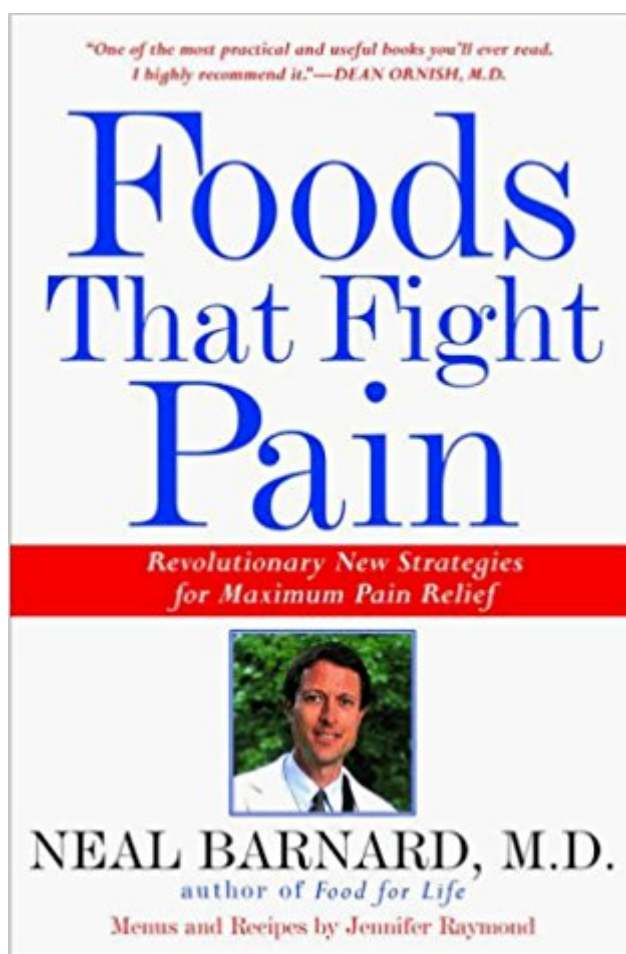


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# Foods That Fight Pain: Revolutionary New Strategies For Maximum Pain Relief



## Synopsis

Did you know that ginger can prevent migraines and that coffee sometimes cures them? Did you know that rice can calm your digestion, that sugar can make you more sensitive to pain, that evening primrose can ease the symptoms of arthritis? Drawing on new and little-known research from prestigious medical centers around the world, Neal Barnard, M.D., author of *Eat Right, Live Longer* and *Food for Life*, shows readers how they can soothe everyday ailments and cure chronic pain by using common foods, traditional supplements, and herbs. Dr. Barnard reveals which foods regularly contribute to pain and how to avoid them. He guides the reader to specific pain-safe foods that are high in nutrition but don't upset the body's natural balance, as well as foods that actively soothe pain by improving blood circulation, relieving inflammation, and balancing hormones. Complete with delicious recipes, *Foods That Fight Pain* is a revolutionary approach to healing that will transform your life.

## Book Information

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## Customer Reviews

Foods have special effects on pain, and research studies substantiate this, says Neal Barnard, M.D., in *Foods That Fight Pain*, a book endorsed by fellow doctors Dean Ornish and Andrew Weil. You can use foods to fight pain in these ways: 1. Choose pain-safe foods. Reduce inflammation by avoiding foods that may be causing or aggravating your pain. 2. Add soothing foods that ease pain. Different foods may improve blood flow, relieve inflammation, or balance hormones. 3. Use

supplements if needed. Herbs, extracts, and vitamins can relieve pain. Barnard explores a variety of medical conditions, such as migraines, arthritis, digestive problems, fibromyalgia, carpal tunnel syndrome, diabetes, herpes, sickle-cell anemia, kidney stones, urinary infections, and back, chest, breast, menstrual, and cancer pain. For each, Barnard explains the causes of the pain and what dietary changes are likely to alleviate it, with exercise and lifestyle recommendations. Barnard backs up his points with 30 pages of research citations. Most of the recipes are quick to prepare, and include an elimination diet to avoid trigger foods. A nutritional breakdown (calories, fat, protein, carbohydrate, and sodium) accompanies each recipe. Following the advice in this book will not only relieve your pain, but increase your overall health. Highly recommended. --Joan Price --This text refers to an out of print or unavailable edition of this title.

Although the strategies laid out by Barnard have, despite the subtitle's claim, been presented in other health books, they've seldom been explained this succinctly. According to Barnard (*Food for Life*), certain foods and nutritional supplements can alleviate pain as well as or better than prescription drugs. From backaches to bowel problems, cancer to canker sores, Barnard offers clear explanations of the physical processes involved as well as practical dietary and nutritional advice. No matter what the problem, for starters he recommends a low-fat, high-fiber, strictly vegetarian diet, the same as the one prescribed for heart patients by Dr. Dean Ornish, whom he quotes extensively. Citing scientific studies as well as anecdotal evidence, Barnard tells how powdered ginger, for example, can prevent motion sickness, alleviate migraines and the pain and swelling caused by osteoarthritis. Vitamin B6 can be used to treat carpal tunnel syndrome as well as menstrual pain. Lists of "trigger" foods to avoid for various health conditions are valuable, if sometimes daunting: for example, the trigger foods for arthritis include all dairy products, all meat (including fish), wheat, citrus fruit, potatoes, tomatoes, nuts and coffee. A hefty section of menus and recipes by Jennifer Raymond makes it easier to practice what Barnard preaches. A technical sermon whose main message is: eat your veggies. Author tour. Copyright 1998 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Dr. Bernard presents evidence for foods that help fight common problems such as headaches, stomach problems, and back problems. The recipes are easy to prepare, too.

As a massage therapist and Healer, I was drawn to this title. As a person living with inflammatory pain, I had to buy it. Dr. Barnard gives good information about the conditions he covers and specific

tips on using everyday foods to decrease pain. He explains why pain occurs and offers a dietary plan to shift it. What I really appreciated was Dr. Barnard's gentle approach. He gives you the info, tells you why it's important, how to shift pain and INVITES you to try it. I really like the absence of judgement in his book. He comes off as helpful, credible and caring. I have already lent it to clients. And, I have already experienced a reduction in pain. Thank you Dr. Barnard!

You get the science from an MD. It is not easy to give up a lifetime of eating whatever you want, but it is starting to work for me. Pain versus a greener diet --- easy decision. Read this book and help yourself to a better quality of life.

Read Dr. Barnard if you want to stay healthy and live longer. His best (and earliest) book was "Food for Life." He prescribes the vegetarian lifestyle, which most people will not follow. But the benefits are worth trying. My wife and I started his program slowly, and the results have us now at the point of being 95% vegetarian. We are never hungry, never have a weight problem because this isn't a diet, it is a lifestyle. Eat all the fruits, veggies, whole grains and legumes that you want. Yes, they can be made into tasty and satisfying meals. "Foods that Fight Pain" is good, but "Food for Life" shows how to escape the traditional (but disastrously unhealthy) American eating habits.

This book is great. It helps you to figure out what foods trigger pain in your body but easy elimination diet. Having recipes at the end helps in planning of your daily menu.

Since I have knee pain I will be using the recipes to help with healing. It's vegan so there are no animal products used. This usually causes inflammation and pain in the body. A great deal of the recipes look appealing. I'd recommend it for people who are seeking relief from their aches and pains.

Dr. Barnard explains clearly how we can eat to be in less pain. He has a clear and easy to understand elimination diet, and I used it myself to find out what was causing my pain. This book really helped me. I can recommend it. The recipes are vegan and plain but one can use other recipes, of course. The information in the book makes it worth it, however.

Great Item

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