

Nutrition & Supplements for Chronic Pain

1. Anti-Inflammatory Eating

- Fill half your plate with fruits and vegetables (berries, leafy greens, cruciferous veggies).
- Choose whole grains (oats, quinoa, brown rice) over refined carbs.
- Include healthy fats such as olive oil, avocados, nuts, and seeds.
- Prioritize lean proteins: fish, poultry, beans, lentils.
- Avoid highly processed foods, fried foods, sugary drinks, and excess alcohol.

2. Pain-Reducing Foods

- **Fatty fish** (salmon, sardines): high in omega-3s that reduce inflammation.
- **Turmeric/curcumin**: pairs well with black pepper to improve absorption.
- **Ginger**: can reduce muscle and joint discomfort.
- **Cherries & berries**: rich in antioxidants that help calm inflammation.
- **Dark leafy greens**: provide magnesium, which supports muscle relaxation.

3. Supplements That May Help

Always discuss supplements with your healthcare provider first.

- **Omega-3 fish oil**: supports joint and nerve health.
- **Vitamin D**: low levels worsen pain sensitivity.
- **Magnesium glycinate**: helps muscle tension and sleep.
- **Turmeric/Curcumin**: anti-inflammatory; look for products with BioPerine.
- **Glucosamine + Chondroitin**: may support joint pain.
- **Alpha Lipoic Acid**: may help with neuropathic pain.
- **Collagen peptides**: may support joints, tendons, and ligaments.

4. Hydration

- Aim for at least 6–8 cups of water daily.
- Dehydration can worsen headaches, muscle pain, and fatigue.

5. Eating Habits That Support Pain Control

- Eat balanced meals every 3–4 hours to support stable energy.
- Avoid large, high-sugar meals that cause inflammation spikes.
- Prioritize sleep-supportive foods in the evening (complex carbs, herbal teas).

6. When to Seek Additional Support

- Unintentional weight loss or gain.
- Persistent digestive issues.
- Fatigue that does not improve with diet changes.

Your nutrition choices can help reduce inflammation, stabilize energy, and support your body's natural healing processes.