

## Back Pain Nutritional Therapy Program

For \_\_\_\_\_

Date \_\_\_\_\_

Take the following supplements until your re-evaluation on (date) \_\_\_\_\_

Purpose	Supplement	per day	upon arising	with breakfast	mid morning	with lunch	mid afternoon	with dinner	before bed
	Bio B 100		2 every waking hour for 10 days then 3 tablets 3 times per day						
	Intenzyme Forte		5		5		5		5
	for acute injuries use 2 bottles then assess								
	Chondro Plus			2		2		2	
	or Chondrosamine Plus S			2		2		2	

### Dietary Reminders:

- > Chew foods well (20 to 30 times per bite) - "Drink your solids and chew your liquids."
- > Eat foods in whole forms as much as possible - Whole foods, as provided by nature, (either cooked or raw), especially eat raw foods with every meal. The best raw foods are salads.
- > Eat only when you are hungry and calm. If you have a poor appetite, reduce sugars and starches and your appetite and digestion will improve.
- > Do not over eat, it overloads digestion. Smaller and more frequent meals are best.
- > Never combine sugars with proteins. Desserts, fruits, etc. should not be eaten within 60 minutes of a complex meal. The best between meal snacks are raw fruits, vegetables, nuts and seeds.
- > Eat animal source foods in moderation
- > Drink at least 6 to 10 tall glasses of pure water daily. Most overeating occurs as the result of dehydration.
- > Avoid hydrogenated or partially hydrogenated fats, preservatives of artificial colors, and foods that cause reactions, like wheat and dairy.