

RECOMMENDED DIETARY INSTRUCTIONS

A HEALTHY DIET ENHANCES YOUR BODY'S ABILITY TO HEAL

The diet recommendations outlined below are structured to allow your body to heal with optimum success during your therapy in our office. These dietary guidelines are fundamental healthy eating habits that should be followed during the rehabilitation of your craniofacial structures. Patients who suffer from craniofacial pain have a compromised immune system, leading to an acidic blood pH. It is necessary to neutralize the blood pH in order to aid the healing process. In addition to blood changes, muscle, bone and ligament tissues are often damaged in the craniofacial pain situation. In order to repair the damaged tissues, essential "building blocks" are employed as the body heals itself. These building blocks are obtained by consuming the following items:

DO'S

GREEN LEAFY VEGETABLES - contain folic acid with a co-enzyme to aid in balancing metabolism.

FISH PROTEIN - contains essential fatty acids to assist in digestion.

FRESH FRUIT - an excellent source of antioxidants and other vitamins/minerals.

FRESH VEGETABLES - an excellent source of natural vitamins and minerals.

CALCIUM - While calcium is important, milk and cheese products contain phosphates that acidify the blood, predisposing the body to pain. Soy products should be substituted for dairy products. *CitreCAL*, an over-the-counter supplement, is the best form of calcium supplementation.

CHONDROITIN - 1200 mg twice daily

GLUCOSAMINE - 1500 mg twice daily

MAGNESIUM - 250 mg daily

VITAMIN A - 5,000 international units (IU) daily

VITAMIN C (timed release) - 2,000 mg daily

VITAMIN E - 400 IU daily

SELENIUM - 200 micrograms (mgm) daily

WATER - Dilution is the solution to pollution! A *minimum* of 8 cups of water, daily should be consumed. Urine should be colorless to light yellow. If the urine is dark amber, you need to drink more.

DONT'S

Avoid yeast, as it has a tendency to trigger migraine headaches.

Butter is preferred over margarine due to the hydrogenated oil that cannot be easily digested.

Most market-bought red meat, eggs and poultry contain steroids that reduce the immune system's ability to heal. These foods also contain arachidonic acid, which is a precursor for prostaglandins that cause inflammation leading to vascular and neuropathic pain. Free range eggs and poultry should be used.

Sugar produces an immediate negative effect on the immune system. Sugar substitutes, such as Equal and Nutri-Sweet contain Aspartame, which is known to metabolize to 10% methanol, which then metabolizes to formaldehyde.

Avoid colas and caffeinated products, as they contribute to an acidic pH of the blood. Herbal teas and postum may be substituted.

Please understand that the above guidelines are intended to assist your body in healing itself. The benefits will only be recognized if the protocol is regularly followed. We look forward to helping you feel better!