



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 aide 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:**

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**Steps to reach my goal:** \_\_\_\_\_

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