



Nutrition and Nerve Pain

This information supplied by Anthony Power Nutrition.
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- Reduce artificial sweeteners Aspartame (NutraSweet) and trans-fats such as margarine and commercial baked / fried goods from your diet.
- Include fats such as nuts / nut pastes / tahina, olive oil, avocado, butter and lecithin (eggs / soy) in your diet as they are high in nutrients.
- Reduce sugars / processed foods in your diet and check that fasting glucose / insulin is not elevated.
- Increase Omega 3 fats found in salmon, walnuts and flaxmeal.
- Nerves are made of protein so eat good quality fish, eggs, nuts / seeds, meat, legumes and yoghurt.
- Check that you are *absorbing* your nutrients by investigating any bloating, reflux, poor stools and flatulence.
- Nerves rely on B12, folate, calcium, potassium, magnesium etc in the diet - so check for possible deficiencies.
- Evidence-based pain relief from specific supplements may help such as curcumin (from the spice turmeric) and Lipoic Acid.
- Avoid alcohol as it may irritate nerves.
- Nerve pain is multi-factorial so ruling out shingles, lead / mercury toxicity and nutritional deficiencies may aid recovery.