



# December 2009 NEWSFLASH!



Equine and Small Animal Veterinary Specialty Practice  
*A new paradigm veterinary practice!*  
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*"Don't ask yourself what the world needs; ask yourself what makes you come alive.  
And then go and do that because what the world needs is people who have come alive."*

-Harold Whitman

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Thank you for joining me in making the world a better place for our animal friends and their persons. Each and every one of you has given me so much this year; I want to express my deep gratitude for your trust and letting me stretch your "box" maybe just a little. Wishing you Peace, Harmony and Prosperity in 2010!



Blessings,  
Dr. Suzan



## A State of Balance, Part III

By Effie Ligon



"The power to decide an outcome" is the third definition that will be explored in this final installment of "A State of Balance". In Part II (**Newsflash #12**), we talked about how our animal companions look to us for clues as to how to behave or respond to a given situation, and that this more often than not has everything to do with how we are really being or feeling in that moment. It can be either refreshing or disconcerting to realize that our beloved furry friends often know us better than we know ourselves! In any case, I choose to see it as a brilliant opportunity for self-discovery and change.

As soon as we let an animal into our lives, we have made the choice to be caregiver and nurturer to that animal. It is because of this that "it is up to us to step forward and take personal responsibility for ourselves and what we (consciously or unconsciously) signal to our animals" (**Newsflash #12**). This willingness to be self-responsible takes us directly to our third definition of balance: "the power to decide an outcome."

On the surface, this appears to be a very simple and straight forward concept: we are clear; we are decisive; we are direct; we are "balanced";  $A + B = C$  and....Ta Da! Everything is perfect! We are ecstatic when this is the case, but as you probably already know, it doesn't always work out that way. This is when we need to dig a little deeper and get a little clearer.

Many animals come to us with baggage of their own -- emotional or physical experiences that have affected them deeply. It is easy in these cases to lay the blame for the problem at the feet of the mysterious Past. It has been my experience, however, that if it is in *our Now*, it is *still about us*. What do I mean by that? Cesar Millan of "Dog Whisperer" fame made a wonderful comment. He said, "We don't always get the (animal) we *want*, but we always get the one we *need*!"

Little did I know I was about to embark on just such a journey. My teacher came in the form of a four year old yellow lab mix from the shelter. I named her Rosie because names are powerful, and for this dog (and me) it represented a new life of joy and friendship. What I didn't realize was that we would both have to travel through the dark night of the soul to get there!

It was really just as well I didn't know what I was getting into at the time. The note on her cage said she had been returned to the shelter because she didn't get along with other female dogs. This was OK; we had a neutered male Rottie, so there would be no problem. This was actually true, until I got her home. In about 30 seconds flat, this skinny little lab that had *just* been spayed had completely subjugated our big Rottweiler, terrorized our cats, and thrown the whole household into an uproar. I was stunned!

As I stared at the four-legged nightmare before me, another unwanted thought crept into my mind: "I can't take her back!" No animal goes to a shelter three times and ever hopes to find a home. It was me or nothing.

I think my first reaction was shock, then anger, then frustration, and then I cried. (Okay Cesar, I can't possibly "need" this!) To make things worse, it occurred to me that if I gave up on *her*, I would be giving up on *myself*! Although it took awhile, the shock and feeling of victimization finally began to wear off, and I started to see that before me now was an opportunity for self-discovery and self-transcendence. The *real* Journey had begun: I was about to learn I had "the power to decide an outcome."

Over the next few weeks and months, Rosie deftly managed to bring to the surface reservoirs of angst, insecurity, self-doubt, fear, impatience, frustration and anger that I did not know I had. She also brought out will, self-discipline, patience, self-correction, confidence, loyalty, love and joy. Most importantly, she taught me to be absolutely Present.

Through this process, Rosie also learned she was finally safe. She knew she now had enough food and a place where she could relax. She learned to go on walks and to play, even with our Rottie. She learned to trust, and so did I.

It has been two years and I am glad to say that Rosie is now living up to her name and is one of the sweetest dogs I have ever known (although the cats still have their doubts). She is playful, gentle, joyful and eager to please. We take long brisk walks and she sleeps at my feet. But let it be known she is not one to willingly back down from a challenge. I am beginning to like this about her.

So what did I learn? Rosie was and is my mirror. I found the courage to take responsibility for an out-of-control dog that showed me my flaws and taught me to be greater myself. By this experience, I realized I had the power to change and that by my *willingness* to change, it allowed both of us to become free from the emotions of the Past. We now move forward.

Balance, as I said in Part I (Newsflash #11), is not static, but rather forever dynamic. The greater our self-awareness, the greater our perceptions of our part in the world become. It is this expanded vision that allows us to realize we have the power to change, and therefore the power to make a difference in our own lives and in the lives of those around us, two-legged and four-legged, near or far.

"The power to decide an outcome" in itself is a powerful personal journey. When combined with the understandings of our first two definitions, "the ability to maintain bodily equilibrium" and "mental or emotional steadiness", our way becomes more clear. The key? To have the courage to go after the gift of self-observation -- *without judgment* -- and bravely change. When we do this, we cultivate the gift of Presence and can then fully embrace the dynamics of living in a "State of Balance".

I want to thank all of you who have helped me on my journey whether we have met or not. We are never alone, and one person making the choice to change helps light the way for others. May all your journeys bear the fruit of wisdom and joy!

About Effie -

Effie Ligon was born in Maryland and grew up on a farm which had opened its fields to Pony Club activities early in her life. Ms. Ligon participated in Pony Club until going to college where she received her BA from the University of Montana in 1979. In 1983 she graduated from the Amherst Feldenkrais Professional Training Program where she had the honor of personally studying with Dr. Feldenkrais. She enjoyed her practice over the next 20 some years with time off for children and personal study. During this time she also became a Certified Bodytalk Practitioner, studying with Dr. John Veltheim and other fine teachers. Currently residing on a small farm in Rainier, Washington, Ms. Ligon now devotes her time to writing and enriching her personal knowledge of life and the dynamics of change.

[www.quantumbalancing.vpweb.com](http://www.quantumbalancing.vpweb.com)



## **Achieving Balance and Harmony Through Body Alignment**

"Never underestimate the potential for harmony and lightness to improve in ways you cannot yet imagine."

Karen Rohlf

*From Dr. Seelye: "I met Jackie and Chip at a clinic I was giving on Whidbey Island a little over a year ago. It was painful for me to watch this beautiful horse walk into the arena in hand precariously sticking his head and neck out to balance on. Most horses in his condition would be in a dissociated state and yet he remained present in awareness of his body. I was honest with Jackie and told her Chip should not be ridden. She asked me to work with Chip and after 2 treatments started riding again. Chip is a real gentleman greeting me with a smile when I arrive and always says thank you when I depart even though sometimes there is some discomfort in his treatment. Here is Jackie's story."*



When I think upon this last year with my horse Chip, this is the quote that I would use to describe how our year has been. Chip moved heavy on his forehead, stumbled quite often at the trot and canter, and demonstrated stiffness in his hind end. His trot was choppy, impossible to sit and collection was difficult for him to maintain consistently. When doing groundwork with him, we often had a “rodeo” in which he would become fractious, impulsive and resistant.

After our initial treatment, Chip became more responsive and connected. His movement became more natural and smooth. Dr. Suzan recommended that I not ride Chip for 4 weeks, which allowed the opportunity for him to reconnect with himself in a healthier way. This also gave us the opportunity to work on our relationship while doing groundwork. When I began to ride Chip, the transformation was truly amazing. His trot was much smoother and not so impossible to sit. Even his topline completely changed. This was especially evident in how his shoulders became more equally developed. Moving into collection was more natural for him and without the forehead stumbles. His responsiveness to my aids was truly light and connected. No more fractious rodeo behavior!! He seemed to be truly at ease with himself.

After our initial Quantum Bodywork treatment, it keeps getting better and better. I could not have predicted how much he would improve and what a responsive horse he would be. He seems to be having more fun and offers so much more. He’s definitely pushing me to improve too!! Thank you Dr. Suzan for creating the opportunity for Chip to be a truly comfortable and happy partner!



## **A Face-Off With Rope Halters: They’re Knot So Natural After All**

Visit <http://horsecity.com/stories/112409/training-halters.shtml> to read Eleanor Van Natta’s posted article about halters.

This is an insightful and humorous article written by a client - a great example of personal truth gained through awareness - enter with an open mind.

**About Eleanor** – Eleanor Van Natta is a wife, a mother of two little girls, and a caretaker to one dog, one cat, and one horse. She has a Zoology degree from the University of CA, Davis, and prior to becoming a stay at home mom she had a career in environmental and pharmaceutical sales. You can find more of her writing on her blog [Sage By Nature](#).





## Lightweight Safety Halters



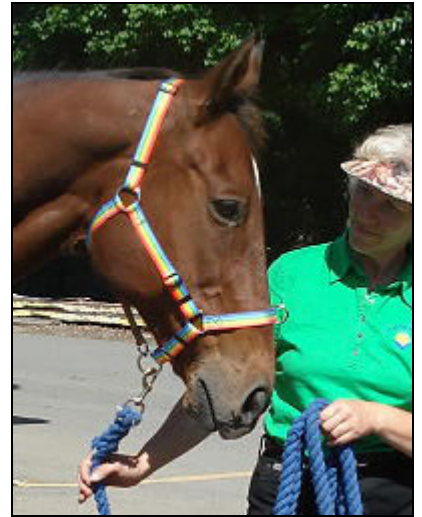
Lightweight safety halters are a great Holiday gift for your horse, or a friend with a horse.

**10% off if you mention you saw it here!**

My long search for a lightweight comfortable halter for horses came to an end this past summer when I met Jeaniene Jones, who designed and created a halter to find a safer and more comfortable answer for horses that had to wear halters in turn out. I love her halters and have them for all of my horses for everyday use.

- Lightweight
- Comfortable
- Easy on and off
- Adjustable
- Available in a myriad of colors  
*(My personal favorite is the rainbow.)*

[www.safehorsehalters.com](http://www.safehorsehalters.com)



## Moments with Baxter – A Therapy Dog

Baxter - a beautiful story that shows how the unconditional love that animals have touches lives. Following is the YouTube link: <http://www.youtube.com/watch?v=olrDbzoOxZc>



## **NUTRITION MATTERS: Eat your way to optimum brain function**

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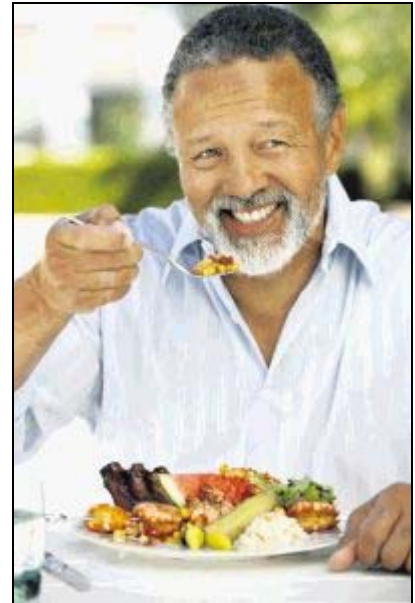
<http://www.businessday.co.za/Articles/Content.aspx?id=84016>

CONCENTRATION problems, depression and memory decline have become modern-day maladies. There are many theories surrounding this phenomenon, and medical specialists don't know for sure what the causes are.

In today's world we are so bombarded with stimuli and stress that concentration becomes a challenge and depression a symptom. In addition, we eat too much processed foods, not enough wholegrains, fruit and vegetables, and our ratio of good to bad fats is too low.

All the stress and pressures combined with lifestyle issues are likely to be the major contributing factors to brain-related disorders.

Depression and anxiety-related disorders are on the rise. Attention deficit disorder (ADD) is now also being recognised as a problem that presents in both children and adults. In adults, ADD can cause feelings of restlessness, extreme procrastination, disorganisation and trouble making decisions or meeting deadlines. While diagnosable ADD may not be as common, generalised problems with holding attention are. Whatever the case, certain nutrients can help boost attention and improve overall brain function. These include:



**MAKE A MEAL OF IT:** By including foods such as meat, vegetables and starches in your diet, you'll help to feed your brain and fend off concentration problems.

### **-The glucose connection**

In between our brains and our blood is a selective set of membranes called the blood brain barrier. Glucose (the smallest unit of carbohydrate metabolism) is the only source of energy that can cross the barrier and feed our brains (ketones can also cross the blood brain barrier but this only happens during times of starvation or carbohydrate restriction). Therefore, by creating a steady flow of glucose into our bloodstream, we feed the brain with a sustainable source of energy for all-day alertness.

Choosing foods with a low glycemic index (GI) rating, such as wholegrain seeds breads, bran cereals, barley, quinoa, rolled oats and brown rice as well as fresh fruits and vegetables, helps supply the steady stream of glucose that the body needs. High GI foods, such as regular white, brown and wholewheat breads, sugary breakfast cereals, sweets and pastries, will cause glucose levels to spike, which means a short increase in concentration and then a crash down, where concentration lapses and fatigue sets in. Some people can balance their blood sugar levels better than others, but for the most part choosing low GI over high GI foods will make a big difference.

### **-Fats: getting the balance right**

The brain is more than 60% fat and the myelin sheath that coats all our nerves is 74% fat, so it makes sense that we need fat in the diet for optimum brain function. Fats also play a crucial role as messengers. They regulate key aspects of the immune system, blood circulation, inflammation, memory and mood.

The problem with our fatty acid intakes is that we tend to get too much omega 6 fatty acids (found in vegetable oils, margarines and baked goods for example) and too little omega 3 fatty acids (found in fish oils, walnuts and flaxseeds for example). Too much omega 6 in relation to omega 3 can cause inflammation and brain ageing, while omega 3 s

are anti-inflammatory and have been shown to boost brainpower. To boost brainpower include at least three servings of fatty fish per week (for example salmon, mackerel, trout, pilchards and sardines) or take a supplement. Use omega 9 oils (like avocado and olive oil) instead of omega 6 oils (like sunflower). Nuts and seeds, especially walnuts and flaxseeds, are also brain boosting foods.

### **-The power of protein**

Every thought and emotion we have is controlled through signals transmitted via chemicals called neurotransmitters, which are specialised brain chemicals or messengers. These neurotransmitters are made from amino acids, which we get from protein foods. A lack of protein in the diet could therefore impact on our neurotransmitter production. There are 22 amino acids in total, eight of which are essential, that is, they cannot be manufactured in the body and must be obtained from the diet. Meat, chicken, fish, eggs, dairy, legumes, grains, nuts and seeds are all sources of these essential aminos.

### **-B power**

The B complex vitamins in particular are important for brain function. Most neurotransmitters require B vitamins during the manufacturing process. Stress and a busy lifestyle quickly deplete our B stores making it important to eat a balanced diet that includes sources of B vitamins, such as meat, fish, chicken, dairy, beans, green vegetables and wholegrains.

### **-Think zinc**

The mineral zinc also plays a large role in brain function and neurotransmitter production. Good sources include liver, beef, lamb, fish, pumpkin seeds, sesame seeds, yoghurt and peas.

### **-The alcohol connection**

Too much alcohol literally damages the brain. It interferes with normal communication signals and leads to memory loss, which can become chronic in regular, heavy drinkers. Alcohol also interferes with our fatty acid metabolism in the brain and is a general neurotoxin.

- Ashleigh Caradas is a dietician in private practice. She also consults to corporates. Visit her at [www.intelihealth.co.za](http://www.intelihealth.co.za).

## **Three key brain chemicals**

### **Acetylcholine**

This neurotransmitter excites the neurons and is the main neurotransmitter responsible for cognition and memory.

Foods that boost its production include egg yolks, soya, peanuts, wheat germ, liver, meat, fish (especially fatty fish), milk, cheese, broccoli, cabbage and cauliflower. These foods contain a substance called phosphatidyl choline, which is a precursor for acetylcholine. It is also found in lecithin, a supplement available in health food stores, which comes in granules or powder form that is derived from eggs or soya. Another substance — called dimethylaminoethanol or DMAE (found in sardines and salmon) — is a precursor for choline.

### **Dopamine**

It is involved in attention and learning, movement and emotional arousal. All protein foods help to boost dopamine levels. The amino acid phenylalanine is used in particular to make dopamine and is found in a wide range of animal and vegetable protein sources.

## Serotonin

It is involved in mood, sleep, appetite and sensitivity. It also activates the pleasure centre of the brain. Depression is often the result of a serotonin deficiency. Foods that boost serotonin include protein foods rich in the amino acid tryptophan, the precursor for serotonin production. Food sources of tryptophan include red meat, dairy products, nuts, seeds, bananas, soybeans and soy products, tuna, shellfish and turkey. Starchy foods such as pastas, breads and other grains also help boost serotonin levels.

### Brain-boosting meal plan

Breakfast	Snack	Lunch	Snack	Dinner
Rolled oats, mixed berries, low-fat plain yoghurt, chopped walnuts	Apples and pumpkin seeds	Chicken, barley and avocado salad	Sardines on rye toast	Lentil and broccoli bake with a green salad
OR	OR	OR	OR	OR
low GI bread with poached eggs and spinach	Wholegrain oat-bran muffin	Salmon fish cakes with green salad and coleslaw	Fruit salad and yoghurt	Fillet steak, stir-fry vegetables and brown rice



## **Make Strokes Less Deadly with This Vitamin**

By RealAge ([www.realage.com](http://www.realage.com))

Having a stroke is a definite life crisis. But what if you could reduce the chances that it'll be deadly?

Enter vitamin D. New research is suggesting that vitamin D may help reduce a person's risk of dying from a stroke -- by as much as 50 percent!

### **Vitamin Powerhouse**

More research is needed to confirm the link, but a Finnish study that followed about 6,000 people for more than 25 years showed that those with the highest D intake were significantly less likely to die of either stroke or heart disease, compared with the people with the lowest D intake. Those could be really big health benefits from one little pill. **[Read this doctor blog for advice on how to take your D -](http://www.realage.com/blogs/pill-mistakes-that-smart-people-make)**

### **Are You Getting Enough?**

About 30–40 percent of people may be deficient in vitamin D. RealAge's Scientific Advisory Board recommends that anyone 60 or younger get 1,000 international units (IU) per day. Up that amount to 1,200 IU daily if you're over 60 years of age. You've got three choices for accomplishing that: sunlight, food, and a supplement. **[Use this online tool to see what foods are rich in vitamin D -](http://www.realage.com/NutritionCenter/VitaminsNutrients.aspx)**



## **Food and Herbs for a Smooth Seasonal Transition**

Written by Gloria Garland

Reprinted with permission of Holistic Horse – [www.holistichorse.com](http://www.holistichorse.com)

By understanding what seasonal transitions represent and including a few simple herbs and foods in our diets, we can maintain optimal health throughout the year

Early Chinese doctors were astute observers of the natural world. They noted that the seasons and environment directly affect the various organs and meridians of the body. They observed that as the year steadily progressed from yin to yang and moved through the seasons, the body became more vulnerable to external factors like heat, cold, dampness and dryness.

The Chinese observe five seasons, including late summer. Each season corresponds with an element:

- wood = spring
- fire = summer
- earth = late summer
- metal = autumn
- water = winter

Additionally, each season has a corresponding organ/meridian system.

For example, autumn is the season of metal. The lungs and respiratory system, which are associated with the metal element, are more vulnerable during the dry days and cool autumn evenings. Foods and herbs for autumn health include moistening and warming foods like pears, apples, sweet potatoes, yams, oats, and lamb. The herb Huang Qi (astragalus) is an excellent herb to include in your stews and soups during the fall.

Winter is the season of water and the kidney. Kidneys and their associated body parts, the bones and back, are negatively impacted by winter's cold and damp days. Warming foods, including pork and warm, aromatic spices like garlic, cardamom and cloves are ideal for warming the kidney qi during the dark, cold days of winter. Warming tonic herbs like He Shu Wu (*Polygonium multiflorum*) and Ren Shen (ginseng) are ideal. They can be taken as a tea or included in cooking.

Spring is the season of wood and the liver. Spring is the time for growth and renewal and the climate becomes windy. As spring approaches, we should consume light foods that help transition into this season: young plants, sprouts, leafy greens, plums, wheat, rye and barley flavored with rosemary, dill and basil. Herbs like milk thistle (*Silibum marianum*) and Chai Hu (*Radix bupleuri*) are ideally suited to liver health and its associated tissues: the eyes, tendons and ligaments.

Summer is the season of fire and the heart, the season of development, joy, activity and creativity. Cooling and hydrating foods suited for transition into the heat include watermelon, apricot, cantaloupe, mung beans, bamboo, lentil and chicken. Cooling herbs like Ju Hua (*chrysanthemum*) and Bo He (mint) make a lovely and hydrating summer tea.

Late summer is the fifth season recognized by the Chinese. Here in the west we call it Indian Summer. Its element is

earth and its organ is the spleen. Its environmental influence is humidity-like dampness and is associated with digestion and nourishment. Foods that support the spleen are rice, millet, dates, ginger and beef. Herbs like Fu Ling (poria), Da Zao (jujube) and Gan Cao (licorice) make a wonderful earth-nourishing tea.

As the pages fall off the calendar and the year moves along, I recommend seasonal acupressure “tune ups” as preemptive, wellness interventions. With herbal assistance and mindful eating, we can make the year transition smoothly.

While the seasonal foods are “people-oriented,” the herbs for each season may be offered to our horses, too.

*Gloria Garland is a Licensed Acupuncturist, Chinese Herbalist and the author of the Equine Acupressure Therapeutics Workbook Series. She lives and rides in Oakhurst, California, near Yosemite National Park. Whole Horse Herbs™, her line of herbal formulas, was developed to bring complementary herbal supplements to the equine community. She teaches hands-on classes, empowering horse owners with accurate, useful information and equine health care tools. [www.wholehorse.com](http://www.wholehorse.com), 559-683-4434*



## **Foods For Pain and Inflammation**

December 1, 2009

by [Dr. Mark Wiley](http://www.personalliberty.com/author/mark-wiley/) (<http://www.personalliberty.com/author/mark-wiley/>)  
[www.personalliberty.com](http://www.personalliberty.com)

Pain comes in many forms and from many sources. There are sprains, strains, tears, breaks, fractures, pulls, spasms... you name it. And the sources range from imbalanced activities in daily living, stress, poor posture, muscle imbalances, physical trauma, falls, allergies, mental anguish and... FOOD! One of the secrets to pain-free living is found in a diet based in prevention and reduction of self-induced pain.

Before we delve into the food aspect of pain, let's first understand the mechanism of inflammation.

### **The Inflammation Story**

Pain is generally felt as a reaction to swelling or inflammation in the body. This efferent signal is the body's way of telling you something is wrong and in need of change. Inflammation, then, is both a sign and a symptom of pain.

The term "inflammation" generally evokes thoughts of painful joints and muscles, swelling and loss of mobility. While these are the obvious markers of inflammation, research also shows that chronic inflammation, if left untreated, can actually lead to serious diseases including diabetes, heart disease, some cancers and Alzheimer's!

The amount of inflammation in your body varies and depends on a number of factors—including your activity level, the amount of sleep you get, the degree of stress in your life, and yes... even the food you eat. What you have to realize is that these factors are cumulative; they build up over time. And the more that any or all of these factors become out of control your risk for disease increases.

If you have pain due to inflammation, you may choose to take the traditional medical path, which includes non-steroidal anti-inflammatory drugs (NSAIDs), steroids and even go so far as to have joint-replacement surgery. But none of these “big guns” may be necessary. You should especially avoid long-term use of prescription and over-the-counter anti-inflammatory painkillers. These have been proven to cause liver dysfunction, kidney failure, stomach bleeding and ulcers... all causes of additional inflammation.

Sure, inflammation is a necessary part of the healing process. It brings fluid, nutrients, blood, oxygen and healing biochemicals to the injured area. However, if left to linger, inflammation poses greater threat to your health, arrests the healing process and can turn your pain from acute to chronic.

### **Foods That Cause Inflammation**

Food is a critical piece of the puzzle when it comes to controlling inflammation. There are dozens of foods that create inflammation in our bodies, and there are dozens of foods that reduce and/or prevent inflammation in our bodies. Consuming the right mix of these throughout the day, weeks and months is essential toward living pain free. And in times of injury or pain suffering, the foods you consume may be what keep the inflammation active well past its usefulness, and send your pain into chronic territory. This is unacceptable.

The typical American diet consists of too much fat, tons of sugar, loads of red meat and a frightening amount of processed foods. Each and every one of these items is shown to increase inflammation and contribute to obesity, which is simply massive inflammation of adipose tissue. By switching to an anti-inflammatory diet consisting of healthy whole foods you can actually decrease inflammation and ease the pain and discomfort associated with it.

Before we dive into the good food list, let's take a look at the bad food list. Each of these nine categories of bad foods should be avoided if you suffer pain or have inflammation.

**Animal Milk Products:** Milk, cream, ice cream, cheese, cottage cheese, yogurt.

**Hydrogenated Oils:** Non-dairy creamer, crackers, cookies, chips, snack bars.

**Nitrates:** Hot dogs, cold cuts, pepperoni, sausage, bacon, liverwurst.

**Processed Sugars:** Candy, soda, bread, bottled fruit juice, cookies, snack bars.

**Night Shade Vegetables:** Potatoes, peppers, tomatoes, eggplant.

**Fast Foods:** French fries, onion rings, loaded baked potatoes, fatty burgers, Mexican food, pizza, calzones, strambolis.

**Caffeine:** Coffee, black tea, soda, chocolate.

**Saturated Fats:** Marbleized beef, chuck ground beef, deep fried foods, chicken skin.

**Processed White Foods:** Flour, bread, pasta, sugar, artificial sweeteners.

Surprised? As you can see, most of the items on this list are actually the staple American diet! Is it any wonder Americans are among the most obese and pain suffering peoples in the world? If you look closely at this list and pay attention, you will notice these ingredients are found in just about every snack, frozen dinner, bread and even so-called 'healthy' foods. Whatever you do, don't believe the marketing. Read the labels instead!

Do yourself an easy, no-cost favor: Stop eating foods from the above list if you are in pain!

Merely eliminating these items from your diet will help stop the inflammation cycle when its natural course has been run. By eating these foods you are increasing the longevity of the inflammation, and thus self-inducing your own chronic pain.

### **Foods That Reduce Inflammation**

Now that you know which foods actually cause inflammation or make it worse, let's look at those foods that can help reduce and even prevent inflammation.

To begin, it is essential to any healthful diet—especially a pain free diet—that you consume as much fresh, organic, whole foods as possible. Eating foods in or as close to their original state is one of the keys to being healthy, preventing self-induced diet-based inflammation and reducing the inflammation you are experiencing as a result of an external problem (posture, physical stress, trauma).

Here is a list of the best foods known to prevent and help reduce inflammation, and thus reduce pain. These should be eaten throughout the day as part of balanced wholesome meals.

**Inflammation-Reducing Foods:** Wild Atlantic salmon, fresh whole fruits, bright-colored vegetables (except night shades), green or white tea, purified or distilled water, olive oil, lean poultry (skinless), lean beef (filets), nuts, legumes and seeds,

dark green leafy vegetables, organic oatmeal (regular, not instant), aromatic spices (turmeric, ginger, cloves, garlic, onion, coriander, ground mustard seed, cayenne pepper).

As you can see, a diet high in fiber and whole foods, low in preservatives and fat and infused with blood-invigorating aromatic spices is the key to diet-based pain relief. But specifically, the above-mentioned foods actually work to reduce pain and inflammation.