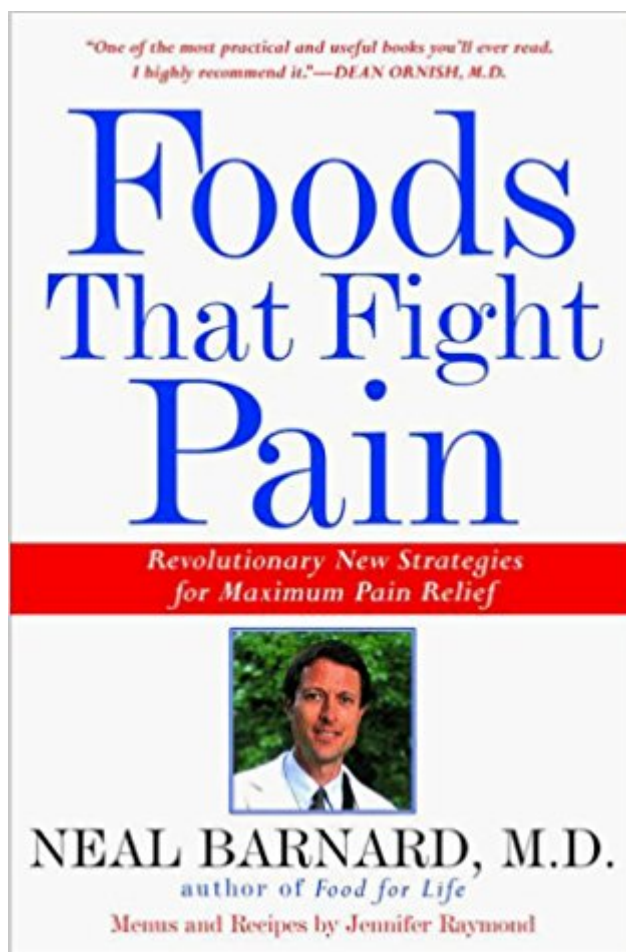


The book was found

Foods That Fight Pain: Revolutionary New Strategies For Maximum Pain Relief



Synopsis

Did you know that ginger can prevent migraines and that coffee sometimes cures them? Did you know that rice can calm your digestion, that sugar can make you more sensitive to pain, that evening primrose can ease the symptoms of arthritis? Drawing on new and little-known research from prestigious medical centers around the world, Neal Barnard, M.D., author of *Eat Right, Live Longer* and *Food for Life*, shows readers how they can soothe everyday ailments and cure chronic pain by using common foods, traditional supplements, and herbs. Dr. Barnard reveals which foods regularly contribute to pain and how to avoid them. He guides the reader to specific pain-safe foods that are high in nutrition but don't upset the body's natural balance, as well as foods that actively soothe pain by improving blood circulation, relieving inflammation, and balancing hormones. Complete with delicious recipes, *Foods That Fight Pain* is a revolutionary approach to healing that will transform your life.

Book Information

Paperback: 368 pages

Publisher: Harmony; 1 edition (April 27, 1999)

Language: English

ISBN-10: 0609804367

ISBN-13: 978-0609804360

Product Dimensions: 6.1 x 0.8 x 9.2 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 104 customer reviews

Best Sellers Rank: #287,724 in Books (See Top 100 in Books) #283 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #1973 in Books > Health, Fitness & Dieting > Nutrition #2557 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Foods have special effects on pain, and research studies substantiate this, says Neal Barnard, M.D., in *Foods That Fight Pain*, a book endorsed by fellow doctors Dean Ornish and Andrew Weil. You can use foods to fight pain in these ways: 1. Choose pain-safe foods. Reduce inflammation by avoiding foods that may be causing or aggravating your pain. 2. Add soothing foods that ease pain. Different foods may improve blood flow, relieve inflammation, or balance hormones. 3. Use

supplements if needed. Herbs, extracts, and vitamins can relieve pain. Barnard explores a variety of medical conditions, such as migraines, arthritis, digestive problems, fibromyalgia, carpal tunnel syndrome, diabetes, herpes, sickle-cell anemia, kidney stones, urinary infections, and back, chest, breast, menstrual, and cancer pain. For each, Barnard explains the causes of the pain and what dietary changes are likely to alleviate it, with exercise and lifestyle recommendations. Barnard backs up his points with 30 pages of research citations. Most of the recipes are quick to prepare, and include an elimination diet to avoid trigger foods. A nutritional breakdown (calories, fat, protein, carbohydrate, and sodium) accompanies each recipe. Following the advice in this book will not only relieve your pain, but increase your overall health. Highly recommended. --Joan Price --This text refers to an out of print or unavailable edition of this title.

Although the strategies laid out by Barnard have, despite the subtitle's claim, been presented in other health books, they've seldom been explained this succinctly. According to Barnard (*Food for Life*), certain foods and nutritional supplements can alleviate pain as well as or better than prescription drugs. From backaches to bowel problems, cancer to canker sores, Barnard offers clear explanations of the physical processes involved as well as practical dietary and nutritional advice. No matter what the problem, for starters he recommends a low-fat, high-fiber, strictly vegetarian diet, the same as the one prescribed for heart patients by Dr. Dean Ornish, whom he quotes extensively. Citing scientific studies as well as anecdotal evidence, Barnard tells how powdered ginger, for example, can prevent motion sickness, alleviate migraines and the pain and swelling caused by osteoarthritis. Vitamin B6 can be used to treat carpal tunnel syndrome as well as menstrual pain. Lists of "trigger" foods to avoid for various health conditions are valuable, if sometimes daunting: for example, the trigger foods for arthritis include all dairy products, all meat (including fish), wheat, citrus fruit, potatoes, tomatoes, nuts and coffee. A hefty section of menus and recipes by Jennifer Raymond makes it easier to practice what Barnard preaches. A technical sermon whose main message is: eat your veggies. Author tour. Copyright 1998 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Dr. Bernard presents evidence for foods that help fight common problems such as headaches, stomach problems, and back problems. The recipes are easy to prepare, too.

As a massage therapist and Healer, I was drawn to this title. As a person living with inflammatory pain, I had to buy it. Dr. Barnard gives good information about the conditions he covers and specific

tips on using everyday foods to decrease pain. He explains why pain occurs and offers a dietary plan to shift it. What I really appreciated was Dr. Barnard's gentle approach. He gives you the info, tells you why it's important, how to shift pain and INVITES you to try it. I really like the absence of judgement in his book. He comes off as helpful, credible and caring. I have already lent it to clients. And, I have already experienced a reduction in pain. Thank you Dr. Barnard!

You get the science from an MD. It is not easy to give up a lifetime of eating whatever you want, but it is starting to work for me. Pain versus a greener diet --- easy decision. Read this book and help yourself to a better quality of life.

Read Dr. Barnard if you want to stay healthy and live longer. His best (and earliest) book was "Food for Life." He prescribes the vegetarian lifestyle, which most people will not follow. But the benefits are worth trying. My wife and I started his program slowly, and the results have us now at the point of being 95% vegetarian. We are never hungry, never have a weight problem because this isn't a diet, it is a lifestyle. Eat all the fruits, veggies, whole grains and legumes that you want. Yes, they can be made into tasty and satisfying meals. "Foods that Fight Pain" is good, but "Food for Life" shows how to escape the traditional (but disastrously unhealthy) American eating habits.

This book is great. It helps you to figure out what foods trigger pain in your body but easy elimination diet. Having recipes at the end helps in planning of your daily menu.

Since I have knee pain I will be using the recipes to help with healing. It's vegan so there are no animal products used. This usually causes inflammation and pain in the body. A great deal of the recipes look appealing. I'd recommend it for people who are seeking relief from their aches and pains.

Dr. Barnard explains clearly how we can eat to be in less pain. He has a clear and easy to understand elimination diet, and I used it myself to find out what was causing my pain. This book really helped me. I can recommend it. The recipes are vegan and plain but one can use other recipes, of course. The information in the book makes it worth it, however.

Great Item

[Download to continue reading...](#)

Foods That Fight Pain: Revolutionary New Strategies for Maximum Pain Relief Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Whole Food: The 30 Day Whole Food Challenge & Whole Foods Diet & Whole Foods Cookbook & Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Beginner's Guide to Sciatica Pain Relief: A Concise Guide to Pain Relief & Spinal Cord Anatomy Robotic Fish iSplash-MICRO: A 50mm Robotic Fish Generating the Maximum Velocity of Real Fish (High Speed Robotics. Mechanical engineering and kinematics for maximum velocity robot fish. Book 4) Maximum Ride Box Set (Maximum Ride, School's Out Forever, Saving the World) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Foods to Fight Cancer: Essential foods to help prevent cancer Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) The Matrix Repatterning Program for Pain Relief: Self-Treatment for Musculoskeletal Pain (New Harbinger Self-Help Workbook) Foods that Fight Fibromyalgia: Nutrient-Packed Meals That Increase Energy, Ease Pain, and Move You Towards Recovery Paleo Diet For Beginners: 150 Recipes, The Secret Of Weight Loss, The Simple Science Of A Healthy Body In The Paleo Way, Naturally Fight Diseases And Gain Maximum Energy

Contact Us

DMCA

Privacy

FAQ & Help