

Nutrition

Nutrition may be a much over-looked factor that contributes to repetitive strain symptoms. On the other hand, just as with other inflammatory illnesses, repetitive strain injuries may respond well to a healthy diet filled with the nutrients that promote healing and reduce inflammation.

Try reducing or eliminating the following potentially harmful food items from your diet and monitor for any changes in symptoms.

- **Nightshade vegetables** - contain small amounts of a chemical alkaloid called solanine which can trigger inflammation in some people.

- ✓ Potatoes
- ✓ Tomatoes
- ✓ Eggplant
- ✓ Peppers
- ✓ Corn

- Red meats, eggs and wheat products - contain arachidonic acid which, in large quantities, can make inflammation worse.
- Excessive consumption of sugars and refined starchy carbohydrates like white flour can also aggravate inflammation.
- High fructose corn syrup
- Nicotine - reduces oxygen and blood flow and constricts vessels.
- caffeine – dehydrating to tissues, increases muscle tension and anxiety
- Alcohol- dehydrating to tissues
- Eliminate foods from your diet that you may have a sensitivity to. Common allergy foods include milk and dairy, wheat, nuts, chocolate, rice, corn, soy and fish. You may also be reacting to MSG, artificial sweeteners or sulfites.



Try adding the following beneficial food items to your diet

- Whole, unprocessed foods such as
 - vegetables (other than the nightshades)
 - leafy green vegetables
 - green and brightly colored vegetables
 - fruits
 - Berries - filled with antioxidants
 - whole grains
 - nuts & seeds
 - cereals



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- Omega 3 essential fatty acids
 - cold water oily fish
 - walnuts
 - flax
 - pumpkin seeds
- Monounsaturated fats such as
 - fish
 - sunflower seeds
 - flaxseed oil
 - avocado
 - almonds
 - olive oil
- Protein
 - lean poultry
 - fish
 - seafood
 - nuts, legumes and seeds
 - soybeans, tofu and soy milk



Some vitamins and minerals can cause damage if taken to excess. Others may have an impact on certain medications you may be taking. Although the supplements listed below have been helpful to some clients, please check with your physician regarding dosage and effects prior to using, especially if you have other health concerns.

- Vitamin C – important for soft tissue healing and good for the immune system
 - B-complex vitamins, especially B6 – prevents muscle cramps, improves nerve function
 - Calcium, magnesium, vitamin D – helps with cramping and nerve conduction
 - Antioxidants – reduce free radicals which are destructive to tissues
 - Licorice root and ginseng - anti-inflammatory properties
 - Evening primrose oil - when taken over several months may act as an anti- inflammatory reducing aches and pains
 - Vitamin E is a powerful antioxidant, ensuring that vitamin A is not destroyed by oxygen, and improving the supply of oxygen to the cells.
- ✓ Bromelain, an enzyme derived from pineapple - reduces inflammation
- ✓ proteolytic enzymes - reduce inflammation.