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LIA Lifestyle Instruction Aid

a30. Some Foods That Reduce Pain

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Fish and fish oils, pineapple, cherries, Chlorophyll (spirulina, dunaliella, chlorella and blue green algae), turmeric (Curcumin), onion family, flax oil, burdock, ginger, yam, winter squash, sweet rice, millet and chamomile, walnuts,

Helpful foods

Fruits, vegetables but not the nightshades.

What about foods that make pain worse?

Buy the book Dr. Ouellette's Pain Relief Diet Manual and find out.

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