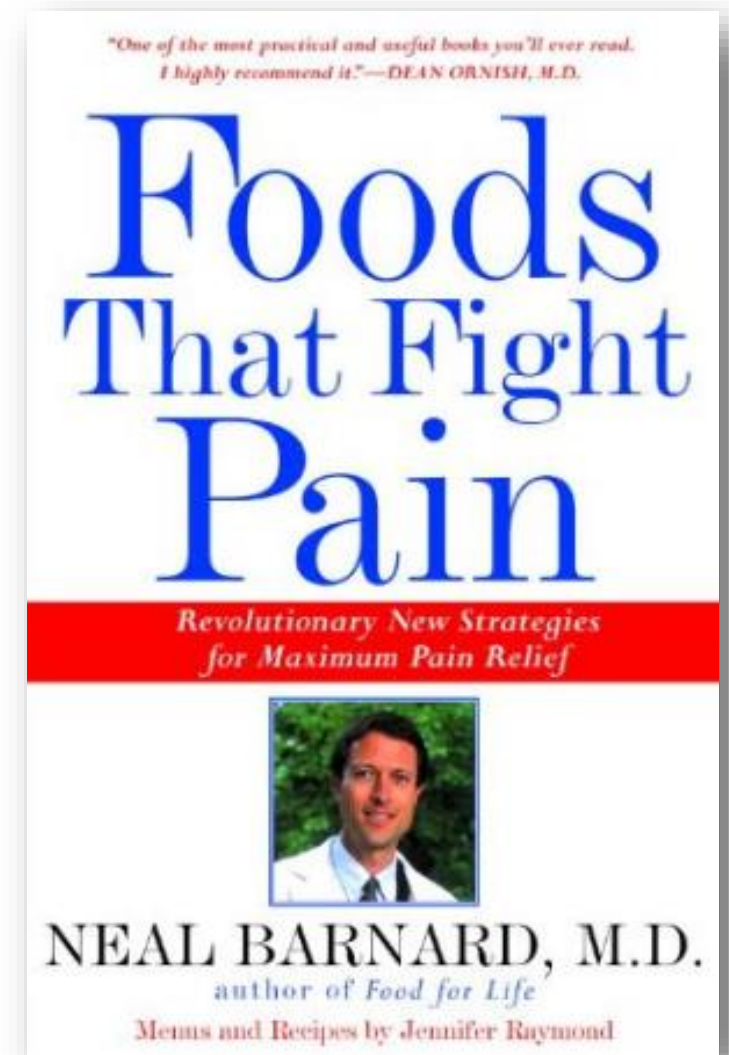


Foods that Fight Pain –
Revolutionary New Strategies for
Maximum Pain Relief



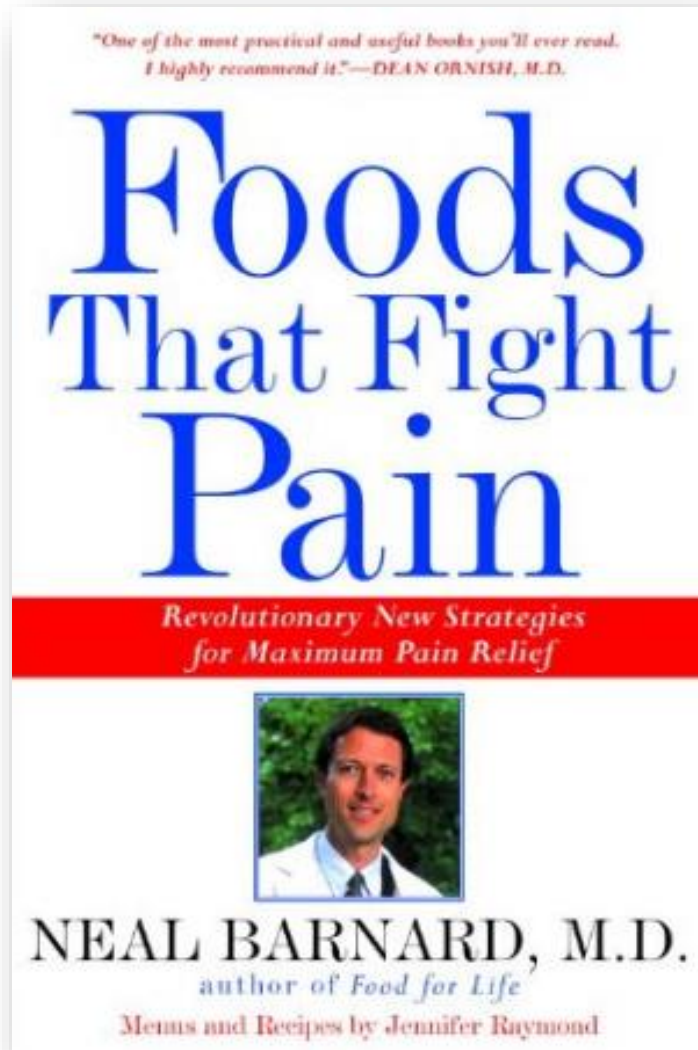
Agenda

- Foods that Fight Pain – Revolutionary New Strategies for Maximum Pain Relief
- Conditions Related to Poor Circulation
- Food Sensitivities and Inflammatory Pain
- Hormone-Related Conditions
- Metabolic and Immune Problems
- Activity, Rest and Food

Disclaimer

- During the Transform seminars you will learn about the benefits of a lifestyle and a plant-based diet. Perhaps you've seen one of the compelling documentaries out there or read one of the compelling books. More likely than not, you've known someone who has done well by their own health by improving their lifestyle and nutrition. And now you want to learn how you too can be healthier by healthy living and eating a more whole food, plant-based diet.
- Upfront, we need to tell you that you shouldn't dramatically change your diet without consulting your physician, particularly if you are on medication or have significant medical issues. Changing your nutrition can change your body so quickly that some medication (particularly diabetes medications) needs to be monitored and adjusted within a short period of time. Be smart about changing your diet and seek professional consultation for whatever your personal situation may be!

Foods That Fight Pain



Foods that Cause you to Lose Weight

- ▶ Neal Barnard, MD
- ▶ Recommends whole food plant based nutrition
- ▶ Must read – Foods that Fight Pain, Food's that Cause you to lose weight and/or Vegan Starter Kit. Many more available.
- ▶ www.pcrm.org

Foods That Fight Pain



https://www.youtube.com/watch?v=D8xNm2M1bRs&list=PLuwW7-3ABeZnkSTsR2-2q_3F1pFjV8np

Foods That Fight Pain

Revolutionary New Strategies for Maximum Pain Relief

- Pain is a danger signal that let's your body take quick action. But when pain does not stop, we need to find a way to shut it off.
- Food and lifestyle changes can, over the long run, rival the power of drugs or surgery in restoring circulation and preventing heart damage.
- The same holds true for migraines, sore joints, kidney stones, pains in the digestive tract, and herpes sores, among many other kinds of pain.
- In each case, diet changes or supplements can help protect against the assault on our tissues.
- Foods can not only help prevent these injuries; they can also help shape your body's response.

Foods That Fight Pain

Revolutionary New Strategies for Maximum Pain Relief

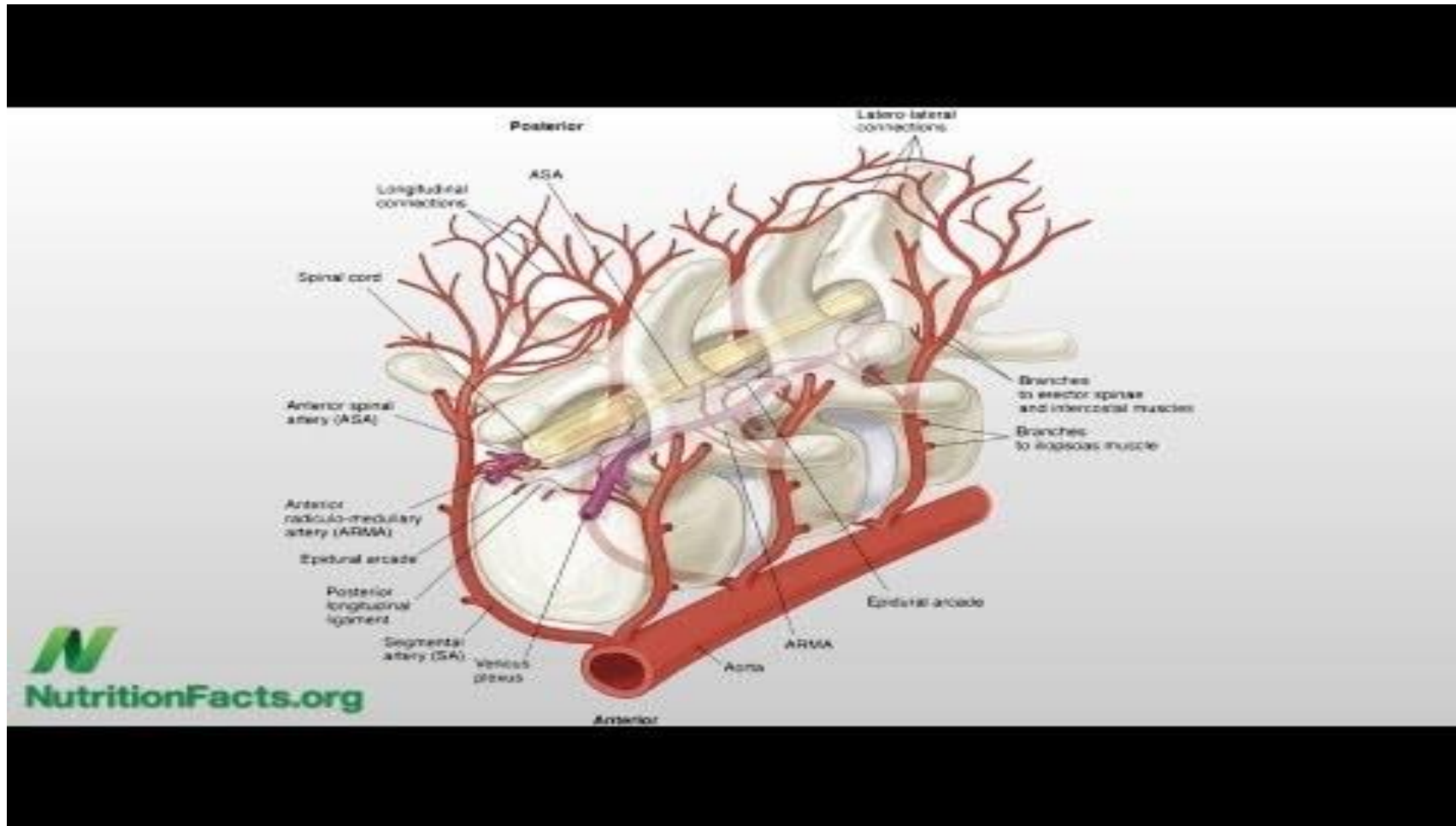
- **Foods and Nerve Function**

- Pain is carried in fine nerve cells leading to the spinal cord, where they connect to other nerve cells leading straight to the brain.
- For example for diabetes, recent research shows that a combination of foods and exercises lowers blood sugar, improves circulation, and relieves pain decisively and quickly in most patients.

- **Boosting Pain Resistance**

- Your body makes natural painkillers called enkephalins and endorphins; both of which, they really do act like morphine. Their principal site of action is within the brain and nerves themselves, and they also travel in your bloodstream.
- To manipulate these natural painkillers – turn to exercise
- Foods and chosen nutritional supplementation give us ways to stop local tissue injury, reduce pain impulses within nerves, and even limit the brains perception of pain.

Foods That Fight Pain



https://www.youtube.com/watch?v=D8xNm2M1bRs&list=PLuwW7_-3ABeZnkSTsR2-2q_3F1pFjV8np

Conditions Related to Poor Circulation

- Oh my aching back:
 - Surprising new evidence shows that foods plays a critical role in determining whether your back rebounds from the traumas day-to-day life or succumbs to them.
 - Back pain is common. Between 60 and 80 percent of people in Western countries develop significant back pain at some point in their lives, and 20 to 30 percent have it any given time.
 - When low back pain lasts only a day or two, it is usually attributed to muscle strain, although there is rarely any identifiable injury.
 - When back pain persists, it can often be traced to a problems in one of the disks, the leathery cushions that separate cushions that separate one vertebra from another.

Conditions Related to Poor Circulation

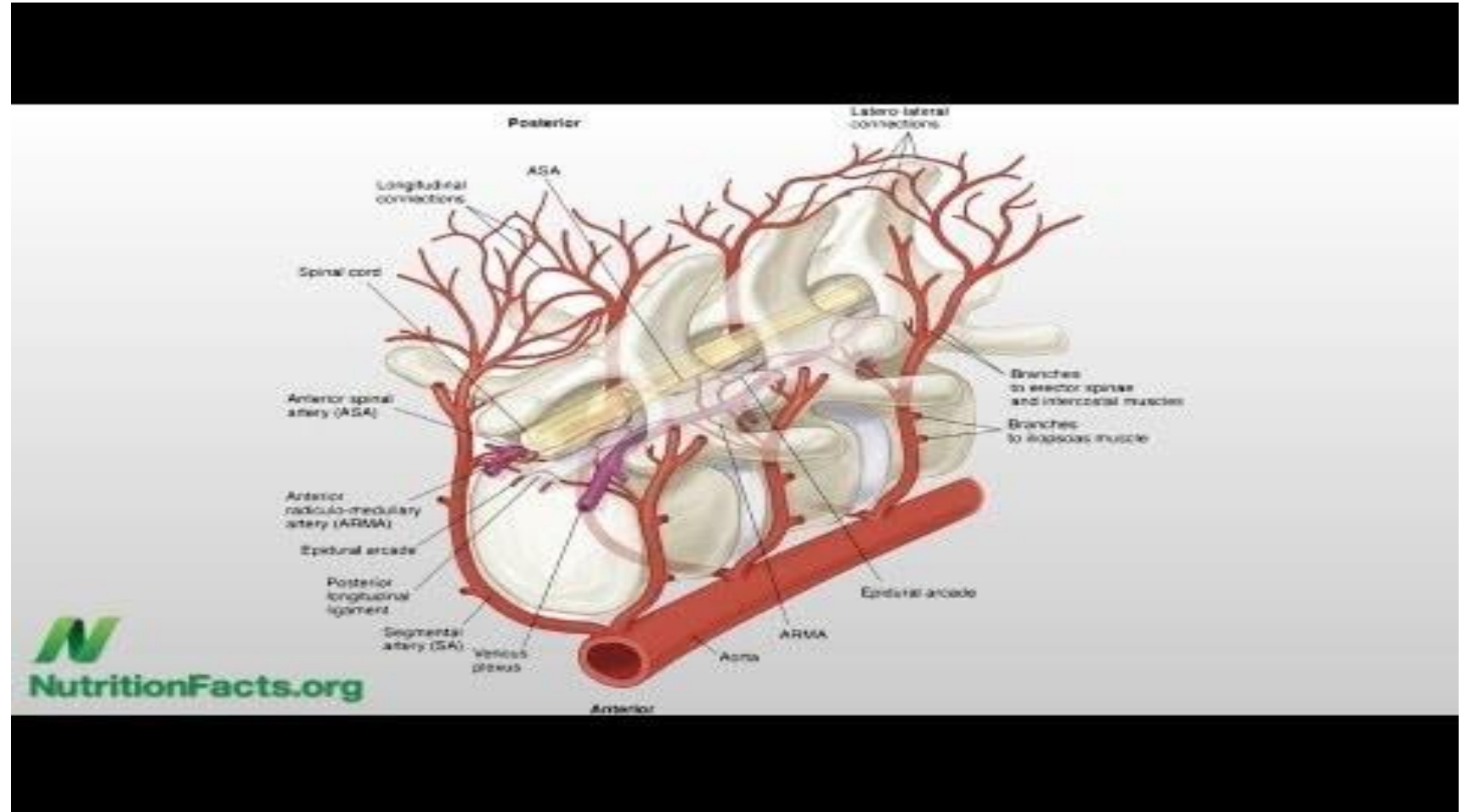
- Oh my aching back:
 - Avoid surgery if you can. Extremely invasive and may not be useful
 - Stay active, don't rest in bed. By staying active, patients keep the back flexible and improve blood flow.
 - Disks and vertebrae need a good blood supply to bring in vital oxygen and nutrients and carry away the cells' waste products. Unfortunately, of all the arteries in the human body, the abdominal aorta is among the first to develop atherosclerosis plaques, bumps that slowly grow and end up blocking the flow of blood.
 - If reduced blood flow has caused a buildup of waste products in the tissues, irritating nerve endings and causing pain, then opening these arteries again through diet and lifestyle changes may actually alleviate pain.

Conditions Related to Poor Circulation

- Oh my aching back:
 - What to do about common back pain:
 1. See your doctor.
 2. Follow an artery-opening menu and lifestyle, including a low-fat, vegetarian diet, regular exercise, keeping stress within manageable limits, and no smoking.
 3. Keep salt use to a minimum in food preparation and at the table, consuming only 1-2 grams daily.
 4. Follow a regular exercise program
 5. Vitamin B6 (50-150mg per day) and powdered ginger (1-2 grams per day).
 6. Be cautious about surgery, and always get a second opinion; however, some times surgery may be necessary.
 7. Chiropractic treatments can help.
 8. Simple painkillers, such as acetaminophen or ibuprofen, can be helpful. Avoid narcotic painkillers in treating pain
 9. Natural progesterone can be used to reverse osteoporosis in women. Transdermal creams, such as Pro-Gest, are most convenient.

Conditions Related to Poor Circulation

- Cholesterol and back pain



Conditions Related to Poor Circulation

- Dissolving chest pain and cleaning your arteries :
 - Heart bypass surgery is now routine in Western countries, even at the risk that some will not survive the procedure. In about 6% of cases, it causes brain damage. At it is only temporary. Within 6-8 years, repeat surgery is needed to clean out the arteries again.
 - The most important advance is research showing that a four-step program of simple diet and lifestyle changes actually let the arteries begin to clean themselves out, without medication or surgery. Chest pain melts away, and blockages in the arteries actually shrunk noticeably within the first year.
 - Your arteries are ready to accumulated plaques, at least to a degree. But this will never happen if your blood is loaded with particles of cholesterol and fat that stop your natural healing mechanisms from working. Simple changes in food can stop that constant irritation and let the healing begin.

Conditions Related to Poor Circulation



- Dissolving chest pain and cleaning your arteries :
 - No cholesterol foods. A small amount of cholesterol is normally made by your liver for use as a kind of cement that holds cell membranes together. It is also a raw material for building hormones, such as estrogen and testosterone.
 - Even a small increase in the number of cholesterol particles in your blood encourage the growth of plaques in the arteries. Cholesterol enters the artery wall, stimulating the overgrowth of the muscle cells that are there to strengthen it, like steel bands on a tire.
 - Certain foods actually contain cholesterol, and others stimulate the liver to make extra cholesterol. The result is that you will have too much of this “cement” in your blood stream.
 - For example, 100 mg of cholesterol in 4 oz. of beef (size of a deck of card), 4 oz. of chicken, three cups of whole milk, or in just half an egg; however, there is no cholesterol in any foods from plants.

Conditions Related to Poor Circulation

- Dissolving chest pain and cleaning your arteries :
 - Putting it all together:
 - Physical activity: a brisk walk for a half hour each day or an hour three times per week.
 - Smoking cessation: smoking poisons your arteries.
 - Stress reduction: Emotional stress causes the fight-or-flight hormones to be released into your blood. They can increase your cholesterol level and your risk of heart disease.
 - Controlling your blood pressure: High blood pressure increases the tendency for blockages to form in the arteries, and bringing it down is essential. Cutting down on salt helps a little, but the basic artery opening diet presented above is actually even more powerful for lowering your blood pressure.
 - Free of pain:
 - If chest pain has you on a tether, it is time to free yourself. By making the right kind of diet and lifestyle changes, even long-standing artery blockages can be reversed. It does not matter how old you are. Whether you are in your forties or your nineties, you can reverse your heart disease, dissolve your pain, and begin to enjoy a full life again.

Food Sensitivities and Inflammatory Pain

- Migraine Knockouts:
 - A migraine is a throbbing pain rather than a dull, constant ache. Along with it you are likely to have nausea, vomiting, and sensitivity to light and sounds. It could last for hours to days. Common causes are response to some trigger – foods, perfume, cigarette smoke, stress, sunlight, too much or too little sleep, or changing weather. Blood vessels inside the brain constrict then expand causing nerve endings to send a painful signal to the brain centers that perceive pain.
 - A cluster headache lasts only an hour or so, but it is excruciating. It centers around one eye, which turns red and begins to water.
 - A tension headache is a diffuse, constant ache, rather than a throbbing or stabbing pain. It will hit you when you are stressed and go away when you relax.
 - A sinus headache is a constant ache in the forehead or under your eyes. It is often caused by environmental allergies. Foods can be the culprit or can aggravate the effects of other allergens.
 - Caffeine withdrawal causes a dull headache. It kicks in when you miss your daily dose.

Food Sensitivities and Inflammatory Pain



- Migraine Knockouts:
 - Using foods to fight migraines:
 1. Emphasize pain-safe foods: brown rice, cooked vegetables, such as broccoli, collards, spinach and chard; and cooked or dried non citrus fruits.
 2. Avoid the common trigger foods completely.
 3. If steps one and two did not diminish your migraine, an elimination diet can help you identify as unusual trigger is causing your problem.
 4. Minimize hormone shifts by avoiding animal products, keeping vegetable oils minimal, and keeping the natural fiber in grains, beans, vegetables and fruits.
 5. Try these supplements, in consultation with your doctor:
 - Feverfew: 250mg per day or two to three fresh leaves
 - Ginger: ½ to 1 teaspoon of fresh powdered ginger per day.
 - Magnesium: 400-700mg per day total (foods plus supplements) or 200mg per day as elemental supplement alone.
 - Calcium: Reduce calcium losses by avoiding animal protein, caffeine, tobacco and excess sodium and sugar. If you wish, you can take 1,000-2,000 mg per day of elemental calcium, with 200 IU of vitamin D. Regular physical activity will keep calcium in your bones where it belongs.

Food Sensitivities and Inflammatory Pain



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Food Sensitivities and Inflammatory Pain

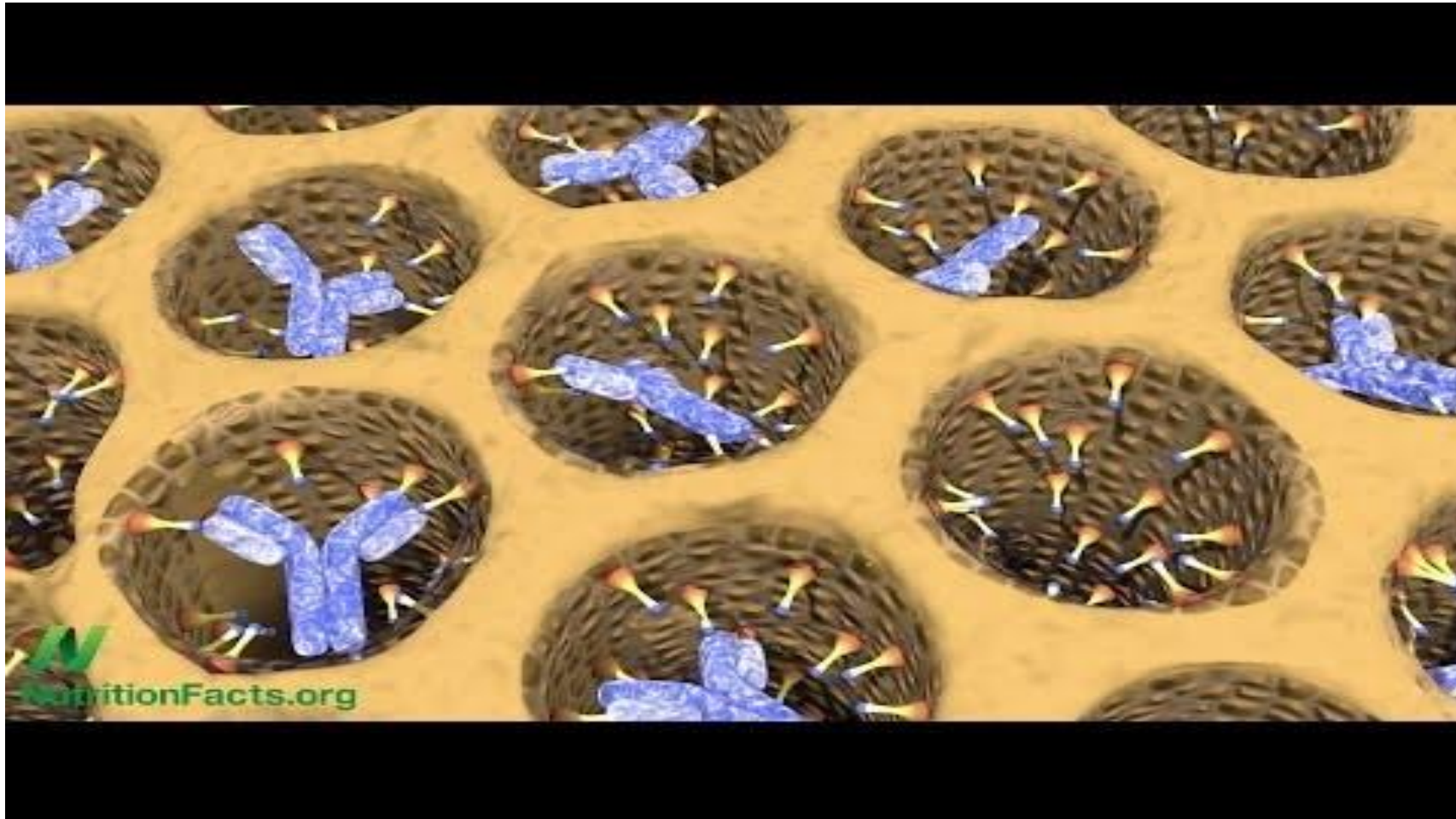


- Cooling your joints:
 - Starting in the early 1980s, reports began to appear in medical journals of individuals who had been essentially cured of arthritis by changing their diets.
 - Rheumatoid arthritis is an autoimmune disease, which means that your own body is attacking you. Specifically, your white blood cells are attacking the tissues that line your joints.
 - The four-week anti-arthritis diet is to include generous amounts of foods from the pain-safe food list in your routine; while avoiding major triggers. It is important to include these foods completely.
 - You may well experience benefits earlier than four weeks, but for some people it can take this long for chronically inflamed joints to cool down.

Food Sensitivities and Inflammatory Pain

- Cooling your joints:
 - Pain safe foods
 - Brown rice
 - Cooked or dried fruits: cherries, cranberries, pears, prunes (but not citrus fruits, bananas, peaches, or tomatoes)
 - Cooked green, yellow, and orange vegetables: artichokes, asparagus, broccoli, chard, collards, lettuce, spinach, string beans, summer or winter squash, sweet potatoes, tapioca, and taro (poi).
 - Water: plain water or carbonated forms, such as Perrier, are fine. Other beverages – even herbal teas can be triggers.
 - Condiments: modest amounts of salt, maple syrup, and vanilla extract are usually well-tolerated.
 - Avoid major arthritis triggers
 1. Dairy products
 2. Corn
 3. Meats
 4. Wheats, oats, rye
 5. Eggs
 6. Citrus fruits
 7. Potatoes
 8. Tomatoes
 9. Nuts
 10. Coffee

Food Sensitivities and Inflammatory Pain



<https://www.youtube.com/watch?v=4bvDPtL0fns>

Food Sensitivities and Inflammatory Pain

- Curing stomachaches and digestive problems:
 - Digestive problems are a drug company's dream: a virtually endless stream of miserable people arriving at drugstores to buy antacids, acid suppressants, laxatives, fiber supplements, anti-gas preparations, and dozens of other remedies whose relief is short-lived, sending them back for more.
 - You don't have to be part of it, foods can have a rapid and decisive effect on these symptoms.
 - Ulcers
 - An ulcer is a small eroded spot in the lining of your stomach or the first part of the intestine, called the duodenum. Some ulcers are caused by aspirin and other anti-inflammatory drugs. Ulcers are not caused by hot peppers, Indian curry, income tax forms or cappuccino. The culprit is helicobacter pylori; which can be knocked out by two weeks' worth of antibiotics, and 95% of ulcers never return.

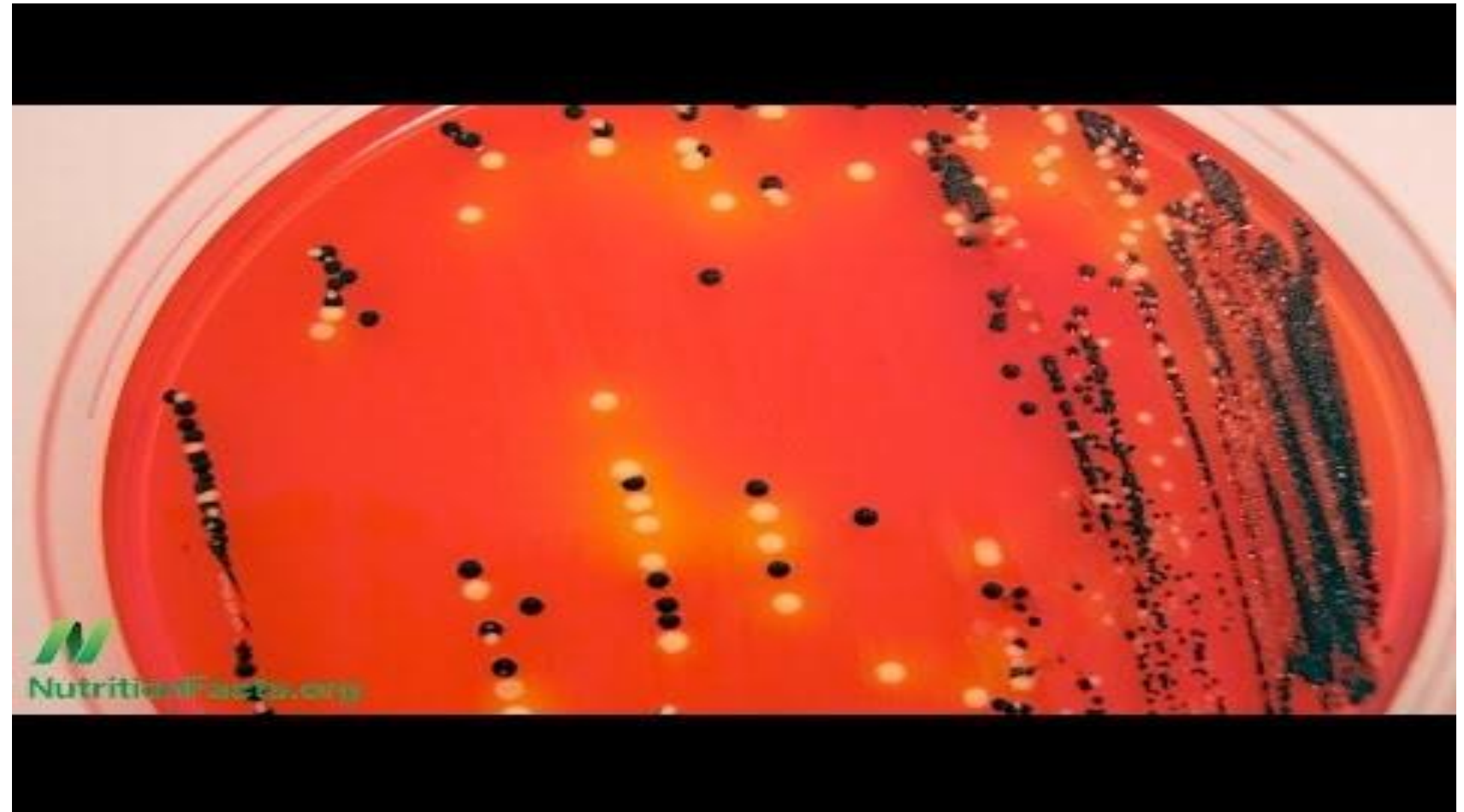
Food Sensitivities and Inflammatory Pain



- Curing stomachaches and digestive problems:
 - Heart burn – The stomach makes strong acid to digest food and has a special lining that allows it to withstand the acid. However, when acid sneaks up into the esophagus, it causes heart burn. Fatty foods, alcohol, chocolate, and peppermint tend to allow reflux. If you have heartburn, you will want to avoid them. You will also want to steer clear of citrus juices, tomato products, coffee, and alcohol, all of which can irritate the esophagus directly, with or without stomach acid.
 - Foods that calm digestion –
 - Rice is nutritious and usually well tolerated. If you have IBS or just a temporary bout of diarrhea or constipation, rice can be helpful.
 - Oat products are rich in fiber and help your digestion. Unless you have celiac disease, you will need to avoid oats and other grains, except for rice and corn.
 - Vegetables are rich in fiber and are well tolerated, provided they are prepared without added fat and are well cooked.
 - Beans, peas and lentils are loaded with fiber but their digestibility varies from person to person.
 - There is no fiber at all in animal products or in refined sugars, and you are better off avoiding these products completely.

Food Sensitivities and Inflammatory Pain

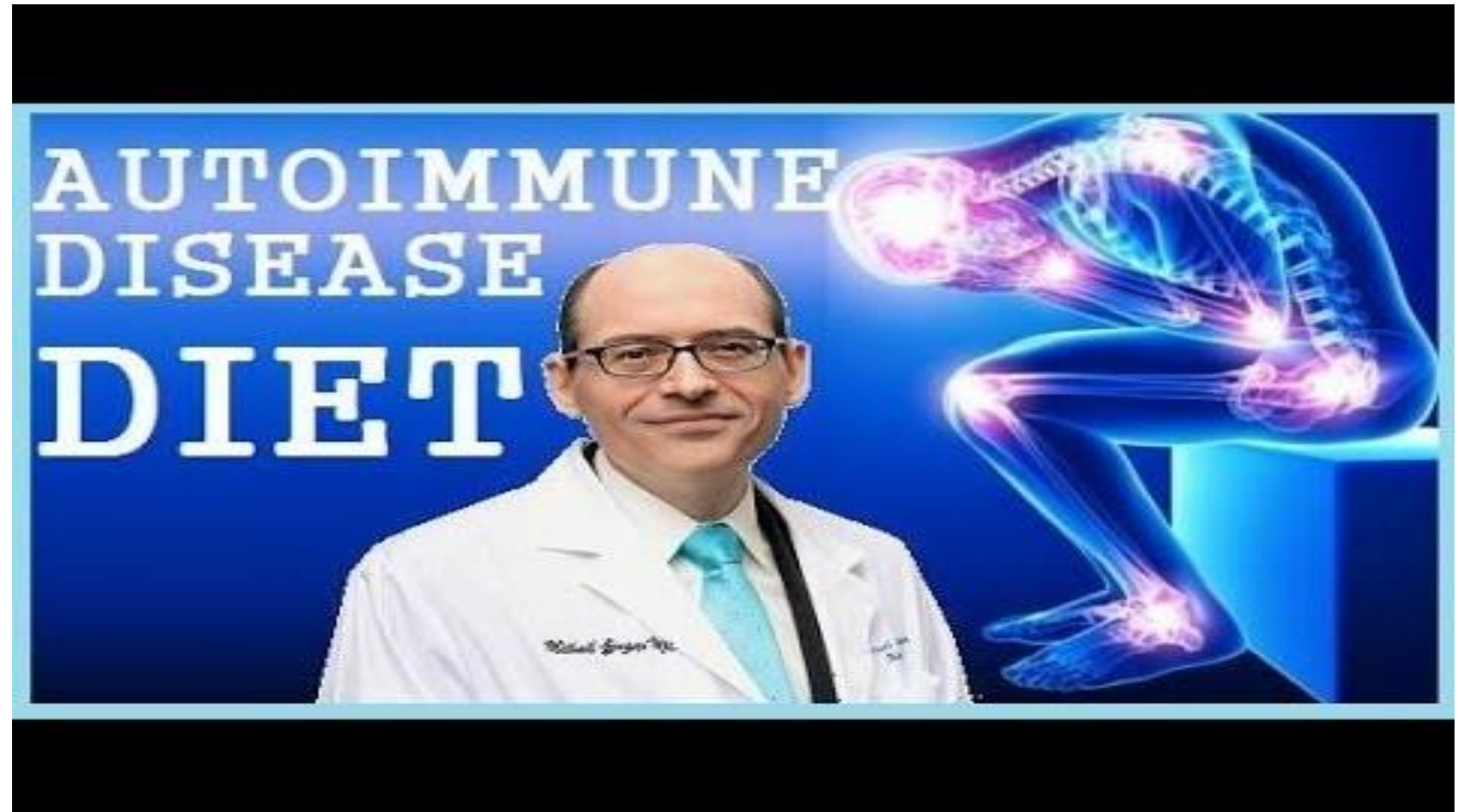
- Ulcerative Colitis



<https://www.youtube.com/watch?v=3mWHBuFPtPA>

Food Sensitivities and Inflammatory Pain

- Autoimmune Diseases



Food Sensitivities and Inflammatory Pain



- Curing stomachaches and digestive problems:
 - Foods that trigger irritable bowel symptoms:
 - Fatty foods can disrupt the normal movements of the digestive tract:
 - Avoid meats, poultry and fish. They all have hidden fat and don't contain any fiber.
 - Steer clear of potato chips, French fries, onion rings, and other fried foods.
 - Nonstick cookware allows you to avoid cooking oils.
 - Instead of sautéing vegetables, braise them in a small amount of water in a saucepan.
 - Use nonfat toppings on baked potatoes (e.g. salsa, Dijon mustard, steamed vegetables, a spoonful of baked beans, etc.
 - Use nonfat dressings or a squeeze of lemon juice on your salad instead of oily dressings.
 - Replace margarine or butter on toast with jam, or simply enjoy the heart taste of fresh whole – grain bread.
 - Dairy products present two problems. Milk sugar, called lactose, is a common cause of digestive symptoms, and milk proteins can elicit reactions as well. Milk proteins can cause diarrhea and vomiting, in addition to typical allergic symptoms, such as a runny nose, skin conditions or asthma.

Food Sensitivities and Inflammatory Pain



- Fibromyalgia:
 - Roughly 3 to 4 % of women have muscle pain and tenderness over much of their bodies, a condition called fibromyalgia.
 - Instead of your nerves telling that someone has touched your arm, for example, they send pain sensations to your brain. Along with the pain comes fatigue, poor sleep, morning stiffness, digestive problems, and depression.
 - Exercise activates the body's endorphins, natural chemicals that are part of your internal pain-control system. They are made in the pituitary gland and work within the brain and nerves themselves and also travel in your bloodstream to reduce pain. Exercise also improves sleep, which, in turn, reduces sensitivity.
 - The most common food sensitivities include monosodium glutamate (msg), caffeine, food colorings, chocolate, shrimp, and dairy products.

Food Sensitivities and Inflammatory Pain

- Fibromyalgia:
 - What to do if you have symptoms or fibromyalgia or chronic fatigue, let me encourage you to:
 1. See your doctor for an accurate diagnosis and to rule out other causes of pain and fatigue.
 2. Low-impact aerobic exercise is helpful. This can include bicycle, swimming, walking, or whatever you are most comfortable with. Start slowly.
 3. Magnesium, 150 to 300 mg taken twice per day, has been shown to help fibromyalgia patients. Use it under your doctor's supervision.
 4. Brief cognitive-behavioral therapy is offered at some medical centers to help people reduce stress and manage pain and fatigue.
 5. Track down whether foods are contributing to your symptoms.
 6. Antidepressant medications can be used along with any other aspects of your treatment

Hormone-Related Conditions

- Using foods against menstrual pain:
 - Putting foods to work:
 - You can do this yourself. The key is to follow the diet exactly so that you can see the effect it has for you. Eat plenty of:
 - Whole grains, such as brown rice, whole grain bread, and oatmeal
 - Vegetables: broccoli, spinach, carrots, sweet potatoes, Swiss chard, Brussel sprouts, or any others
 - Legumes: beans, peas, and lentils
 - fruits
 - Avoid completely:
 - Animal products of any kind: fish, poultry, meats, eggs, and dairy products
 - Added vegetable oils: salad dressings, margarine, and all cooking oils
 - Any other fatty foods: doughnuts, French fries, potato chips, peanut butter, etc.

Hormone-Related Conditions

- Breast pain:
 - Here is a sensible approach to breast pain:
 1. First, have an exam by a breast specialist. Although the vast majority of women do not have their cellular changes that indicate increased risk of cancer, it is important to check.
 2. Use the hormone-balancing foods: whole food plant based foods.
 3. If pain continues, try additional steps, starting with seeing how you feel without caffeine.
 4. Try natural progesterone. Use one to two ounces total (not per day) over the ten days before your period.
 5. If you still have pain, try GLA, 240 to 360 mg per day. This is the amount of GLA in 1,000 to 1,500 mg of borage oil or 3,000 mg of evening primrose oil. Black currant or hemp oils can be used.

Hormone-Related Conditions

- Cancer pain:
 - Using foods against cancer:
 - One in three adults in Western countries develop cancer. This is very different experience from countries where Western eating habits have not taken hold.
 - The kinds of cancer that are most strongly linked to diet are those that arise in organs that are controlled by sex hormones, i.e., the prostate, breast, uterus, and ovary, and those that begin in organs involved with digestion of food, i.e., the esophagus, stomach, colon, liver, and pancreas. However, eating habits have been shown to influence other kinds of cancer as well.
 - If you have been diagnosed with cancer, let me encourage you to work with your doctor to individualized your treatment and to take a long look at how nutrition might help. Not all doctors are comfortable counseling patients on diet, since most have had minimal nutrition training. However, doctors can refer you to a knowledgeable dietitian.

Metabolic and Immune Problems



- Carpal tunnel syndrome:
 - What to do about carpal tunnel syndrome:
 1. Get a solid diagnosis.
 2. Avoid repetitive movements and awkward positioning of the hands during work, and take rest breaks as needed.
 3. Try vitamin B6 50-150 mg per day, under your doctor's supervision.
 4. Splinting the wrist can help. As symptoms improve, you can begin to use the splint only at night.
 5. When conservative measures fail, doctors sometimes recommend diuretics, local injections of steroids, or surgery. Surgery is not always curative and should only be used as a last resort.

Metabolic and Immune Problems



- Diabetes:
 - A revolutionary new approach:
 1. Low-fat foods help insulin work better. Insulin is sensitive to fat. If there is much fat in the blood or if you have excess body fat, insulin has trouble getting sugar into your cells.
 2. Complex carbohydrates release their sugars gradually. The starchy part of beans, vegetables, and grains is a complex carbohydrate, which means natural sugars that are chemically linked together in a chain.
 3. Fiber keeps the absorption of sugar slow and steady.
 - By using these three principles together, we can see which foods will help insulin to work better.
 - Vegetable oils should be avoided, too. They are better for your heart than animal fats, but their effect on insulin is not so different.

Metabolic and Immune Problems



- Herpes and shingles:
 - Lysine to prevent and treat herpes:
 1. Use L-lysine.
 2. Use the lowest dose that works for you, between 500 and 3,000 mg per day.
 3. Avoid arginine-rich foods, such as nuts, seeds, chocolate and gelatin.
 4. Work with your doctor. Lysine can be used along with antiviral medicines your doctor may be prescribing.

Metabolic and Immune Problems



- Sickle-cell anemia:
 - The role of nutrition in sickle-cell anemia is by no means settled, but certain points are clear:
 - Keeping alcohol use modest helps.
 - Emphasize plant foods – vegetables, legumes, grains and fruits.
 - These foods give you plenty of protein without the harmful effects of animal protein.
 - Taking a daily multi-vitamin mineral supplement is good insurance.

Metabolic and Immune Problems



- Kidney stones and urinary infections:
 - Simple steps for avoiding kidney stones:
 1. Drink plenty of water
 2. Have plenty of vegetables, fruits and beans.
 3. If you use calcium supplements, have them with meals, rather than between meals
 4. Avoid animal products. Their protein and sodium content increases the risk of stones.
 5. Include a source of Vitamin B12.
 6. Keep salt and sugar modest.

Activity, Rest and Food

- Exercise and endorphins:
 - Exercise blocks out pain:
 - People who exercise frequently (6 hours or more per week) have dramatically better resistance to pain than other people.
 - The pain relief comes from endorphins, natural painkillers that are made in the pituitary gland at the base of your brain. They work within your brain and nerves themselves and are also released into your blood stream.
 - The kind of exercise that stimulates endorphin release is aerobic exercise – that is: walking, bicycling, or other exercises that get your heart beating and your lungs working, as opposed to strength training, which works your muscles but often does not increase your heart rate appreciably.
 - Physical activity allows people to physically and mentally ignore painful things a bit more easily.
 - Physical activity is also a key ingredient in programs for reversing artery blockages, which is critical for people with heart disease and for many people with chronic pain.

Activity, Rest and Food

- Rest and sleep:
 - Sleep is essential to pain relief. It makes both physical and emotional stresses hurt less. Researchers have found that sleep deprivation can measurably reduce your pain resistance, bringing on pain, tenderness, and fatigue not unlike fibromyalgia.
 - You can do several things to get a good night's sleep:
 - Sugar can help you sleep by producing serotonin (neurotransmitter) that plays a central role in sleep, moods, and pain control.
 - Avoid high-protein foods in the evening. They can block serotonin production.
 - You may find that it helps to have your evening meal early, avoiding late-night digestive challenges.
 - Physical activity helps you sleep. Sleep rests both the body and mind.
 - Be careful about alcohol. Your body converts it to acetaldehyde during digestion (stimulant).
 - Avoid stimulants. Caffeine is in coffee, tea, colas, many painkillers and it can keep you awake for hours.

Activity, Rest and Food

- Rest and sleep:
 - Stress-reducing exercises:
 - Directed breathing
 - Progressive relaxation
 - Timed breathing
 - Double breathing
 - Rest your eyes

Reflection

- The power of foods for health, pain prevention and pain relief is incredible.
- Whatever your health, build your diet from these four food groups:
 - Vegetables, legumes (beans, peas, lentils), grains and fruits.
 - Avoiding animal products and added vegetable oils allows you to avoid the hazards of cholesterol, excess fat, and animal proteins.
- If you have a medical condition or are on medications please talk with your doctor about how dietary changes, exercise, or other medical treatments can affect your health.
- With any dietary change, it is important to insure complete nutrition. Be sure to include a source of vitamin B12 in your routine, which could include any common multivitamin, fortified soy milk or cereals, or a vitamin B12 supplement of five micrograms or more per day.

Give it 100%

- For more information please read/listen to the full book and all of the amazing details.
- Follow the guidelines exactly. Research on cholesterol-lowering, heart-disease reversal, diabetes, menstrual pain has shown that even minor deviations from the prescribed regimen can greatly reduce your benefits.
- No need for long term commitment to any diet change. Rather, just focus on the short term. If you explore and enjoy new foods for just three weeks or so, your benefits will begin, and if you like how you feel, you can continue for as long as you like.
- For more information check out www.pcrm.org

Wrap up

- What is one thing you can do today to strengthen your faith?
- What is one thing you can do today to prevent or treat pain?
- Questions?

“Focus on the short term, you can give it a really good try. If it works for you, then you’ll be motivated to stick with it. Try it; that’s all I ask.”

Dr. Neal Barnard