



## **NUTRITION FOR NERVE AND TISSUE REGENERATION**

### **Part 4 of 6**

A permanent reduction in pain can only occur if the injured or diseased nerve tissue is healed. Healing can only occur if these two things happen:

1. Inflammation caused by the injury or disease is stopped.
2. The damaged nerve tissue regrows (“neurogenesis”).

Our research has shown that persons with IPS must practice a daily specific nutrition program to maximize their ability to control and reduce pain.

### **COMPLETE PROTEIN-EVERY MEAL-EVERY DAY**

No meal should be consumed without a complete protein. Here are major protein foods:

Chicken-turkey	Lamb	Fish (salmon, tuna, cod)
Pork	Eggs	Seafood (shrimp, scallops, clams)
Beef	Cottage cheese	

Why complete protein? It contains all the fuel (amino acids) needed by the body to make more endorphin, serotonin, dopamine, norepinephrine, insulin, and thyroid.

### **ESSENTIAL REGENERATION SUPPLEMENTS**

- a. Daily- Multi-vitamin-mineral tab/capsule
- b. Vitamin C- 2,000 mg a day
- c. B 12 - 1,000 mcg. a day
- d. Hormonal Agents- your choice: Colostrum, Deer Antler Velvet, DHEA-50 to 200mg a day
- e. Collagen or amino acid-your choice: tablets, powder, drink, or bar.

### **CRITICAL INSTRUCTIONS**

Constant pain wipes out your body’s natural craving for protein, so you may have to force yourself to eat protein at every meal, even if it is in the form of a protein “candy bar” or powdered drink. Protein builds tissue, repairs cells, and helps stabilize blood sugar. Meals with no protein will likely increase pain and inflammation, which prevents healing.

No Protein Meal Examples:

Breakfast- cereal, oatmeal, milk, toast, fruit, fruit juice

Lunch- pasta, or rice, salad with bread and fruit, sugary soft drink

Dinner- pasta, potato, beans, or rice, salad, bread, fruit, milk, or sugary soft drink

Meals without protein will cause surges of sugar and cholesterol which prevent good pain control, and will likely, over time, increase your pain and inflammation.

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