



# Craig hitchens therapies

*Holistic Wellness & Pain Reduction Therapies*

## **NUTRITION TIPS FOR REDUCING INFLAMMATION AND IMPROVING BACK PAIN**

A healthy back needs good nutrition to maintain its structure and stability, and to help it heal during times of stress or injury, or degenerative disease such as arthritis.

The minerals **calcium, magnesium, zinc, silica, bioflavonoids, Vitamin C, enzymes and phosphorous** are most important because they form the structural framework of the body, and they along with **manganese**, need each other for absorption.

These important nutrients are essential for the proper co-ordination between the brain, skeletal, muscular, nervous and circulatory systems. They strengthen the back, improve bone density and cartilage structure, reduce muscle spasm and nerve irritation (as in sciatica), aid in blood clotting, and help to maintain the normal PH (acid/alkaline) balance in the body. Too much acid in the blood may contribute to back pain and arthritis.

As in the human body, these minerals are found together in nature in the following major foods. Try to add more of these to your daily eating to aid in reducing inflammation:

- Dairy products (\*Ok if not lactose intolerant)
- soya beans
- nuts (\*almonds, \*Brazil, \*cashews),
- seafood (\*sardines)
- all green and green leafy vegetables (\*broccoli, \*parsley, \*cabbage)
- legumes
- celery
- oily seeds (\*sesame, \*sunflower )
- sprouted seeds (\* mung beans)
- brown rice
- millet
- rye
- garlic and most dried fruits, especially apricots, peaches, bananas, raisins, prunes, dates, and pears
- Herbal teas with an appropriate content of these minerals include alfalfa, chamomile and dandelion leaf

Bad dietary habits responsible for interfering with the body's absorption of essential nutrients include excessive consumption of :

- tea,
- coffee,
- cocoa,
- chocolate,

- meat and rhubarb- all of which are high in oxalic acid which binds with calcium and magnesium.
- Processed foods also cause poor absorption, and sugar leaches them out of the body and so should be avoided.

A deficiency of the above essential minerals in the diet may cause symptoms such as:

- muscle cramps and twitches
- numbness and tingling
- muscle weakness
- bone deformations
- osteoarthritis with diminished cartilage
- osteoporosis
- inflammations
- retained muscle tension
- slowed healing time

Food is great medicine when it comes to back care and reducing inflammation. The following recipes are my favourites for reducing inflammation and for supporting muscle and skeletal tissue well being.

## Anti-Inflammatory Smoothie

Below is a quick run through of the main ingredients I am using in this bunch of smoothie recipes and their respective benefits in relation to Inflammation. There are other ingredients in the recipes all of which assist as well.

- **Spinach, Blueberries/Berries, Cherries etc** – All these foods are rich in flavanoids which are compounds known to reduce inflammation and are also high in [antioxidants](#).
- **Avocado Walnuts** – These contain Omega-3 fatty acids which have been shown to interrupt the cell signals that trigger inflammation.
- **Papaya and Pineapple** – These two lovely fruits belong to the Bromelaid family. This family contain the enzyme Bromelain which has also been shown to reduce inflammatory responses.
- **Turmeric** – This amazing herb is world renowned for it's anti-inflammatory properties. Turmeric contains Curcumin. Curcumin is a compound that interferes with chemicals that cause inflammation. You can gain benefit from this herb through eating it and using it topically.
- **Coconut Water** – Contains naturally occurring electrolytes (Potassium, Sodium, Magnesium, Calcium) in perfect synergy. More useful than any leading sports drink minus the sugar as well. I use this often.

## Anti – Inflammatory Smoothie Recipe

### Tip

Below are 7 different combinations of smoothie. These are my favourites but feel free to change them and experiment with them as much as you'd like to.

### **Flame Out**

1. 50% Spinach
2. 1/2 Avocado
3. 1 cup Papaya
4. 10 Walnuts
5. Top off to your blending devices fill line with coconut water or almond milk (or alternatives) and blend thoroughly and serve.

### **Cheery Cherry Joy**

1. 50% Spinach
2. 1 Banana
3. 1 cup Cherries pitted. NOT Glace or Glazed.
4. 10 Walnuts
5. Top off to your blending devices fill line with coconut water or almond milk (or alternatives) and blend thoroughly and serve.

### **Soother**

1. 50% Spinach
2. 1/2 cup Blueberries, fresh.
3. 1/2 cup Pineapple, fresh.
4. 1 tsp Macca or Cacao Powder
5. Top off to your blending devices fill line with coconut water or almond milk (or alternatives) and blend thoroughly and serve.

### **Purple Peace**

1. 50% Spinach
2. 1 Banana
3. 1/2 cup Cherries pitted.
4. 1/2 cup Blueberries
5. 10 Almonds
6. Top off to your blending devices fill line with coconut water or almond milk (or alternatives) and blend thoroughly and serve.

### **Bromelain Blaster**

1. 50% Spinach
2. 1 cup Papaya
3. 1/2 cup Pineapple
4. 2 tbs Sunflower seeds
5. Top off to your blending devices fill line with coconut water or almond milk (or alternatives) and blend thoroughly and serve.

### **Green Cream Dream**

1. 50% Spinach
2. 1/2 Avocado
3. 1/2 Banana
4. 10 Walnuts
5. Top off to your blending devices fill line with coconut water or almond milk (or alternatives) and blend thoroughly and serve.

### **Total Turmeric**

1. 50% Spinach
2. 1 slice of Pineapple
3. 1 Slice Papaya
4. 1/4 of fresh lime
5. 1/4 lemon (can leave this out if preferred)
6. 1/4 Grapefruit
7. 1 tbsp Linseeds/Flax seeds
8. 1/2 tsp Turmeric Powder
9. Top off to your blending devices fill line with coconut water and/or almond milk (or alternatives) and blend thoroughly and serve.

## Supplements

A range of professional nutritional supplements is also available from Craig Hitchens Therapies aimed at back care nutrition, soft tissue healing and repair and the reduction of inflammations. These are:

- **Bioceuticals Ultra-Muscleze** – Professional calcium/magnesium supplement with co-factors for best absorption. this is great for relieving muscle stress and tension, aiding in the reduction of inflammations and assisting in connective tissue repair. Helpful for better sleeping and stress management.
- **Krill Oil** – These are clinically shown to aid in the reduction of inflammations and to assist in tissue repair and also assist greatly in stress management. A combination of important Omega 3, 6 and 9 fatty acids, which may be beneficial for dry skin and to help maintain a healthy digestive function. Salmon Oil is a valuable source of Omega 3 polyunsaturated fatty acids. These fatty acids help maintain healthy eyes, skin and muscles. Aids in the relief of minor skin complaints.
- **Bioceuticals Inflammaze Activ** – Clinically proven herbal blend to aid in the reduction of inflammation.
- **Bioceuticals – Inflammzyme** – Specific enzymes and co-factors designed to reduce inflammation in the tissues of the body.

These can be ordered at the time of your visit. If you have any further questions please contact Craig on 0421 213 898 or email [craig@craighitchenstherapies.com](mailto:craig@craighitchenstherapies.com) to speak to Craig directly.