



# The Pain Management Lifestyle Cheat Sheet

## Understanding Your Body's Natural Rhythm

Chi: The body's vital energy flowing from one organ system to another every two hours.

The Flow of Chi	
7am-9am	Stomach
9am-11am	Spleen
11am-1pm	Heart
1pm-3pm	Sm. Intestine
3pm-5pm	Bladder
5pm-7pm	Kidney
7pm-9pm	Circulation
9pm-11pm	Triple Heater
11pm-1am	Gall Bladder
1am-3am	Liver
3am-5am	Lungs
5am-7am	Lg. Intestine

Heart Energy peaks around noon and is lowest at midnight.

Large intestine function peaks at 5-7am; bowel movement in the morning.

Stomach function peaks at 7-9am; this is the best digestion time.

Breakfast is the most important meal of the day:

- Breakfast: eat like a king
- Lunch: eat like a prince
- Dinner: eat like a beggar

Gall bladder function peaks around midnight.

Liver function peaks at 1-3am; from 11pm-3am is detoxification and bodily repair time.

## Nutrition Helps Your Body Recover

- Order of importance and priority to your body:
1. Nutrition: vitamins and minerals consumed are required by the body physiologically to function properly.
  2. Herbs & Homeopathic remedies: heal damaged tissue and restore bodily function.
  3. Drugs: physically potent, work fast, but carry side effects.

### Nutri-Good

Eat three proteins each day with lots of vegetables on the side.

Have fruit in-between meals as a snack, not after meals as dessert.

Eggs *are* good for you - as long as you don't overcook the yolk!

**See menu suggestions on reverse.**

### Nutri-Bad

Limit grains and starches.

Wheat: gluten sensitivity

To stay truly gluten free, avoid the following grains: wheat, spelt, kamut, rye, barley, oats, or triticale.

Cow's milk: lactose intolerant, casein sensitivity.

[www.nomilk.com](http://www.nomilk.com)

[www.notmilk.com](http://www.notmilk.com)

Soy: contributes to estrogen imbalances

Corn: popcorn leads to "leaky guts"

### Nutri-Ugly

Trans Fat (partially hydrogenated oil/fat):  
Cardiovascular issues  
Inflammation

Artificial Sweeteners:

Muscle spasms  
Linked to bladder cancer

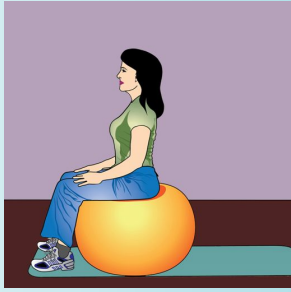
Artificial Colorings:

Linked to hyperactivity  
mental issues

Soda:

Very acidic  
Leads to inflammation

## Exercise Helps Your Body Recover



### Exercise Ball

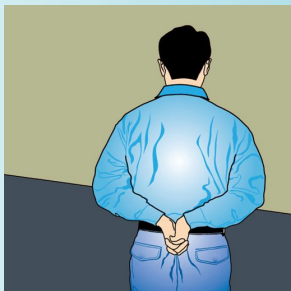
Contracts core muscles: gluteus maximus, pelvic floor, abdominal muscles.

Sit on the ball for 10 minutes everyday. Each week, sit on it a few minutes longer. You can sit on it anytime – at your desk or while watching TV.



### Traction Exercise

Drape a towel over the top of a door. Keeping your back straight, bend your knees slightly and allow the door to support some of your weight. Do this for three minutes everyday.



### Shoulder/Back Exercise

Place your hands behind your back in a "praying position" just above the buttocks. Clench your shoulders together. When repeated it will look like a "wing flapping" motion. Do this for three minutes everyday.



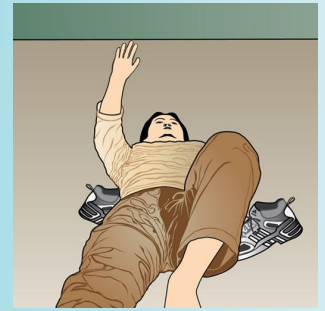
### Pelvic exercise for back pain and sciatic pain

Picture 1 – laying flat: If your pain is on your right side, perform the exercise to the right with your right hand. Reverse if pain is on your left.

Create two wedges by placing socks into a pair of running shoes.

Picture 2 – hand in air: Raise up your right knee towards your chest, move the knee towards the right, and use your right hand to push the leg gently toward the right.

Picture 3 – knee in air: Raise the left knee toward



the chest, move the knee towards the right, and use the right hand to push the leg gently toward the right.

Repeat these motions 10 times. Do it three times per day – once in the morning, once in the afternoon, and once right before bed.

## Healthy & Alkaline Foods

Wheat grass	+33.8	Chives	+8.3
Fresh cucumber	+31.5	Fresh lime	+8.2
Soy sprouts	+29.5	Turnips	+8.0
Alfalfa grass	+29.3	Watercress	+7.7
Dandelion	+22.7	Leek bulbs	+7.2
Cayenne pepper	+18.8	Horseradish	+6.8
Red radish	+16.7	Red cabbage	+6.3
Avocado	+15.6	Rhubarb stalks	+6.3
Fresh endive	+14.5	Zucchini	+5.7
Cabbage lettuce	+14.1	Pumpkin seeds	+5.6
Tomato	+13.6	Sunflower seeds	+5.4
Celery	+13.3	Fresh peas	+5.1
Garlic	+13.2	Almonds	+3.6
Spinach	+13.1	Flax seed oil	+3.5
White beans	+12.1	Tofu	+3.2
Lima beans	+12.0	Cauliflower	+3.1
Fresh soybeans	+12.0	Rutabaga	+3.1
Beets	+11.3	Onion	+3.0
Green beans	+11.2	Potato	+2.0
Fresh lemon	+9.9	Asparagus	+1.3
Carrots	+9.5	Olive oil	+1.0

## Consume in Moderation

Rose hips	-15.5
Pineapple	-12.6
Brown rice	-12.5
Fresh-water fish	-11.8
Mandarin orange	-11.5
Ripe banana	-10.1
Pear	-9.9
Peach	-9.7
Orange	-9.2
Apricot	-9.5
Mango	-8.7
Tangerine	-8.5
Currant	-8.2
Walnuts	-8.0
Ripe grapes	-7.6
Cranberries	-7.0
Sunflower oil	-6.7
Strawberries	-5.4
Blueberries	-5.3
Yellow plum	-4.9
Macadamia nuts	-3.2

## Unhealthy & Acidic Foods

Vinegar	-39.4
Liquor	-38.7
Soy sauce	-36.2
Veal	-35.0
Beef	-34.5
Black tea	-27.1
Beer	-26.8
Artificial sweeteners	-26.5
Coffee	-25.1
Chocolate	-24.6
Ocean fish	-20.0
Mustard	-19.2
Chicken	-18.0
White sugar	-17.6
Pistachios	-16.6
Wine	-16.4
Molasses	-14.6
Peanuts	-12.8
Mayonaise	-12.5
Ketchup	-12.4
White bread	-10.0

Remember the Pain Management Lifestyle:  
fruits in-between meals, not afterwards

Limit grain and starch intake  
Protein and vegetables at every meal