
Chronic pain produces major stress on your mind and body. For this reason, good nutrition is extremely important. Your body needs energy and nutrients to be healthy and pain-free.

Our focus will be on proper nutrition, not weight loss or gain. Our belief is that if you give your body the food it needs and combine this with exercise, you will come to the weight that is healthy and best for you.

In addition to improving your ability to cope with pain, the following guidelines are geared to reducing your risk of heart disease, diabetes, and high blood pressure. Good eating habits are an investment in your health. You should view these guidelines as lifelong practices as opposed to something temporary. In doing so, your life will be longer and healthier.

- 1) Eat a variety of foods. All nutrients are important for health, and the greater the variety, the more likely you are to get all the essential nutrients.
- 2) Avoid fat and cholesterol.
 - Eat moderate portions of lean meat (no bigger than the palm of your hand); trim fat off meat

- Eat more fish and poultry
- Drink skim milk
- Avoid fried foods
- Eat eggs in moderation
- Read labels thoroughly! Avoid being fooled by gimmicks. For example, potato chips are frequently labeled “No cholesterol”, which is true. However, they are also quite high in fat content.

- 3) Increase complex carbohydrates such as whole grain breads and cereal, pastas, brown rice, oats, wheat germ, legumes (beans, lentils, dried peas), fresh fruits and vegetables.
- 4) Avoid simple sugars and simple carbohydrates such as cakes, cookies, pies, candy, ice cream, and soft drinks. If you crave something sweet, try fresh fruit.
- 5) Eliminate or reduce caffeine (coffee, tea, colas, chocolate). If you are a heavy consumer of caffeine, wean yourself off gradually. Many women find that irritability and anxiety actually decrease when they cut their caffeine intake.

The International Pelvic Pain Society was formed to allow physicians, psychologists, nurses, physical therapists and other professionals to coordinate, collect, and apply a growing body of information on chronic female pelvic pain. In doing this, we hope to be able to provide more relief and insure a more normal lifestyle for our patients. For membership information for healthcare professionals and patients, please contact us.