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## The 14 Day Dietary Program to Pain Relief.

The 14 day program is a generalized basic food plan based on the "Best-Bet Diet" to alleviate arthritic pain through diet, it is also very good for diabetes sufferers. It is a first step at determining possible, food hypersensitivities, bowel infection complications and or leaky gut syndrome (LGS). The diet should be supplemented with vitamins and depending on the quality of vitamin will probably accelerate the process. Always check with your doctor and advise him of dietary changes if you are involved in any current treatments or dietary restrictions.

At the end of this 14 day trial, you should feel more energy, less muscle and joint pain, less abdominal bloating, possible weight loss, more mental clarity and lowered or more consistent blood sugar levels.

During the 14 day Trial

### Eliminate

- A. Foods that contain proteins which have the potential to cause autoimmune reactions. These are:
  1. All dairy products (e.g. milk, cheese, yoghurt)
  2. Foods containing gluten grains (e.g. wheat, rye or barley)
  3. Legumes (e.g. beans, soy, peanuts, peas)
- B. Any food that causes an allergic reaction as determined by a body reaction or a blood test. These foods can cause increased intestinal permeability (a leaky gut) and increased immune reactions.
- C. Candy, soft drinks and foods with a high sugar content. These foods alter the gut flora which in turn can cause a leaky gut and problematic immune reactions.



### Reduce

- A. Foods that contain saturated fat. Eat red meat (lean cuts) only once a week.
- B. The intake of omega 6 polyunsaturated fat which are found in margarine, salad oils and many baked goods. Use olive oil (monounsaturated fat) for fat supply
- C. Non-gluten grains such as corn and oats. Use mainly rice for grain products and eat these in moderation.
- D. Alcohol consumption. At best, drink wine in moderation and completely avoid beer.

### Increase

- A. Eat skinless chicken breast, game meat and fish for protein content. Fish such as salmon and mackerel also contain omega 3 polyunsaturated fat, which is very beneficial.
- B. Eat lots of vegetables and fruits for carbohydrates and fiber.
- C. Take a variety of supplements to bolster immune regulation, to increase anti-oxidant capacity and to avoid deficiencies





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## Supplement

Even though you will notice results following the plan without supplements, we suggest the following for greater results. **Vitamin D3** – 2000-4000IU, **Acidophilus** 6 to 9 capsules (2 to 3 with each meal), Fish Oil or Flax Oil, **Monavie** Active 4oz/day. Your local health food store provides higher quality vitamins than your local drug store or supermarket. Monavie, is a brand name berry concentrate. It has been rated as one of the most powerful natural anti-oxidants available. 4 ounces is the antioxidant equivalent of eating 13 servings of fruit. Available at; <http://www.mymonavie.com/14664>

If you are hungry, eat regularly from the \*Negative Calorie Foods List, 5-6 times/day. Drink lots of water 6-8 glasses/day. \*All foods have calories it is the amount of fuel (calories) it takes to process and breakdown these foods that closely matches or exceeds them which makes them appear as negative calorie foods.

## Negative Calorie Foods List

<b>Asparagus</b>	<b>Apple</b>
<b>Beet</b>	<b>Cranberries</b>
<b>Broccoli</b>	<b>Grapefruit</b>
<b>Green Cabbage</b>	<b>Lemon Mango</b>
<b>Carrot</b>	<b>Orange</b>
<b>Cauliflower</b>	<b>Pineapple</b>
<b>Celery Root</b>	<b>Raspberries</b>
<b>Celery Chicory</b>	<b>Strawberries</b>
<b>Hot Chili Peppers</b>	<b>Tangerine</b>
<b>Cucumber</b>	<b>Lamb's Lettuce</b>
<b>Dandelion</b>	<b>Lettuce</b>
<b>Endive</b>	<b>Onion</b>
<b>Garden Cress</b>	<b>Papaya</b>
<b>Garlic</b>	<b>Radishes</b>
<b>Green Beans</b>	<b>Spinach</b>
<b>Zucchini</b>	<b>Turnip</b>

Side effects may happen as a result of a dietary change. They usually balance and go away within 5 days. The bowel lining should go through 3 cycles during the 14 days allowing you better vitamin intake after 5 days and increased energy. Bowel movements will become more frequent.

**Possible** side effects could include;

- Diarrhea or loose stool, in the first few days. **Acidophilus** is a very important component to put the right enzymes back into your digestive tract. Drink more water to hydrate the body. If it continues see your doctor or discontinue the diet.
- White blotches on skin. This is from the body detoxifying itself.
- If Headaches develop drink more water or use EFT's to treat the pain symptom.

Your success is directly proportional to how strict you follow the 14 plan. After all it is only 14 days, Right?

Remember, If you find some relief from this eating program, you more than likely have pain developed from long term dietary issues. It may take months to heal bowel infections. This Dietary Plan is not meant as a cure. If you go back to your old eating habits the problems may return.