

# Connects

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Where getting back,  
means moving forward!

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**SpineOne**  
REHABILITATION PROGRAMS

Improved function. Decreased pain. Increased mobility. Now that's *getting back* into life ~ that's SpineOne!

## In this issue:

Linking Nutrition  
and Chronic Pain

## Nutrition and Chronic Pain



Today, most Americans consume more calories than they actually need. Many of the foods they choose are also high in unfavorable ingredients, such as saturated fats, sugar and salt. A diet high in calories and concentrated fats

not only makes us more prone to obesity, but may actually increase the intensity of chronic pain.

A diet deficient in fruits and vegetables has been suggested to increase inflammation in the body, which can be of particular concern if you have muscular or joint pain. For those with arthritis, junk foods (which are high in calories) can be double trouble because extra weight also increases pressure on joints.



Even if your chronic pain condition is not made worse by inflammation, researchers have found that people with chronic pain who are also overweight tend to report more severe pain levels than those who maintain a healthier size.

There are some basic guidelines you should follow for healthy eating:

- Eat more fruits and vegetables, especially leafy greens and fresh fruits.
- Eat more beans and whole grains. Toss some chickpeas on a salad, switch from white to wheat bread or start using wholegrain pasta.
- Cut out refined foods, such as those with added sugar and those that are processed. Instead of a breakfast bar, have wheat toast with strawberry preserves.

- Drink more water. Unlike soda or juice, water will keep you hydrated without adding extra calories. Even though diet cola is low-cal or calorie-free, it is often packed with sodium and caffeine.

At SpineOne, we are committed to educating our clients on all issues affecting their pain, including incorporating the key component of nutrition into our FRP curriculum. As food and beverage intake work like medication that we take and put in our body all day long, this crucial piece is linked to chronic health issues. Our SpineOne Nutritional Specialist, Lizzette Sandoval, provides weekly groups on nutrition and the effects on the body (also addressing those with diabetes, high blood pressure, etc) and chronic pain. In addition, Lizzette offers individual nutritional planning and support to tailor a plan to suit the unique needs of each client.

To learn more about SpineOne and the durable outcomes we deliver, please contact at:

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More information is also available at  
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SpineOne's focus – and commitment – is to work with clients in helping them achieve optimized function in their lives. Through medically-directed treatment teams and evidenced-based rehabilitation, SpineOne has a direct impact on decreased neck and back pain and improved mobility and function. Another component of SpineOne's treatment approach is through a partnership with DBC – Documentation Based Care. This partnership brings together state-of-the-art technology with compassionate and collaborative treatment to deliver sustainable outcomes.