



Guidelines

As a general rule you should begin to modify your diet to include as much fresh foods as possible. Eat an abundance of fruits and vegetables and eliminate all processed foods and fast foods.

Our goals are the recognition of the medical subspecialty of pain management, and the use of evidence-based medicine. We are board-certified/eligible medical providers.

Advanced Pain Management of Illinois (APMI) provides comprehensive services for the treatment of chronic pain. Even people who have not benefited from previous pain therapies may find our approach to diagnosis and treatment helpful.

At APMI we recognize the management of pain and spine disorders requires doctors dedicated to patients and the science of pain management. Using evidence-based practice treatments we work to provide our patients with their best possible long term pain management treatment plan.

Demaceo L. Howard, MD, DABPM, FIPP
Medical Director, Spine & Pain Management



Advanced Pain Management
OF ILLINOIS

A Practice Dedicated Exclusively to Interventional Pain Management Since 2002.

VISIT OUR WEBSITE: apmofillinois.com

AT THESE LOCATIONS:

Advanced Pain Management of Illinois
7309 N. Knoxville Ave.
Peoria, IL 61614
(309) 692-1539

Illini Family Medicine
201 North Cummings Ln.
Washington, IL 61571



Advanced Pain Management
OF ILLINOIS

Anti-Inflammatory Diet Guidelines

Better food choices for optimum health



Avoid

- Refined flour and sugar. Examples are bread and packaged snack foods.
- Avoid high fructose corn syrup and corn sugar.
- Decrease saturated fat such as butter, cream, high-fat cheeses, un-skinned chicken, fatty meats and products made with palm kernel oil.
- Avoid safflower, sunflower, corn, cottonseed partially hydrogenated, refined soybean and mixed vegetable oils.
- Avoid margarine and vegetable shortening.
- Avoid processed/packaged meats.



What to do

Try to limit total caloric intake to 2000-3000 per day and focus on 80-120 grams of protein (less if there is a history of liver or kidney disease).

Cooking Oil: Use extra virgin olive oil as your main cooking oil. For neutral-tasting oil, consider pressed, organic canola oil, high-oleic sunflower or safflower oil. Consider using anti-inflammatory spices such as tumeric, ginger, cinnamon, and garlic.



Protein

- **Meats:** Try to limit animal-based protein. Fish is your primary animal protein. Consider salmon (preferably fresh, frozen wild, or canned sockeye), sardines packed in water or olive oil, herring, black cod (sablefish or butterfish).
- High quality cheese and yogurt.
- Vegetable proteins of beans and soybeans.
- Consider whole soy products.

Fiber

40 grams of fiber a day. Consider fruit (berries), vegetables, and whole grains. Cereals if the label says 4-5 grams bran/oz.

Phytonutrients

- Eat a variety of fruits, vegetables and mushrooms. And mix up the colors!
- Choose organic produce when possible.
- Eat cruciferous (cabbage family) vegetables regularly.
- Whole soy foods such as edamame, soy nuts, soy milk, tofu, tempeh.
- Drink tea (white, green or oolong) instead of coffee.
- If you drink alcohol, use red wine in moderation.
- Dark chocolate in moderation (>70% cocoa).

Vitamins, Minerals and Supplements

- Omega 3 Fatty acid or fish oil supplements (2-3 grams of EPA + DHA in 3-4:1 ratio of EPA to DHA)
- Vitamin C: 200 milligrams a day
- Vitamin E: 400 IU
- Selenium: 200 micrograms of organic (yeast-bound) form
- Mixed carotenoids: 10,000- 15,000 IU daily (all vitamin A from beta-carotene)
- Daily multivitamin with your largest meal
- CoQ10 100 milligram softgel taken with your largest meal
- Drink 50-60 oz of water per day. Consider a home water purifier.

