

CHRONIC PAIN AND GUT HEALTH

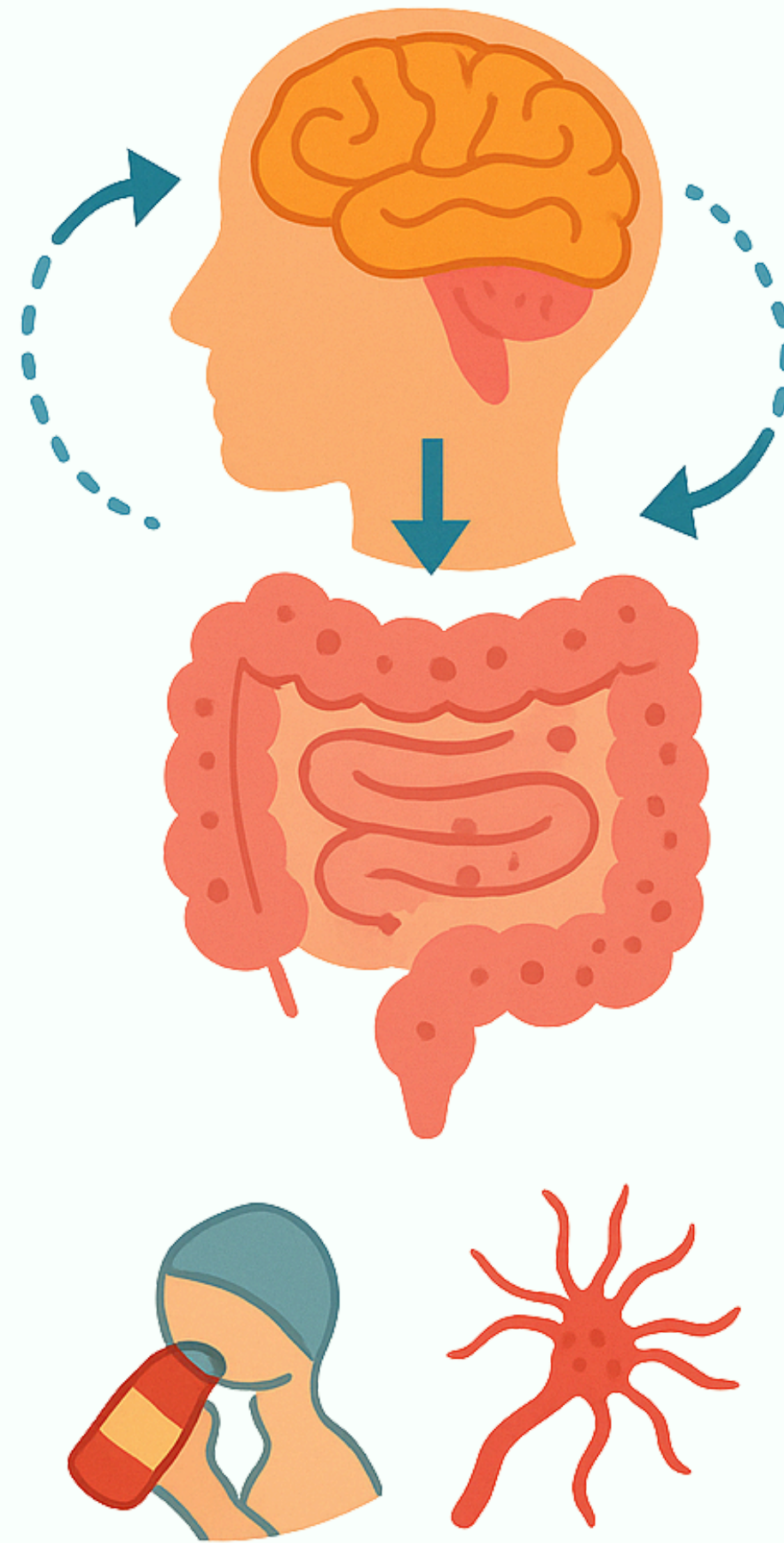


WHY GUT HEALTH MATTERS IN CHRONIC PAIN



Gut-brain axis constantly shares signals

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Increased inflammation can worsen pain

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BUILDING YOUR OWN GUT FRIENDLY PAIN PLAN



1 IDENTIFY TRIGGERS

Keep a simple log of what you eat, how you sleep, and when pain flares up.



2 ANTI-INFLAMMATORY FOODS

Think simple proteins, vegetables, and whole grains.



3 SUPPORT YOUR MICROBIOME

Add probiotic-rich foods like yogurt, kimchi, or sauerkraut



4 USE SUPPLEMENTS WISELY

Magnesium for muscle relaxation, probiotics for gut balance



5 FOCUS ON HYDRATION

Staying hydrated helps digestion, circulation, and lowers inflammation



6 MANAGE STRESS

Stress is one of the fastest ways to upset digestion



7 SLEEP AS A FOUNDATION

Without rest, neither the gut nor the nervous system can reset