



You no longer have to suffer persistent pain alone. The Turning Pain Into Gain program is here to support you with **NEW WAYS** of managing persistent pain and living a full life!

Looking ahead: Module 5 –

- **Sleep and Pain**
How to sleep better and reduce pain

Educational material is available. Please bring a tea if you can Please bring a pen, comfortable chair for support.

HAVE YOU MISSED SOME TOPICS?

**If you miss any module, please let your Clinical Facilitator or program coordinator know as. You can access all modules at your own convenience.



"In order to experience healing, deliverance, restoration, and mending, we must first acknowledge and confront our pain. Great art speaks not just to the pain experienced, but also looks toward the day where we are able to move forward. All art is shaped by pain, but not all pain is permanent. And when art taps into this reality, it becomes transformative - Sam Malstadt

Phoenix, drawn by S. Budd, Turning Pain into Gain Participant, 2016

Your Pain Story

Your pain story- If you have a pain story that you would like to share in these monthly newsletters (it can be anonymous), about your journey, or how you have been managing your pain to help and encourage others, please email us as we'd love to hear from you.

Revision of Module 4 – Food and Pain

Key messages from Module 4 were:

- ✓ **Food is an essential fuel for our daily activity.**
- ✓ **A diet high in saturated fats, sugars, processed foods, low in fibre and low in vegetables can worsen pain.**
- ✓ **Obtain your vitamins and minerals from healthy food first before considering supplements.**
- ✓ **A review with a dietician for your specific persistent pain condition is important.**

A reminder that it is important to consider what we eat and to incorporate foods into our day that will further support our system, particularly with the demands of managing persistent pain. Foods high in omega-3, rich in antioxidants (such as berries and green tea) and high in vitamin B12 (such as eggs, low fat meat and fish) will support us well.

Also a reminder that alcohol should be limited to 1-2 standard glasses per day as for most pain conditions, excessive alcohol will worsen pain over time.

Finally, we can SWAP some of the less desirable foods for alternatives, such as:

Sugar for -

- Fruit (e.g. pears or apples) or Stevia
- Eat fruits in moderation as natural sugar is still sugar

Salt for -

- Flavour with herbs and spices, vinegar, pepper, garlic and onion

Saturated fats for -

- Use Olive oil to cook

LIFE is not about waiting for
the storm to pass, it's about
learning to dance in the rain.

FREE App of the Month: Calorific

This app on your smart phone can help you track exactly how much calories look like for each food without checking the label!

