

International Conference and Exhibition on **Pain Medicine**

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Nutrition and pain

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Diet and nutrition have been shown to affect aging and the development or prevention of chronic illness. Nutrition also impacts chronic pain and fatigue. There are nutrients that speed healing and foods that increase pain. Sometimes a single exposure can cause weeks of pain. There are 3 main rules of nutrition for a longer and more pain free life. Following these rules will decrease pain and improve healing.

Learning Objectives:

- Understand that food choices affect inflammation and pain
- Learn nutrition rules that complement healing and getting out of pain

Biography

Hal S Blatman, MD, is the Founder and Medical Director of the Blatman Health and Wellness Center in Cincinnati, Ohio, a nationally recognized specialist in myofascial pain, and co-author of *"The Art of Body Maintenance: Winners' Guide to Pain Relief"*, a reference for treating myofascial pain, from migraine headaches to plantar fasciitis. He is credentialed in Pain Management, Occupational and Environmental Medicine, and Integrative Holistic Medicine. After receiving his medical degree from the Medical College of Pennsylvania (Drexel University) in 1980, he completed two years of training in orthopedic surgery. He later studied ergonomics and toxicology during his residency in Occupational and Environmental Medicine at the University of Cincinnati Hospital. In the early 1990's, he studied with the late Janet Travell MD, pain physician to President Kennedy. He currently leads a team that specializes in the Holistic and Comprehensive rehabilitation and treatment of pain, ligament and tendon injury, fibromyalgia, and chronic fatigue syndrome. He is a past President of the American Holistic Medical Association.

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