

**From Pain to Wellness—  
Using Food As Medicine**

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University of Southern Indiana

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**My Background**

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**Defining Terms**

- Conventional/Western Medicine/Allopathic Medicine
- Alternative medicine
- Complementary medicine
- Integrative medicine
- Functional medicine

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### Chronic Pain- The Functional Medicine Approach

- The Digestive System
- Food Sensitivities
- Liver detoxification System

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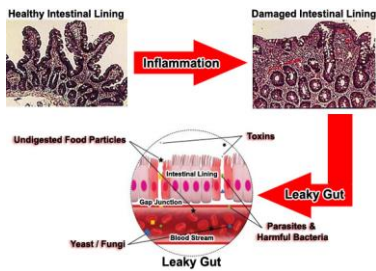
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### Leaky Gut Syndrome



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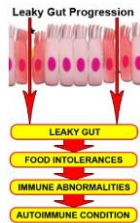
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### Leaky Gut Syndrome



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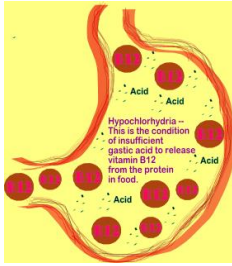
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### GI Effects




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### Why the elimination diet?




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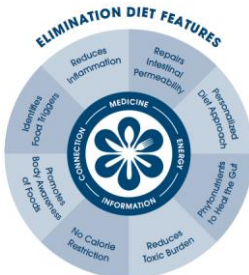
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## Touring Through the Food Plan

**Elimination Diet Food Plan**

**PROBIOTICS**

Yeast-based probiotics, especially those from the *Streptococcus* and *Lactobacillus* genera, are thought to support the immune system.

**Address Probionics:**  **Blackberries**  **Borage**  **Cashews**  **Cranberries**  **Dill**  **Garlic**  **Goats cheese**  **Kimchi**  **Onion**  **Raw milk**  **Raw yogurt**  **Shiitake**  **Spring onions**  **Wheat bran**  **Wheat germ**  **Yeast**  **Yoghurt**

**LEGUMES**

Legumes are a good source of protein and fiber. However, some people with autoimmune disease may have difficulty digesting them. If you have trouble with legumes, you may want to try cooking them longer or using a food processor.

**Legumes:**  **Broad beans**  **Chickpeas**  **Lentils**  **Peas**  **Peanut butter**  **Split peas**  **Tofu**

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## Touring Through the Food Plan

**VEGETABLES**

Vegetables are a good source of fiber and antioxidants. However, some people with autoimmune disease may have difficulty digesting them. If you have trouble with vegetables, you may want to try cooking them longer or using a food processor.

**Vegetables:**  **Asparagus**  **Bananas**  **Carrots**  **Cauliflower**  **Cheese**  **Cucumbers**  **Eggplant**  **Kale**  **Pumpkin**  **Squash**

**FRUITS**

Fruits are a good source of vitamins and antioxidants. However, some people with autoimmune disease may have difficulty digesting them. If you have trouble with fruits, you may want to try cooking them longer or using a food processor.

**Fruits:**  **Apples**  **Avocado**  **Bananas**  **Blackberries**  **Blueberries**  **Cashews**  **Cherries**  **Cranberries**  **Figs**  **Goats cheese**  **Guavas**  **Kiwi**  **Lemons**  **Lychee**  **Mango**  **Oranges**  **Pears**  **Pineapples**  **Raspberries**  **Strawberries**  **Tangerines**  **Walnuts**  **Yogurt**

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## The Food Plan

Foods to Remove	Foods to Eat
<ul style="list-style-type: none"> <li>● Corn</li> <li>● Dairy</li> <li>● Eggs</li> <li>● Gluten grains (barley, rice, spelt, wheat)</li> <li>● White (table) sugar</li> <li>● Shellfish</li> <li>● Soy</li> <li>● Beef</li> <li>● Pork</li> <li>● Processed meats</li> <li>● Coffee, tea, and chocolate</li> </ul>	<ul style="list-style-type: none"> <li>● Fruits</li> <li>● Healthy oils</li> <li>● Lean meats</li> <li>● Legumes</li> <li>● Nuts</li> <li>● Seeds</li> <li>● Vegetables</li> <li>● Non-gluten whole grains</li> </ul>




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### May Cause Reactions

- Histamines
- Oxalates
- Salicylates
- Nightshades



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- Dairy Alternatives
- Fruits
- Gluten-free grains
- Sweetener
- Chocolate

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### Drinks

- Water
- Tea-green okay
- No Coffee
- No Alcohol
- No Soft Drinks
- No Non-Dairy Beverages for Tea or Cereal



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Food Substitutions	
Substitution	Alternative
Milk (for cereal or smoothies), yogurt, cheese	Milk substitutes: unseasoned rice, cash, hemp, almonds, sunflower, hazelnut, and coconut milk. Unseasoned coconut yogurt or soft tofu (soy) to make lactofilia is lactose-free.
Hot cereal, such as branflakes or oatmeal cereal	Oatmeal or steel-cut oats, rice cereal, quinoa flakes, or Apple Cinnamon Flaxgran "Hot cereal".
Cold cereal	Puffed rice and millet, steel-cut brown rice, amaranth cereals, all labeled gluten-free (note that there tends to be corn in foods labeled gluten-free).
Breads, crackers, & pizza	Gluten-free breads, crackers, or pizza made with brown rice, saff, millet, quinoa, amaranth, tapioca, buckwheat, yam flour, potato flour and garbanzo bean flour. Cellulose powder for lower-fiber breads. Check labels for gluten-free with undesirable additives.
Quick breads	Chia Seed Applesauce Bread™, Pumpkin Oatmeal Pancakes™
Breading	Onion (any all-purpose rice crackers or bread), or use almond meal (any nut meal, ground chia seeds, coconut, or coconut flour).
Eggs	Store-bought egg replacers or blend 1 Tbsp. flax meal or chia seeds in blender with ¼ cup water and allow to thicken for a few minutes.
Peanut butter	Nut butters made from almonds, cashews, macadamias, walnuts, hazelnuts or pumpkin and sesame seeds (using).
Ice cream	Various brands of rice or coconut-based frozen desserts, and labels suitable for approved sweeteners.
Soft drink	Sweetening or mineral water, mixed with a squeeze of lemon or lime, or with a small amount of your favorite juice (¼ water, ¾ juice). Avoid or buffer water with slices of lemon or lime. Unsweetened coconut water.
Coffee/tea	Herbal tea
Butter or margarine	Coconut oil or ghee (clarified butter)
Sugar & sweeteners	Unseasoned apple butter, brown rice syrup, blackstrap molasses, pure maple syrup, raw honey, coconut sugar, agave nectar, to hars, syrups, and stevia.
Condiments	All types of vinegars, especially including both, apple cider vinegar, lemon juice, all-garlic, ginger, mustard, organic, distilled, sesame, tahini, turmeric, and. Replace boxed ketchup. For example, sometimes contains wheat.

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## Helpful Hints

- Plan from the start
- Don't go hungry
- Read all ingredient labels.
- Eat enough food
- Eat regular meals
- Choose organic
- Choose cold-pressed oils
- Eliminate caffeine
- Get rest




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## Anti-inflammatory Foods to Include

- Fatty fish
- Grass-fed lamb or buffalo
- Nuts and seeds
- Dark leafy greens
- Red and blue colored fruits and vegetables
- Extra-virgin olive oil (EVOO) and olives
- Moist heat cooking under low temperatures
- Certain spices




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## Inflammatory Foods to Exclude

- o Trans-fats:
- o Refined sugars
- o Foods with a high glycemic response
- o High omega-6 oils such as corn or soy
- o Gluten-containing foods (wheat, rye, barley, spelt, kamut)
- o Saturated animal fats from grain-fed red meats
- o Dairy-containing foods
- o High-temperature cooking with fats




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### Types and Amounts of Foods to Re-introduce

Food/Group	Challenge Food (Examples)	Average Portion Size
Wheat/gluten	100% whole wheat cereal (e.g., Wheatena) 100% whole wheat noodles	½ cup 1 cup
Dairy	Milk (skim, 1%, 2%, or whole milk) Cheese (any whole milk cheese, no additives)	1 cup 1 ounce
Corn	Fresh or frozen corn kernels	½ cup or 1 small cob
Pork	Cooked meat, not in a casserole	3-6 ounces
Egg	Hard or soft boiled or poached	2 eggs
Peanuts	Raw or dry roasted peanuts Peanut butter made of 100% peanuts only	½ cup nuts 2 T peanut butter
Soy	Edamame Soy milk Tofu, tempeh	½ cup 1 cup ½ cup
Shellfish	Challenge individual shellfish each time*	3-6 ounces
Barley, rye	Cooked barley or rye cereal 100% rye crackers	½ cup 2-3 crackers

\*It is not uncommon to react to only one type of shellfish, such as shrimp, but not others, so it is wise to challenge each separately.

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## Guidelines for Re-introducing Foods

- o On the first day of the reintroduction phase, choose whatever food is missed the most or craved the most, or eaten most often. The order of reintroduction of foods is not critical.
- o Eat a generous amount of that food throughout Day 1 (2-3 average size portions), while continuing to eat the other foods from the Elimination Diet. During that day, and the next (Day 2), record any symptoms.
- o If there is no reaction to the food during this two-day period, keep that food in the food plan and reintroduce a second food in the same manner (introduce the food on Day 3 and watch for any symptoms on Day 3 and Day 4). If no reaction, keep that food in the diet and add the third challenge food and so on.
- o If any food is associated with symptoms, stop eating that food immediately, wait till the symptoms clear, and reintroduce the next food. Repeat any foods that give symptoms after testing all of the challenge foods using the same procedure of one day of eating the food followed by a 24-hour waiting period and noting symptoms during this two-day period.

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## Symptoms

- **Reintroduce pure, uncomplicated foods rather than complex foods.**

- **Reactions to Challenge Foods**

*IMPORTANT: When there are symptoms after challenging a food, it is advisable to stop eating that food immediately to allow symptoms to completely clear before introducing the next food. The "problem" food can be tested again after testing each of the challenge foods.*

- **Removing Foods Associated with Symptoms**

*Consult with a healthcare practitioner if there are questions when reintroducing foods.*

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## Testimonial

"Today is 4 weeks since my diet change. I've lost 7 lbs (without trying) and while it has presented some challenges, hasn't been as difficult as I'd imagined. The biggest problems come with traveling with others who think McDonald's has plenty of healthy eating choices. lol! It's funny I have had less a couple of times and have found that even though I choose the healthiest options on a menu (at least I think they are), I feel like I'm carrying around a lead weight the next day.

I have found that the cravings for soda come when I'm really stressed. One of the most interesting things that I've noticed in the last couple of weeks is that my feet no longer hurt when I first get out of bed. Previously, they ached so badly that I could barely walk...I had always attributed it to plantar fasciitis (the therapist in me, I guess).

As far as the area on my hip...I was able to go a month without the cortisone ointment...something that has not happened in over a year. And it no longer has the burning feeling that it has had for the past year.

My hips don't hurt anymore either! And I was taking at least 2-3 ibuprofen per day (for hip pain) in the weeks prior to starting the diet...have not taken anything for pain relief for 3 weeks now! Yay!

All in all, things are going well. Thank you for getting me back on track!"

-J.B.

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## Connect With Me

- **Website**

<http://www.kaycorpusmd.com>

- **Facebook:**

'Kay Corpus MD' and  
'Center For Integrative Medicine |  
Henderson KY'




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Thank you.



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