



## Nutritional Recommendations

- Moderate protein intake [meat, fish, chicken, eggs, etc.]
- Greatly reduce saturated fats & sugar [in particular those found in desserts]
- Eliminate refined [fiberless grain/grain products]
- Enjoy large quantities of fruits and vegetables
- Drink at least 1 pint to 1<sup>1/2</sup> quarts of water/day
- If possible, drink at least 1 pint of fresh vegetable juice/day
- Take appropriate nutritional supplements
- RELAX, don't be a calorie counting worry wart

## To help reduce the production of *Pain-producing* Prostaglandin E-2:

- Reduce intake of meat and dairy
- Omega-3 fatty acids (fish, fish oils, flaxseed oil, green leafy vegetables)
- Ginger, turmeric, bromelain and bioflavonoids
- Eat large amounts of fruits and vegetables

## Anti-Inflammatory Diet

# Nutritional Management of Pain

Karl J. Mincin, Clinical Nutritionist

In addition to ice (and/or heat), pain gel, and chiropractic adjustment, there are several nutritional treatments for managing pain and inflammation that are supportive to your chiropractic care and massage therapy. Used with proper supervision, these nutritional remedies also may allow you to reduce the use of pain medication and to recover faster.

## DIETARY RECOMMENDATIONS

**Low Allergy Diet** Since allergy equals inflammation and pain, it is a good idea to pay attention to allergens. Many individuals are allergic (or sensitive) to foods which they are unaware of. Identifying and managing undetected food allergens can significantly improve musculoskeletal conditions including most all "-itis's" (arthritis, bursitis, tendonitis, etc.), and injury recovery. Additionally, I have heard several patients report that their low-allergy diet also relieved the fatigue and stress associated with pain. There are accurate non-blood methods of allergy testing. (Note: conventional skin scratch testing, while reliable for inhalants such as pollen, grass, dust, mold, etc., is not accurate for foods.)

**High-Protein Diets** may improve certain health conditions in the short term, but can have serious drawbacks. The long-term effects of consuming high protein is liver congestion, toxic uric acid build up (which complicates gouty arthritis), and the disruption of calcium balance.

**Digestive Aid Diet / Proper Food Combining** can accomplish much good not only for improving digestion, but reducing weight, increasing energy, detoxification, and reducing inflammatory (pain-producing) mediators through balanced bowel flora and immune system regulation. (A one-page summary handout is available or see the Diamond's book "Fit For Life.")

**Basic Whole Foods Diet** is common sense healthy eating: Increasing fresh, hi-fiber fare emphasizing vegetables, wholegrains, beans -- and more vegetables -- while reducing processed, refined hi-fat and hi-sugar foods. While most people know this, we all seem to need assistance in practicing it. For starters request my handout on "Healthy Snack Suggestions (require little or no time)," "Fast Healthy Foods" or the new, very practical, booklet "Simple Steps to Prevent Cancer" (& Improve Your Diet). This type of eating maximizes health while minimizing pain.

## SUPPLEMENTS

**Bromelain**, a pineapple extract, not only reduces swelling (and therefore pain), but also prevents scar tissue. (Note to those who have tried Bromelain but not attained successful results. (1) Bromelain must be taken on an empty stomach for effective anti-inflammatory action; if taken with food it acts only as a digestive aid. (2) There is now a fast-acting hi-potency formula for those who do not respond to regular-strength Bromelain, or (3) Try the combination below.)

**Bromelain-Quercetin Combination** Quercetin is a bioflavonoid extracted from onion which enhances the effect of Bromelain.

## HERBS & SPICES

**Tumeric** is a potent anti-inflammatory and antioxidant.

**Ginger and Cayenne (capsicum)** both have analgesic (pain relieving and nerve regeneration properties).

**Willow Bark** has been called nature's aspirin. It is the original substance from which modern aspirin (salicylic acid) was derived.

**Yucca and Arthritis root** have traditionally been used for the treatment of arthritis and other painful inflammatory conditions. I have had certain patients experience excellent results with these herbs.

**Note: The Saliva Herb Test** is available to narrow down the herbs best suited to your individual need. An example of the test results and an informative article reprint on the Herb Test is available

## COMBINATION FORMULAS

**P.S.I. (Pain, Spasm, Inflammation) Formula** This is a long time professional's favorite because of such consistently positive reports from patients. The combination includes selected vitamins, minerals and herbs relevant to the entire spectrum of pain, spasm and inflammation. (The original formula is now called "PSI Nighttime," since it contains relaxant/sedative herbs for insomnia and stress. The new "Daytime" formula is stronger pain medicine without the relaxant effect, although most of my patients still prefer the original formula.)

**Joint Support** is a combination formula similar to P.S.I. with the addition of Glucosamine. (There are strengths and weaknesses of each respective formula depending on individual need, which is best determined by consultation.)

## HOMEOPATHIC

**Rhus Tax** is a good, safe remedy for the temporary relief of pain from arthritis and Fibromyalgia. (Characteristic of pain which is improved by movement.) Appropriate for chronic conditions.

**Arnica** is very helpful for acute injury, and will significantly expedite the body's own healing process. The sooner it is taken to the time of injury the more pronounced its effect. We have seen bumps come up on our children's head, applied arnica, and watched them go back down in minutes! Available for oral (small sugar tablets) and topical (spray) administration.

**Note:** Homeopathic remedies, while very safe and effective, are finicky. Please request my handout for proper handling and administration.

## TOPICAL APPLICATION

**Castor Oil** is an outstanding pain reliever. It's action on the lymphatic and nervous systems give it marked effect for analgesic, anti-inflammatory, and nerve regeneration properties. Castor oil is a fine external complement to internal nourishment. Complete information sheet with application instructions available.

## SUPPLEMENTS & HERBS TO AVOID

**Ginseng and iron** can aggravate pain and inflammation. They should not be taken during the acute or early stage of an injury, nor during periods of flare-up.

**Karl J. Mincin**, a clinical nutritionist in practice locally for 16 years, offers individual nutrition counseling, specific nutrition and herb testing, educational classes, and the professional-grade products above. He may be reached at (360) 336-2616

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## EXAMPLES OF IDEAL FOODS

<p><b>SEASONINGS</b> Herbamare Spike Onion Magic Veg-It</p> <p><b>STANDARD HERBS AND SPICES</b> Sea Salt Basil Cayenne Pepper Cinnamon Cumin Garlic Nutmeg Oregano Tarragon Thyme</p> <p><b>OILS</b> Cold Pressed, Green, Extra Virgin Olive Oil Cold Pressed Sesame Oil Cold Pressed Flaxseed/Linseed Oil Canola Oil Butter</p> <p><b>PROTEINS</b> Beans w/ Corn or Rice:                                   Adzuki, Kidney, Lima                                   Pinto &amp; Mung</p> <p>Eggs Fish:                        esp. Salmon                                   Red Snapper                                   Scrod                                   Cod                                   Haddock                                   Tuna                                   Sardines (unsmoked)                                   Herring</p> <p>Lentils/Peas w/corn or rice Organic Lamb, Beef Organic Chicken Organic Turkey Dairy:                     Yogurt                                   Cheese</p>	<p><b>VEGETABLES</b> Arugula Artichoke Asparagus Avocado Beets Beet Greens Bok Choy Broccoli Broccoli Rabe Brussel Sprouts Cabbage:    red, white Carrots Cauliflower Celery Collard Greens Coriander-aka cilantro Eggplant Endive Escarole Fennel Green Pepper Jerusalem Artichoke Kale Kohlrabi Leeks Mustard Greens Okra Onions:       red, white, Vidalia Parsley Parsnip Peas Pumpkin Rhubarb Romaine Lettuce Scallions Shallots Snow Peas Spinach Sprouts:       Alfalfa, Buckwheat                           Lentil, Mung Bean                           Pea, Sunflower</p> <p>Squash:           Acorn, Butternut                           Spaghetti, Zucchini</p> <p>String Beans Swiss Chard Tomato Turnip Turnip Greens Watercress</p>	<p><b>FRUITS</b> Apple Apricot Banana Blackberries Blueberries Boysenberries Cantaloupe Cherry Cranberries Dates Figs Grapes Grapefruit Kiwi Lemon Lime Mango Melons Nectarine Orange Papaya Peach Pear Pomegranate Pineapple Plum Prune Raspberries Raisins Strawberries Tangerine Watermelon</p>	<p><b>GRAINS/CARBOHYDRATES</b> Corn Meal Corn Grits Millet, Quinoa Oats, Rye, Wheat Rice:            Basmati                           Brown                           Wild 100% whole grain pastas Potatoes:       red, white                           sweet, yams</p> <p><b>SWEETNERS</b> Tupelo Honey Grade B Maple Syrup Stevia</p> <p><b>NUTS &amp; SEEDS (raw butters)</b> Almonds Cashews Walnuts Pumpkin Seeds Sesame Seeds Sunflower Seeds</p>
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**Table 10-1**

## Examples of Meals

### Breakfast:

1. Fruit and cottage cheese or yogurt
2. Cooked grains (oats, corn meal, grits etc.) with fruit and yogurt
3. Eggs and sprouted grain bread
4. Vegetable omelet with grain, grain bread or hash browns

### Lunch and Dinner:

1. Vegetable omelet
2. Protein and salad  
Example salad: Romaine lettuce, watercress, coriander, arugula, endive, red bell peppers, raddichio, sprouts, vine-ripened tomatoes, avocado, onions, garlic
3. Protein, vegetable (stir fried or lightly steamed) and a salad
4. Protein, sweet or red potatoes, assortment of vegetables (stir fried or lightly steamed)
5. Protein, whole grains, vegetables, and a salad

### Snacks:

1. Fresh fruit
2. Raw vegetables
3. Raw nuts
4. Grain products
5. Yogurt
6. Cheese

### Salad Dressing:

1. Olive oil, lemon, salt (with dry or fresh herbs, spices to taste)
2. Tahini Dressing (sesame seed)
3. Vinigrette Dressing: Squeeze fresh lemons, add salt, pepper, chopped shallots, fresh tarragon or basil; stir in olive oil in a 3:1 ratio, Olive oil : Lemon mixture.
4. Olive oil, Balsamic vinegar, mustard

### Desserts: (wait at least 2 hours after meal.)

1. Blend frozen bananas and frozen strawberries, or other fruit
2. Soak pumpkin seeds in water for at least 1 day . Blend in soy milk to make a cream. Pour over fruit (kiwi, berries, mango, papaya).

Table 10-2

## NUTRITIONAL SUPPLEMENTS

The topic of nutritional supplements is shrouded in emotionalism. So-called experts often suggest that billions of dollars are wasted on unnecessary supplements. Indeed, the pro-supplementation consumers are often accused of being duped by the supplement sellers. The degree to which this is true is unknown. The degree to which bureaucrats are working to inappropriately regulate supplements is also unknown; however, this type of meddling is suspected by millions of people.

At different times throughout this book, particularly in Chapters 5, 7, and 8, research was presented which indicates that many people are, at least, marginally deficient in a variety of nutrients. Can eating more nutritious food reduce deficiencies? It is hard to say for sure because the micronutrient status of our soils is also an unknown. Considering the fact that toxicity levels for most nutrients is far in excess of the RDAs, it makes sense that nutritional supplements should be taken to make up for potential deficiencies.

Supplements should also be taken to help reduce the pro-inflammatory potential of our tissues. The following list are the main supplements that should be considered:

- △ 1. Multiple vitamin/mineral
- △ + 2. Magnesium
- △ + 3. Bioflavonoids/antioxidants
- 4. Coenzyme Q10
- 5. Ginger
- 6. Fish oil
- 7. Chondroitin/glucosamine product or gelatin
- △ + 8. Bromelain
- △ 9. Vitamin E (particularly when taking fish oil)

△ Omnivite multiple contains all  
+ more may be needed

Suggested amounts of supplements were discussed in Chapter 8. Some patients may do well with just a multiple and some need more. It is really an individual-specific situation with each patient.

There are numerous supplement companies in the marketplace. Whether there is a "best company" and a "best product" is difficult to say. Of course, each company says that it is the best. I would recommend investigating various companies and their products.

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December 12, 2001

Hi Karl-

Excellent information. Me and my patients have benefitted from your Nutrition & Massage continuing education workshop. Especially the Bromelain & Bromelain w/ Tumeric [Quercitin] etc.

I Have many patients from MVA [motor vehicle accidents] and need option to Ibuprofen. Have told at least 5 patients in the last week alone. (Lots of rain, more accidents.) Plus have needed it myself. The brand I'm using has funny aftertaste though.

Also have given your name to 3 or 4 clients, wife of fellow Rotarian CFS/FM; one menopausal J N ; V P CFS/FM; others for general consult or work up. I am happy to do it as I know your info. will help them.

Take care, thanks again -  
Adrienne Seiarra, LMP

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[www.Nutrition-Testing.com](http://www.Nutrition-Testing.com)

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# WHY USE HAIR MINERAL TESTING TO DESIGN NUTRITIONAL PROGRAMS

There are many ways to assess nutritional status including symptom questionnaires, physical nutritional examination, kinesiology/muscle testing, scanners, diet sheets, computer analyses, blood, urine and saliva tests, etc.

Why use an relatively less common tool such as measuring tissue mineral levels in hair? Here are 13 sound reasons:

## **A Window into the Cells**

Nutritional physiology takes place at the cellular level of tissue and organs, not within blood or any other location. What you eat is not as important as what is reaching your body cells.

Tissue mineral analysis is unique in that it inexpensively provides information directly about cellular activity - the main site of nutritional metabolism. It reveals not only whether what you eat is nutritional adequate, but how well it is absorbed and where exactly it is deposited in the body. It is a little recognized fact that while your plate can contain adequate nutrients your body can be deficient in those very same nutrients.

## **Detecting Toxic Metals**

Toxic metals continue to be a serious problem today, especially in school water supplies, contributing to many metabolic disorders and distressing symptoms including fatigue, infections, high blood pressure, neurological, behavioral and emotional disorders, heart disease, cancer and diabetes. While routine blood tests do not detect chronic heavy metal, poisoning, tissue mineral analysis is one of the few methods approved by the Environmental Protection Agency for detecting toxic metals in the body. While hair mineral testing has its quirks of interpretation for nutritional minerals, it is nearly 100% accurate for the toxic minerals such as lead, mercury, aluminum, arsenic and cadmium.

## **Understanding Emotions**

Biochemical imbalances can contribute to many mental and emotional conditions. I know of no other tool that even comes close to tissue mineral

testing to predict, explain, and suggest nutritional solutions for such common complaints as anxiety, depression, hyperactivity, phobias, insomnia, etc. For example, minerals have long been known as nature's tranquilizer.

## **Rebuilding The Body's Energy Mechanism**

Having an adequate energy level is essential for health. All body activities including healing and regeneration depend upon adequate energy synthesis. Tissue mineral analysis can be used to assess the efficiency of the energy system of the body including the glycolysis and citric acid (ATP) cycles, and to recommend nutrients and foods that will assist in rebuilding the energy system.

## **Determining Oxidation Types**

Dr. George Watson discovered that some people burn food at a more rapid rate than normal, and some at a slower rate. Knowing a person's oxidation rate, as he called it, can help decide which foods are most needed, and which nutrients would be most helpful to restore balance. Giving the wrong nutrients can make your health problems worse. Tissue minerals analysis can be utilized to pinpoint an individual's oxidation rate with mathematical precision.

## **Identifying Trends Early On**

One of the most useful concepts in health care is to be able to identify trends that can occur, so that action can be taken to avoid them. Twenty or more trends can be identified from properly interpreted tissue mineral analysis. The ability to identify trends alone makes tissue mineral analysis an invaluable test. This is truly preventive medicine at its best.

## **Precise Amounts & Ratios of Food Supplements and Proportions of Foods**

One problem in designing personalized nutrition programs is determining how much and which nutrients and foods are recommended. Because of its mathematical nature, hair mineral analysis offers a way to determine supplement dosage and proportions of foods with greater accuracy. It

also reveals how much one absorbs and actually utilizes.

### **Assessing Organ, Gland and Tissue Function**

Levels and ratios of tissue minerals relate to the activity of specific organs and glands, such as the adrenals and digestive enzymes. By calculating ratios on a tissue mineral test, the function of major glands and organs can be assessed, often long before abnormalities appear on x-rays and blood tests.

### **Constructing a Picture of One's Body Chemistry Profile**

Though not done by many who claim to understand hair analysis, the correct interpretation of the hair test allows construction of a metabolic picture of the way your body is functioning and the way it is responding to stress. I know of no other simple test that allows for the construction of this metabolic blueprint.

### **Monitoring progress**

A common problem in nutritional therapy is determining if a person is actually improving, especially if some symptoms persist or new symptoms arise. Repeat tissue mineral tests and comparison with previous tests can often provide answers as to whether improvement is occurring, why some symptoms persist, how to modify an ineffective nutritional protocol and what to expect in the future.

### **Superiority over Blood Test**

Blood tests will always be valuable to determine cholesterol, hemoglobin levels, and many other parameters. However, blood tests are incapable of providing the information provided by the hair analysis. There are several reasons why.

Mineral levels in blood are ten times less than they are in the tissues making measurement difficult. Also, blood levels are kept within very narrow limits by the body for various reasons, so that readings vary but little and less information can be gleaned.

Blood tests are subject to daily fluctuation due to foods eaten the previous day, emotional states, etc. Hair analysis will not vary from day to day, and provides a long-term metabolic blueprint. Understanding this difference avoids much confusion and this long-term reading can be used to definite advantage.

Circulating blood nutrients are not necessarily *functional* nutrients, since they have not yet been delivered to target tissues. Blood calcium for

example can and usually is perfectly normal, while at the same time many individuals are developing holes in their bones. Just as with ones' plate, the blood can be nutrient rich while tissues and organs are starving.

### **Accuracy and Reliability**

No test is 100% accurate; each has its strengths and weaknesses. For example, blood is more reliable for body iron level than is hair; hair is more reliable for body calcium than is blood. Properly interpreted, hair analysis is one of the most meaningful nutrition tests.

Tissue mineral analysis by atomic absorption spectroscopy is not new. The same method has been around for over 50 years and is used in every industrial and university chemistry lab. New computer-controlled instruments make excellent reliability possible.

Results of tissue tests can vary because instrumentation and handling procedures differ from lab to lab. This is a problem with some laboratories however, not with the test itself. Reputable labs today belong to the Hair Analysis Standardization Board (HASB).

Any laboratory, vitamin company or health practitioner who tries to sell you supplements based solely on a hair test is fooling themselves and you. I strongly recommend having several different test methods or indicators pointing at the same nutrient before saying "this is right for me."

### **Foundational Building Blocks – Bioactivation of Enzymes**

Minerals are the building blocks of hundreds of different enzyme systems within the body. Zinc for example is required for the construction of 110 enzymes, magnesium for over 300 enzymes, from digestive and liver detoxification to immunity and hormonal conversions. Since various health problems such as digestive disorders, hormone imbalance, sugar dysglycemias, and sluggish liver involve enzyme deficiencies, minerals are a common denominator and underlying reason for such problems. In other words, enzyme deficiencies, and the resulting myriad of health conditions, can be secondary to a mineral deficiency. Identify and correct the mineral imbalance and several biochemical pathways more readily fall in to place. Clinically, I see this happen frequently. For example, a person may have digestive enzyme deficiencies. They could take supplemental enzymes and achieve some symptomatic improvement. But when we identify and correct the underlying mineral deficiencies behind the enzyme deficiency (and for a short time supplement both), this allows their digestive tract to regain its ability to produce sufficient enzymes without relying on supplements.

*Hair test kits are available by calling (360) 336-2616 or from [www.Nutrition-Testing.com/Contact](http://www.Nutrition-Testing.com/Contact).*