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## Doctors dissatisfied with back pain treatments

*Concerned about poor patient outcomes - some doctors are no longer comfortable recommending surgery for chronic back pain. However a new dietary approach to reduce food toxins is showing promise.*

Director of the *Food Intolerance Institute of Australia*, Deborah Manners says, 'For non-injury-induced back pain, learning how to avoid food toxins may deliver healing faster and more safely than medical treatments – because it goes to the source'.

- Back pain costs Australians \$9.17 billion in lost productivity and direct healthcare,
- Affects 6 million people and has '*... urgent ramifications for health policy, planning and research.* Walker et al. *Asia Pac J Public Health.* 2003;15(2):79-87
- Failed back surgery syndrome (FBSS) is well documented, linked to ongoing lower back pain, depression, insomnia and reduced quality of life  
<https://www.ncbi.nlm.nih.gov/pubmed/28638269>

Effectiveness of medical treatment for back pain relief varies – See table. Even last resort spinal surgery has its detractors – including the surgeons themselves:

*'... there is a lack of outcomes for most things that we do for chronic low back pain.'* [Atkinson et al. Medical Journal of Australia 2 May 2016](#)

SBS World News 9 May 2018: '*Research also shows most patients having spinal fusion surgery under workers' compensation won't return to the usual job, will still be having physiotherapy and be on opioid medication two years after surgery.*'  
<https://www.ncbi.nlm.nih.gov/pubmed/20736894>

The *Food Intolerance Institute* approaches back pain from another direction.

Instead of ‘treating’ an inflammatory disorder – a ‘fix’ – we search instead for a *possible cause*. And eating your way to a pain-free lifestyle sounds appealing – as with a low-toxin diet.

A diet low in AntiNutrients (food toxins) assists by removing the food toxins which cause inflammation.



Some foods contain toxins which damage the gut and change its ability to filter out ‘foreign’ substances.

Toxins include caseins (from milk), saponins, phytates (from nightshades, pulses), gliadins & glutenins (from wheat, barley, rye and oats), excess sugars, zein, phytoestrogens (soy products) and others cause mischief in the body.

Think inflammation (headaches, migraines, eczema, rheumatoid arthritis, irritable bowel, blocked arteries, respiratory congestion) – but also disrupted organ function, malabsorption and autoimmune disorders.

If you are affected the pathway to healing could be simple food substitution, say gluten-free baked goods for regular ones.

The good news is your illness might start improving without further medication\* or treatment: only a simple investigation to discover your personal food sensitivities.

\*Always consult your healthcare professional about medications. Never change medications in any way with consulting your doctor.

# BACK PAIN TREATMENTS COMPARED

Treatment	Effectiveness	Side effects
<b>Medications</b>		
Paracetamol	Poor, temporary	Low
NSAIDs	Good, temporary	Stomach pain, stomach ulcers, headaches, dizziness, allergic reactions, nausea, liver and kidney disorders
Opioids	Good, temporary	Sedation, constipation, nausea, vomiting, respiratory depression, tolerance (ever greater doses needed), addiction
Muscle relaxants e.g. diazepam	Mixed, temporary	Memory problems, dizziness, drowsiness, muscle weakness, irritability, nausea, constipation, blurred vision
Antidepressants	Mixed, temporary	Nausea, sexual problems, insomnia, constipation, blurred vision, fatigue
<b>Physical therapies</b>		
Physiotherapy	Good relief with multiple sessions	Minimal
Chiropractic	Mixed, varying	Varying degrees of pain
Traction	No evidence of improvement	Increased pain, problems with nervous system, need for subsequent surgery
TENS (Transcutaneous electrical nerve stimulation)	Inconclusive	Pain
<b>Needles and Injections</b>		
Botulinum (Botox)	Mixed	Undocumented
NSAIDs, corticosteroids	No evidence of improvement	Pain, nausea, dizziness, headaches
Acupuncture	Mixed, temporary	Pain, fatigue, bruising
<b>Spinal surgery</b>		
Spinal fusion	Insufficient evidence of improvement	Worsening pain, wound infection
Microdiscectomy	Mixed, temporary	Nerve root injury, wound complications, recurrent disc complications
<b>Dietary Approach</b>		
Reduce food toxins (AntiNutrients)	Good long term pain relief	No negative side effects. <a href="#">Survey</a> suggests some positive side effects.

Learn how to move to a Low Toxin diet



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