



FOOD
INTOLERANCE
INSTITUTE

Long Term Relief from Back Pain



How food toxins could be causing your back pain
– and what you can do

Solve your back pain permanently

If you suffer with back pain - you probably experience an indescribable loneliness. That's how it is when you switch continuously between two 'selves'.

Your first 'self' is in continuous disabling demotivating pain.



No way can you bend down to put on shoes, get out of the car, peruse the shops – or walk the dog.

You really don't want people around.

You just want to be left alone to moan quietly in a darkened room.

Your 'second self' is deliriously pain-free – thanks to anti-inflammatories, pain-killers or steroids. The chemical 'high' can be uplifting – or mind-altering – depending on the drug. Either way – the euphoria is short-lived.

In no time at all the pain creeps up again – dominating your head, your life, your partner's life, your future. All you do is check the clock again to schedule the next dose.

Question: What would you give to be free of back pain?

What would you give: Ten thousand dollars? Twenty thousand? Your house? Your superannuation savings?

Well you don't need to think like that. Because a little knowledge – drawn from latest scientific findings – not yet taken up by the medical profession – could solve your back pain ... permanently!



BACK PAIN – THE COSTS

- Back pain affects 6 million Australians and has ‘... *urgent ramifications for health policy, planning and research.*’ ... Walker et al. *Asia Pac J Public Health*. 2003;15(2):79-87
- Back pain costs the Australian economy **\$9.17 billion** annually in lost productivity and direct healthcare costs
- And back pain costs individuals their lifestyle, their careers and often their life savings.

WHAT CAN DOCTORS DO?

Your doctor has very few options for back pain. Nonetheless you will be required to undergo a series of tests: x-rays, ultrasound, blood tests and other. And then you will be informed there are just a few options: physiotherapy, medication and perhaps surgery.

Conventional medical method doesn't look for the cause. Because if you knew the cause - you could avoid it and the pain would stop – right?

Doctors only use the *diagnose-then-treat* approach. Once the ailment is ***named*** they turn straight to ***treatments***.



Medication, medication, medication – growing gradually stronger and more dangerously addictive.

The so-called ‘last resort’ medical option for chronic back pain is *spinal surgery* where vertebrae, cartilage, nerves or tissue may be manipulated, cut out or readjusted. But the risks are considerable.

The surgeon's knife will cut very close to the spinal cord – perhaps jeopardising your ability to walk, and risking the functions of your precious urinary, reproductive and digestive systems.



Getting to the actual cause

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

Instead of 'treating' an inflammatory disorder – a 'fix' – we search instead for a *possible cause*. Our two decades of research of the medical literature has turned up strong links between some 'modern' foods and inflammation.

We don't say all back pain is caused by food toxins. But yours could be! Imagine eating your way to a pain-free lifestyle!

A diet low in AntiNutrients (food toxins) removes the food toxins which could be causing your back pain.



Some foods contain toxins which *tear holes in the small intestine* and hinder its ability to filter out 'foreign' stuff. The result: 'toxins' escape into the blood and tissue where they should not be - and cause inflammation.

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.

- *Back pain from inflamed lower vertebrae commonly results from food toxins - and removing the toxins brings fast relief.*



As well, inflammation can cause other symptoms (headaches, migraines, eczema, rheumatoid arthritis, irritable bowel, blocked arteries, respiratory congestion) – but also disrupted organ function, malabsorption and autoimmune disorders.

The good news is your BACK PAIN could start improving – just by choosing different foods! You can see from many our members' letters (below) – 'switching a few foods' is highly effective for treating back pain and other inflammatory illnesses. We are thrilled for them!

It could work for you too – and you don't need to pay us twenty thousand dollars or give us your house! All you need is a little help with Food lists, Tips and Traps, a daily journal and some new meal ideas.

➤ Once again, *what would you give to be free of back pain?*



Especially for iPhone

'A Whole New Lease' uses a purpose-designed app in conjunction with everything you need to 'switch a few foods'. You also receive specialist support from our consultants.

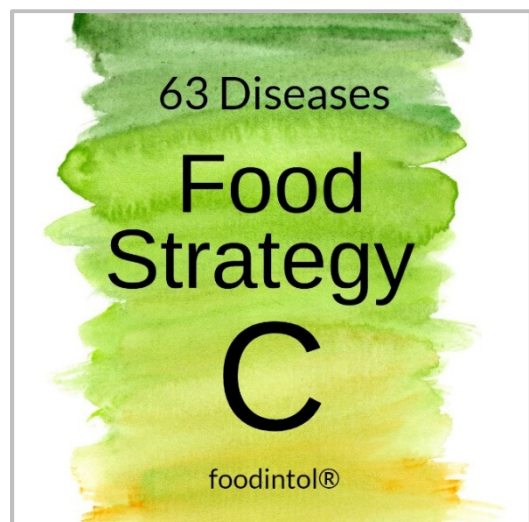
Don't have an iPhone? Choose **Food Strategy C**.

Or choose **Food Strategy C**. This is a set of Ebooks with easy-to-use journal, precious Food Lists, Tips and Meal Ideas - and of course our attentive member support.

Reduce food toxins easily with either of these two programs – for A LIFE FREE OF BACK PAIN!

Find both these programs at the foodintol® Shop:

www.foodintol.com/shop



foodintol[®] Member Letters

"I wish to tell you that your program has been wonderful for me! What an amazing difference in my overall health! I can sleep better than I have in years! No more belly trouble, or worse, BACK PAIN! I've had that back pain for over 20 years! I'm not afraid to work in the yard or do other strenuous things that I always thought were "hurting my back"--I'm healthier than I thought! I wish I had found you sooner, but am so grateful to have found you at all! Thanks for a sensible, systematic approach to taking care of the body! I just thought my body was "out to get me!" I'd seen at least 6 doctors over the years, and not one asked about my diet..."

Valerie H., CA, USA

'Barbara B. I have been doctoring since Dec. '09, determined to achieve good health. After a complete physical, allergy testing, dermatologists, sleep studies (and 2 months with a cpap machine) and many other doctors, the best they could tell me was that my outbreaks were fungal and eczema.

'The dermatologist put me on antifungal medication in February and I had taken it until last week. It helped, but did not completely clear up my problems.

'Since following the journal the outbreaks have healed completely. Not one of the doctors I had seen ever recommended a change in my eating habits. I have been on many prescriptions, and my doctor finally diagnosed fibromalgia after a process of elimination.

'I had pain everywhere. It seemed to be in both muscles and bones. Even a couple of days where the pain was so bad that I couldn't do much of anything but sit in a chair.

'Now I am nearly pain free, I am sleeping so much better and I don't have food cravings, and have lost about 20 pounds.'

Barbara B.



'Thank you so much for this site, this site is such a relief to me. I have had horrible mouth sores, gas + bloating, horrible depression and fatigue, I'm a classic example. If it were up to my doctor, I'd be on a plethora of prescription drugs, I can't wait to wean off of almost all of them. No medical person even brought up food intolerance - I researched it myself, I knew there had to be something to this. Thank you for helping me!!!'

Sincerely, Michie

.....

(Two years later)

'I am really excited that you want to use my letter (that would be a "yes"!)

'Hopefully, you will reach even more people who are suffering needlessly from food intolerance.....you are presenting a real healing and viable solution. Thanks to you . . . I am living a happy life. I don't feel like I'm missing anything because there are many food choices out there for people like me, thanks to forums like yours who bring people together and create a demand for healthy food alternatives.

'I appreciate you contacting me, and I wish you all the best on your latest venture!!!'

Michie

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



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 that reduces food toxins is showing the way.

Director of the *Food Intolerance Institute of Australia*, Deborah Manners:

‘For most back pain, avoiding food toxins delivers true healing faster and more safely than medications – because it disables the cause’.

- Because so many patients are unhappy with the outcome of their spinal surgery – doctors have given it a name: **Failed Back Surgery Syndrome or FBSS**. Results vary from ongoing lower back pain, to depression, insomnia and reduced quality of life <https://www.ncbi.nlm.nih.gov/pubmed/28638269>

So-called ‘last resort’ spinal surgery is only carried out when every other option has been tried without success. But it 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](https://www.ncbi.nlm.nih.gov/pubmed/20736894)

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>



COMPARING BACK PAIN TREATMENTS

	Effectiveness	Side effects
Medications		
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
Physical therapies		
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
Needles and Injections		
Botulinum (Botox)	Mixed	Undocumented
NSAIDs, corticosteroids	No evidence of improvement	Pain, nausea, dizziness, headaches
Acupuncture	Mixed, temporary	Pain, fatigue, bruising
Spinal surgery		
Spinal fusion	Insufficient evidence of improvement	Worsening pain, wound infection
Microdiscectomy	Mixed, temporary	Nerve root injury, wound complications, recurrent disc complications
Dietary Approach		
Reduce food toxins (AntiNutrients)	Good long term pain relief	No negative side effects. Survey suggests some positive side effects.



Clinical studies from medical literature

Hundreds of studies published by scientists in the USA, Sweden, Germany, Italy, Australia and Britain **now link gluten** (from wheat and other grains) **and casein** (from milk products) to the appearance of **chronic diseases**.

Hundreds of them are listed at

www.foodintol.com under the 'Research' tab.

There are other food toxins too – e.g. from nightshades and pulses.

Millions of people therefore are suffering from back pain needlessly.

We want you to be well!

