

# Nutrition and Spinecare

## Reducing Inflammation and Pain

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Certain foods, nutrients and supplements can reduce chronic inflammation, slow the degenerative process degeneration and decrease pain. These usually do not act as immediate pain relievers in the way that pharmaceutical medications do, but generally have to be used consistently over a period of time, often weeks or months. Nutritional approaches to inflammation can affect the disease process in ways that NSAIDs will not. Other supplements can play a supportive role in terms of the relief of the anxiety and depression that can accompany chronic pain.