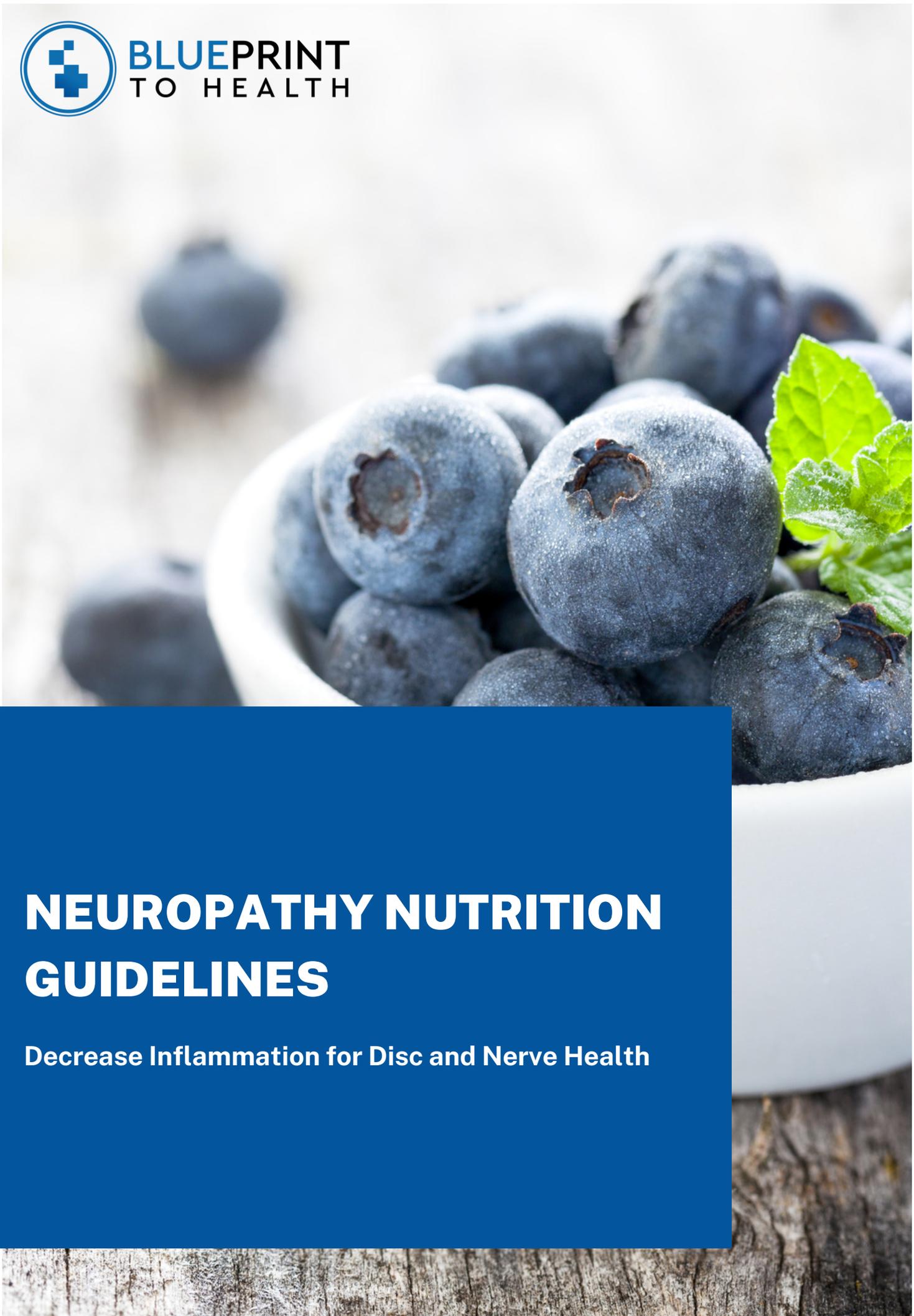




BLUEPRINT
TO HEALTH

NEUROPATHY NUTRITION GUIDELINES

Decrease Inflammation for Disc and Nerve Health



Peripheral Neuropathy Nutrition Guidelines

Proper nutrition plays a vital role in managing neuropathy, and adopting a well-balanced diet not only provides essential nutrients for nerve health but can also help reduce inflammation, alleviate symptoms, and improve overall well-being. Knowing which nutrients nourish your nervous system can help you lead a healthier life and reduce your chances of nerve-related problems.

This book covers foods that aggravate versus alleviate neuropathy symptoms and contains 2 food lists for you to reference when meal planning, or eating out AND a shopping list template you can print and reuse over and over again.

Remember, it is always advisable to consult with a healthcare professional or a registered dietitian before making any significant dietary changes, especially if you have underlying health conditions or are taking medications.

- The Blueprint to Health Team -



Foods that Aggravate Neuropathy

While proper nutrition plays a critical role in managing neuropathy, it is equally important to be aware of foods that may aggravate symptoms. Some foods can trigger inflammation, worsen nerve damage, or contribute to underlying health conditions associated with neuropathy.

REFINED CARBOHYDRATES AND SUGARS:

- **White Flour Products:** White bread, pasta, and pastries have a high glycemic index and can cause blood sugar spikes, leading to nerve damage.
- **Sugary Foods and Drinks:** Including candy, soda, and desserts, these can contribute to inflammation and exacerbate neuropathy symptoms.

ARTIFICIAL SWEETENERS:

Aspartame, Saccharin, and Sucralose: These artificial sweeteners found in diet sodas, sugar-free products, and low-calorie snacks may increase nerve pain and inflammation in some individuals.

SATURATED AND TRANS FATS:

- **Fried Foods:** Deep-fried snacks, fast food, and processed foods often contain unhealthy trans fats that can promote inflammation and damage nerves.
- **High-Fat Dairy Products:** Full-fat milk, cream, and cheese may exacerbate inflammation and contribute to nerve damage.

PROCESSED MEATS:

Deli Meats: Highly processed meats like bacon, sausages, and cold cuts often contain nitrites and nitrates that have been linked to nerve damage and inflammation.

HIGH SODIUM FOODS:

Canned Soups and Processed Foods: These typically have high sodium content, which can lead to water retention and adversely affect nerve health.

ALCOHOL:

Excessive alcohol consumption can magnify neuropathy symptoms, as alcohol can both directly damage nerves and lead to nutrient deficiencies.

GLUTEN:

People with gluten sensitivity or celiac disease may experience worsening neuropathy symptoms if they consume gluten-containing foods like wheat, barley, and rye.

Foods to Avoid

Inflammation plays a significant role in diseases like neuropathy. To accelerate your recovery, temporarily remove inflammatory foods from your diet. Even though it might be challenging, a minimum of 4 weeks is crucial based on research and experience. Consider cutting out your favorite foods as well to prevent sensitivity from prolonged exposure.

VEGETABLES:

white potatoes
eggplants
bell peppers
tomatoes

FATS / HERBS / SPICES:

margarine
butter
processed oils
salad dressing
spreads (mayonnaise,
mustard, ketchup, relish)
barbecue sauce
soy sauce
vinegars (Apple Cider
Vinegar is ok)
cayenne pepper
chili peppers
red pepper flakes
paprika

FRUITS:

lemon
lime
orange
grapefruit
kumquat
pomelo

DAIRY:

milk
all cheese (cream,
cottage)
yogurt
butter
ghee
ice cream
creamers
chocolate

LEGUMES:

ALL

SWEETENERS:

ALL (except monk fruit
and stevia)

PROTEINS:

bacon
hotdogs
spam
anchovies
deli meat
shellfish

CARBS:

brown rice
white rice
corn
barley
spelt
kamut
rye
oats
all gluten products

BEVERAGES:

alcohol
coffee
non-herbal teas
soda

These foods are known to impact your health. They have been directly traced to many chronic health conditions such as leaky gut syndrome, candida infections, small intestinal bacterial overgrowth (SIBO), and more. All of which increase Inflammation and slow down your natural healing processes.

Approved Foods

Consuming a diet rich in essential nutrients, including vitamins B12 and D, omega-3 fatty acids, and magnesium, is crucial. Additionally, incorporating anti-inflammatory foods such as green leafy vegetables, berries, fatty fish, nuts and seeds, turmeric, and ginger can further alleviate inflammation and neuropathy symptoms.

VEGETABLE:

Artichoke
Arugula
Asparagus
Avocado
Beet Greens
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrot Tops
Carrots
Cauliflower
Celery
Collard Greens
Cucumbers
Dandelion Greens
Jalapeños
Kale
Leeks
Lettuce
Mushrooms
Mustard Greens
Napa Cabbage
Okra
Onions
Pumpkin
Radicchio
Radishes
Rutabagas
Scallions
Shallots
Spinach
Squash
Sweet Potatoes
Swiss Chard
Turnip Greens
Watercress
Yams
Zucchini

FRUIT:

Apples
Apricots
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines
Coconut
Cranberries
Currants
Figs
Grapes
Kiwi
Melons
Nectarines
Papaya
Peaches
Pears
Pineapple
Plantains
Plums
Pomegranate
Raspberries
Strawberries

BULK FOOD:

Almond Butter
Almonds
Arrowroot Butter
Cashews
Couscous
Flax Seed
Ghee
Hazelnuts
Hemp Seeds
Lentils
Pistachios
Pumpkin Seeds
Quinoa
Sesame Seeds
Sunflower Seeds
Walnuts

BEVERAGES:

Broth (bone, chicken, & vegetable)
Coconut milk
Coconut water
Herbal teas (peppermint, etc.)
Unsweetened rice milk
Water

PANTRY STAPLES

Dijon Mustard
Olive Oil
Avocado Oil
Balsamic Vinegar
Capers
Coconut Aminos
Coconut Milk
Coconut Oil
Coconut Water
Apple Cider Vinegar
Grapeseed Oil
Palm Oil
Salsa
Seltzer Water
Sesame Oil
Vegetable Stock
Walnut Oil

PROTEIN:

Beef
Bison Buffalo
Black Beans
Chicken
Chickpeas
Cod
Eggs (Chicken, Duck, Quail)
Garbanzo Beans
Halibut
Hummus
Kidney Beans
Lamb
Lima Beans
Mackerel
Mahi Mahi
Pork
Salmon
Shrimp
Snap Beans
Snapper
String Beans
Trout
Tuna
Turkey
White Beans
Wildgame

HERBS / SPICES:

Basil
Black Pepper
Chili Powder
Chives
Cilantro
Cinnamon
Clove
Coriander
Cumin
Garlic
Ginger
Marjoram
Mint
Monkfruit
Oregano
Paprika
Parsley
Rosemary
Sage
Sea Salt
Stevia
Tajin
Thyme
Turmeric

One Pan Chicken and Veggie

Ingredients

- ½ sweet potato
- ½ lb brussels sprouts
- 1 carrot
- ½ head of broccoli
- 1½ lb chicken breast
- olive oil to taste
- 2 tablespoons fresh rosemary, chopped
- 2 tablespoons fresh thyme, chopped
- 4 garlic cloves, minced
- Salt and pepper to taste

Directions

1. Heat oven to 425 F
2. Cut vegetables. Place each in a separate corner of a baking pan lined with parchment paper. *NOTE: Broccoli and brussels sprouts cook faster, keep the cuts thicker for those. Sweet potatoes and carrots take more time - dice them, or cut them thinner.*
3. Season veggies with olive oil, sea salt, pepper, rosemary, thyme, and garlic.
4. Season both sides of the chicken with olive oil, sea salt, pepper, and the remaining rosemary, thyme, and garlic over parchment paper. Seal parchment paper to keep chicken moist, and place on the center of the baking pan.
5. Bake for 23-30 minutes, until chicken is fully cooked and veggies are done to your liking.

This meal works great with wild rice, so feel free to add some to your meal prep as well. Unwrap and slice the chicken. Separate veggies into each container with chicken.

