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## Nutrition and Exercise for Pain Management

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Physicians often overlook the nutrition and exercise when they manage the patients with chronic pain, though they are frequently asked questions from them. Considerable clinical observation and scientific research have revealed the important role of nutrition, diet, yoga, and exercise in chronic pain management.

Dietary supplements, that are easily available and serving clinical evidence for pain management, include vitamin D, vitamin B12, omega-3 oils, magnesium, curcumin, and ginger. Besides, gluten or grain free diet, vegan diet, oxalate free diet have been reported to be helpful in reducing pain.

Appropriate nutritional intervention and education for regular exercise would improve overall physical status in chronic pain patients, and should be included in the pain management.

This lecture will provide clinical and scientific evidence for Hippocrates' quote "Let food be thy medicine."

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**Key Words:** Diet, Exercise, Nutrition, Pain, Integrative medicine

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