

SCIATIC NERVE INJURY

SCIATIC NERVE



PATIENT DIET

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▶ DIET MANAGEMENT TIPS FOR SCIATIC NERVE INJURY

Sciatica, which is often referred to as Sciatic Nerve Pain, is a widely experienced nerve ailment due to the pressure and/or inflammation of the sciatic nerve – the extended and most well-developed nerve within the body. If you have experienced sciatica, you are familiar with the excruciating pain that radiates along the legs, and that can make even basic activities of daily living hard to do.

People suffering from sciatica may experience pain radiating in their legs, tingling sensations, numbness, and a lack of strength in the affected area.

The alleviation of sciatica-rendered pain can be achieved without a medical procedure, merely through changes in diet. There are certain foods that can help you to manage your symptoms of the condition. Additionally, specific ingredients should be avoided, as they may exacerbate the discomfort experienced.

It has been suggested that Stem cell transplantation from a reputed stem cell therapy hospital India has the potential to treat severe peripheral nerve injuries, potentially alleviating the harm caused by these types of injuries, because stem cells have the potential to limit neuronal damage.

▶ HOW DOES DIET INFLUENCE SCIATICA?

When dealing with sciatica pain, it is important to understand what foods may contribute to inflammation and free radical build-up in the body. Eating certain foods that help to reduce inflammation, can be beneficial. Additionally, reducing or eliminating foods that are known to increase inflammation, such as processed food, trans fats, added sodium, and foods high in sugar can have a positive impact. By eating more anti-inflammatory foods, and avoiding foods that cause inflammation, you can help manage sciatica pain.

► WHICH FOODS REDUCE SCIATICA PAIN?

The foremost step in managing sciatica pain is to incorporate anti-inflammatory foods and antioxidants into your diet, which can help reduce inflammation and protect your body from damaging free radicals.

Here is a compilation of foods that can help reduce inflammation, and strengthen your body's immune system:

Kale: Kale is an amazing superfood with many health benefits. It contains antioxidants, phytonutrients, and anti-inflammatory compounds, helping to cleanse and nourish the body. This food also offers the following essential nutrients:

- Fiber
- Calcium
- Various amino acids
- Vitamins A, C, and K
- Iron
- Magnesium

Dark leafy greens are excellent sources of antioxidants and possess anti-inflammatory properties. Chard, spinach, arugula, endive, turnip greens, beet greens, and collard greens are all options to add to a balanced diet.

Pineapple: Incorporate pineapple into your meals or snacks to get more of its nutritional benefits, such as a boost in both vitamin C and protein digestion. Bromelain, the enzyme found in pineapple, is known to ease digestion and reduce inflammation in the gut, it also supports your immune system. Pineapple is not only delicious but a nutritional powerhouse that can easily be added to smoothies for a sweet, tropical taste.

Broccoli: Broccoli is an extremely nutrient-dense food, providing a lot of nutrition without many calories. It's packed with flavonoids, kaempferol, quercetin, and carotenoids, which are all antioxidants that fight off free radicals in the body. It is a powerhouse of anti-inflammatory and is also loaded with:

- Iron
- Folate
- Vitamins A, C, and K

Blueberries: All fruits and vegetables that are blue or purple contain the antioxidant anthocyanin, which is found in considerable amounts in blueberries. Blueberries are not only low in sugar and high in fiber, but they also contain vitamins A, C, and E and have powerful anti-inflammatory properties. Fruits and vegetables that contain the powerful antioxidant, anthocyanin, include black raspberries, black currants, blackberries, red cabbage, black plums, red radishes, and red raspberries.

Mushrooms: Mushrooms are great for much more than their delicious taste – they have antimicrobial, antiviral, and anti-inflammatory properties. In addition, they consist of long-chain polysaccharides called beta-glucan and contain ergothioneine, which helps to strengthen the immune system, provides potent antioxidants, and reduces inflammation. Even if you don't think you care for the flavor of one type of mushroom, there are so many different varieties to explore.

Wild salmon: One of the best sources of omega 3 fatty acids, which are known to reduce inflammation and reduce the risk of chronic disease, is wild salmon. Salmon can provide you with various nutrients like:

- Protein
- Vitamins B12, B3, and D
- Selenium
- Potassium

Some other oily fish are herring, oysters, sardines, mackerel

Spices and herbs: Curcumin, a powerful anti-inflammatory compound found in turmeric, gingerol, a bioactive compound in ginger, and sulfur compounds in garlic, all work to fight inflammation and boost the immune system.

Tomatoes: Tomatoes, a fruit, are great sources of antioxidants, vitamins, and minerals, helping relieve sciatica. Adding tomatoes to salads/dishes provides medicinal benefits.

Nuts: Nuts high in Omega-3 fatty acids and containing rare nutrients called “phytonutrients” are beneficial for the healing process due to their anti-inflammatory properties, making them an ideal food to incorporate into one's diet to assist with sciatica.

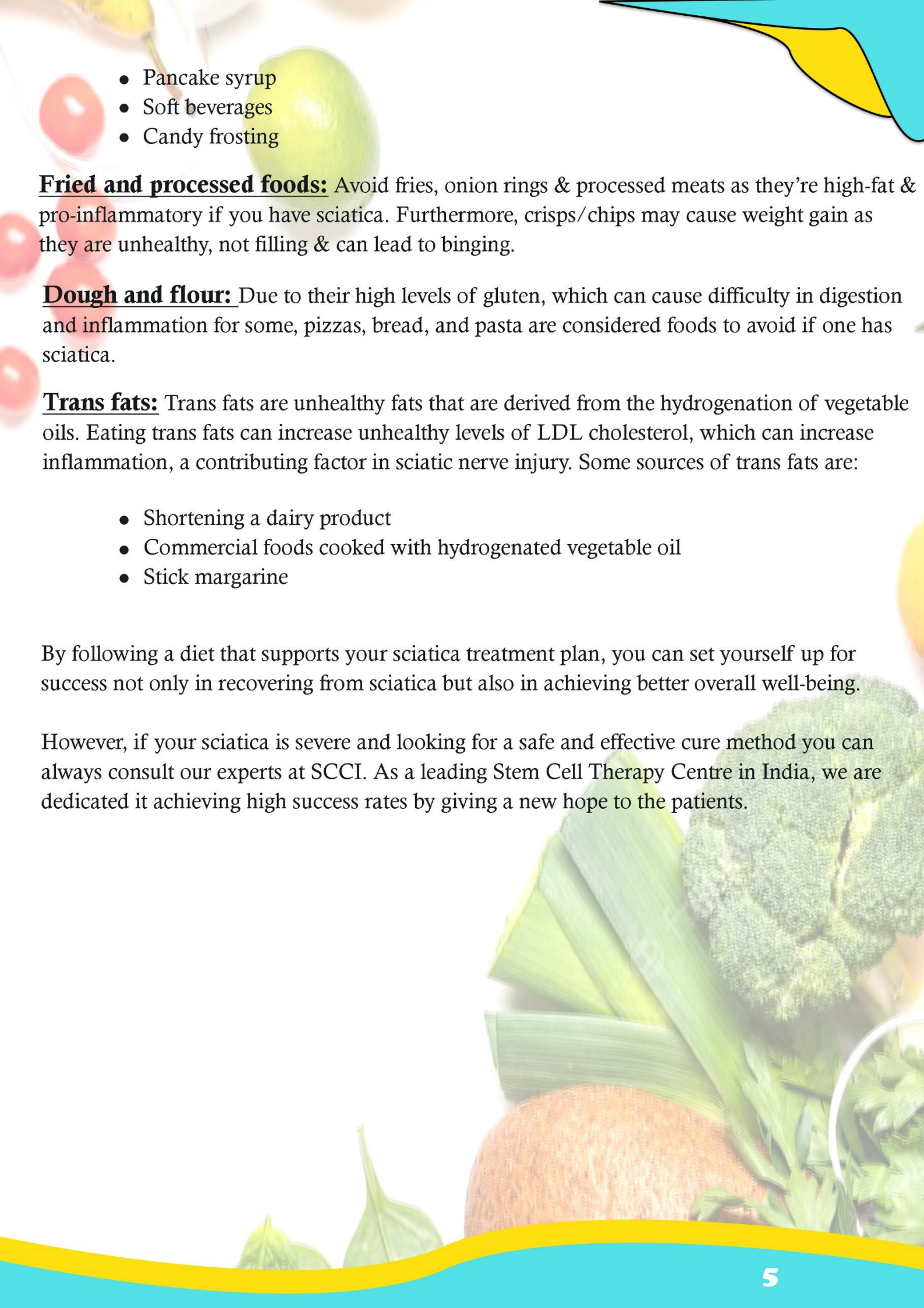
Extra virgin olive oil: Due to its strong anti-inflammatory compounds which aid in combating inflammation and promoting healing, extra virgin olive oil is included on the list of foods that can help with sciatica.

▶ WHICH FOODS REDUCE SCIATICA PAIN?

High sugar consumption can cause inflammation and diabetes, leading to worsened symptoms.

- Baked goods that are commercially prepared
- Sugar-sweetened cereals
- Frozen desserts



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- Pancake syrup
 - Soft beverages
 - Candy frosting

Fried and processed foods: Avoid fries, onion rings & processed meats as they're high-fat & pro-inflammatory if you have sciatica. Furthermore, crisps/chips may cause weight gain as they are unhealthy, not filling & can lead to binging.

Dough and flour: Due to their high levels of gluten, which can cause difficulty in digestion and inflammation for some, pizzas, bread, and pasta are considered foods to avoid if one has sciatica.

Trans fats: Trans fats are unhealthy fats that are derived from the hydrogenation of vegetable oils. Eating trans fats can increase unhealthy levels of LDL cholesterol, which can increase inflammation, a contributing factor in sciatic nerve injury. Some sources of trans fats are:

- Shortening a dairy product
- Commercial foods cooked with hydrogenated vegetable oil
- Stick margarine

By following a diet that supports your sciatica treatment plan, you can set yourself up for success not only in recovering from sciatica but also in achieving better overall well-being.

However, if your sciatica is severe and looking for a safe and effective cure method you can always consult our experts at SCCI. As a leading Stem Cell Therapy Centre in India, we are dedicated to achieving high success rates by giving a new hope to the patients.



Stem Cell Care

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