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How Proper Routine and Nutrition Can Alleviate Pain

Many times patients tell me about daily headaches and other pain that is not necessarily related to stress or any other external factors that they can identify. However, anytime the body speaks to us in the language of pain, it's saying in no uncertain terms that it needs help. This pain is caused by inflammation that you may be creating yourself because of improper daily routine and diet.

Our modern culture has de-emphasized our connection to Nature and how that connection affects our bodies. However, our body has not forgotten that connection and the pain of a daily headache for example may be your body's way of telling you that it is missing something.

This knowledge is so simple and yet extremely profound in its results. It comes from an ancient science of health in India called Ayurveda which means the "Science of Life".

Ayurveda says that one of the keys to maintaining health is to eat on time and sleep on time. In this email, I will just prescribe the daily routine and eating instructions you should follow. If you follow this consistently, there is a very good chance that your pain will magically go away.

If you want to understand the theoretical aspects behind the prescriptions, then let me know and I'll send you more information.

THE MAIN 4 RULES TO REDUCE INFLAMMATION AND PAIN:

Rule #1: DO NOT SKIP OR DELAY MEALS

Always eat on time. Also, always eat when you feel hungry. You feel hunger in the stomach area just under the tip of the sternum. When you feel that sensation of hunger, then you must eat at that time. Always carry some healthy snack like fruit or nuts and raisins to eat as a snack when you need it. Avoid protein bars, candy or junk food as this will confuse the natural signals of the body and create more toxins in the system.

Rule #2 The Daily Routine

Following the proper daily routine is the way to make your digestive system strong. Correcting imbalances is more than eating good food, you must have a digestive system that is intelligent enough to recognize and process the nutrients.

Proper daily routine timed to the Nature's rhythms is an essential ingredient for good health.

Here is the breakdown of the daily routine:

9:30 PM - Bedtime

6:00 AM - Arise

6:30 AM - Breakfast of stewed apple or pear (see recipe below)

8:30 AM or whenever you feel hungry again - Oatmeal/ Cream of Wheat/ Quinoa Flakes

12:00 - 1:00 PM - Lunch - the largest meal of the day: protein, vegetable, grain, probiotic (yogurt), bread

6:00 - 7:00 PM - Dinner - same as lunch minus meat, cheese, yogurt or other heavy foods

RECIPE FOR NOURISHING STEWED APPLES OR PEARS

Why Stewed Apples?

This is a great recipe for early morning nourishment. It stimulates timely bowel movements as well as digestion.

Recipe for one person:

- * 1 whole, fresh organic sweet apple, cored and peeled. (or Pear)
- * 5 whole cloves (per apple)
- * 1/4 cup of purified water

Directions:

- * Peel and dice apple into small pieces.
- * Add cloves, apples and water in a covered pot.
- * Stew apples in 1/4 cup of water until soft.
- * Remove cloves and discard before serving.
- * Let stand away from heat for 5 minutes to cool a little.

Helpful Tip:

Best if you sip a cup of warm water with your meal in the morning. This dish is not recommended at night - always eat as a breakfast first thing in the morning as early as possible.

RULE #3 Eat Fresh Food

This means avoid canned, frozen, micro waved, processed foods and leftovers of more than 4 hours. So much of what we eat is one molecule short of being plastic. Fresh food has all of Nature's intelligence that our intelligent bodies require to be healthy.

Rule #4 DRINK NEUTRAL pH SPRING WATER

Spring water is more intelligent for our body than processed purified water. The purified waters are clean no doubt, but lack the subtle vibration of life that our body needs for optimum function. Some suggested brands are Mountain Valley Spring Water, Fiji Water and Crystal Geysir.

Regards,

A handwritten signature in black ink, consisting of a stylized initial 'G' followed by a long horizontal line that ends in a sharp downward-pointing hook.

George Douglas Beech, DC