

# 6 THINGS YOU CAN DO TO START DECREASING YOUR PAIN

## DRINK PLENTY OF WATER

About 15.5 cups (3.7 liters) of fluids  
a day for men  
About 11.5 cups (2.7 liters) of fluids  
a day for women

## AVOID SUGARY FOODS AND PROCESSED CARBOHYDRATES

To help reduce  
inflammation

## EAT WELL

Focus on eating  
fruits, vegetables,  
and lean meat

## KEEP MOVING

Go for a walk and  
Keep your body  
moving!

## QUALITY SLEEP

Go to bed and wake up at  
the same time to allow  
your body to recover

## TUMERIC

Tumeric is a natural  
anti-inflammatory

1. Hewlings SJ, Kalman DS. Curcumin: A Review of Its Effects on Human Health. Foods. 2017;6(10):92. Published 2017 Oct 22. doi:10.3390/foods6100092



PHYSICAL  
THERAPY  
Oviedo