***SOME NUTRITION LINKS:***

**Dr. Wayne Jonas Pain Guide**

<http://drwaynejonas.com/wp-content/uploads/2018/03/Pain-White-Paper-WEB.pdf>

**Anti-inflammatory Food Guide** (Dr. Andy Weil)

<https://www.drweil.com/diet-nutrition/anti-inflammatory-diet-pyramid/dr-weils-anti-inflammatory-food-pyramid/>

**Harvard School of Public Health Nutrition Plate**

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

**Mediterranean Diet**

(Mayo Clinic Guide)

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>

(Dr. Wayne Jonas)

<http://drwaynejonas.com/wp-content/uploads/2018/04/Mediterranean-Diet-Pocket-Guide.pdf>

**DASH Diet**

(UK Health Guide)

<https://ukhealthcare.uky.edu/comprehensive-stroke-center/education-prevention/preventing-stroke/dash-diet>.

(Mayo Clinic Guide)

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>.

**Institute for Functional Medicine**

<https://www.ifm.org/about/>

**Glycemic Index**  
[www.glycemicindex.com](http://www.glycemicindex.com)

<https://universityhealthnews.com/daily/nutrition/glycemic-index-chart/>