

DEGENERATIVE DISK DISEASE



PATIENT DIET



► NUTRITION TIPS FOR DEGENERATIVE DISK

Degenerative disc disease can be characterized by a progressive decrease in spinal disc height and is often a gradual consequence of aging accompanied by daily stress and microtrauma. However, it can also manifest earlier as a result of a major spine-related injury.

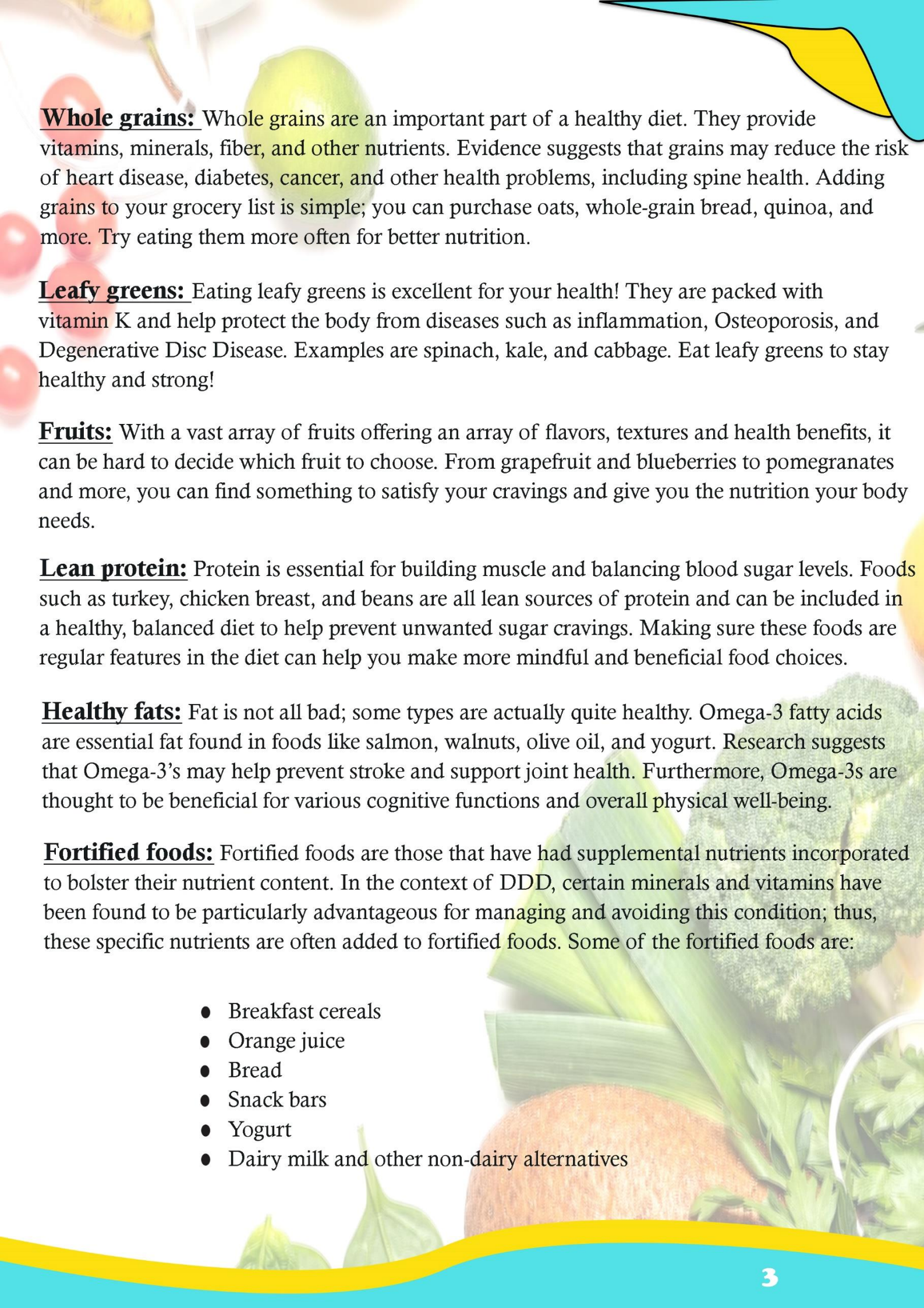
If one is diagnosed with degenerative disc disease, a medical practitioner may suggest both active and passive remedies such as exercise and over-the-counter anti-inflammatory medications. Furthermore, it is important to emphasize diet in order to both treat and discourage additional spinal disc degeneration.

Additionally, if your condition is severe and looking for a safe, effective, and affordable treatment procedure you can seek help from our experts from the Stem Cell Therapy Centre in India for the cure of degenerative disks. Our doctors are always dedicated to offering you the best treatment for every patient with supportive therapies like diet counseling, acupuncture, aqua therapy, and more. You can visit us for more details about the treatment procedure.

► FOODS TO INCLUDE IN YOUR DIET IF YOU HAVE DEGENERATIVE DISK

The significance of proper nutrition for addressing Degenerative Disc Disease is often underestimated. One's dietary decisions have a direct impact on spine health, thus making wise choices in food consumption is a necessary factor in achieving the most favorable results.

When seeking to improve nutrition for spine health and managing Degenerative Disc Disease, it is recommended to incorporate certain foods on a daily basis into one's diet, which might include the following:



Whole grains: Whole grains are an important part of a healthy diet. They provide vitamins, minerals, fiber, and other nutrients. Evidence suggests that grains may reduce the risk of heart disease, diabetes, cancer, and other health problems, including spine health. Adding grains to your grocery list is simple; you can purchase oats, whole-grain bread, quinoa, and more. Try eating them more often for better nutrition.

Leafy greens: Eating leafy greens is excellent for your health! They are packed with vitamin K and help protect the body from diseases such as inflammation, Osteoporosis, and Degenerative Disc Disease. Examples are spinach, kale, and cabbage. Eat leafy greens to stay healthy and strong!

Fruits: With a vast array of fruits offering an array of flavors, textures and health benefits, it can be hard to decide which fruit to choose. From grapefruit and blueberries to pomegranates and more, you can find something to satisfy your cravings and give you the nutrition your body needs.

Lean protein: Protein is essential for building muscle and balancing blood sugar levels. Foods such as turkey, chicken breast, and beans are all lean sources of protein and can be included in a healthy, balanced diet to help prevent unwanted sugar cravings. Making sure these foods are regular features in the diet can help you make more mindful and beneficial food choices.

Healthy fats: Fat is not all bad; some types are actually quite healthy. Omega-3 fatty acids are essential fat found in foods like salmon, walnuts, olive oil, and yogurt. Research suggests that Omega-3's may help prevent stroke and support joint health. Furthermore, Omega-3s are thought to be beneficial for various cognitive functions and overall physical well-being.

Fortified foods: Fortified foods are those that have had supplemental nutrients incorporated to bolster their nutrient content. In the context of DDD, certain minerals and vitamins have been found to be particularly advantageous for managing and avoiding this condition; thus, these specific nutrients are often added to fortified foods. Some of the fortified foods are:

- Breakfast cereals
- Orange juice
- Bread
- Snack bars
- Yogurt
- Dairy milk and other non-dairy alternatives

Turmeric: Consuming turmeric could help to prevent and manage the symptoms of degenerative disc disease (DDD). The active compound found in turmeric is curcumin; it has antioxidant and anti-inflammatory properties which may play a role in the potential therapeutic effects. Research shows that curcumin might be beneficial for people with DDD.

Formulating a weekly meal plan or agenda to help integrate all these components into your daily lifestyle may be beneficial.

► **FOODS NOT TO INCLUDE IN YOUR DIET MANAGEMENT PLAN**

Maintaining certain lifestyle and dietary habits can greatly help in the management of degenerative disc disease. It is important to be aware of what we eat as certain foods can increase inflammation and worsen the symptoms of DDD. Therefore, certain items should be avoided including:

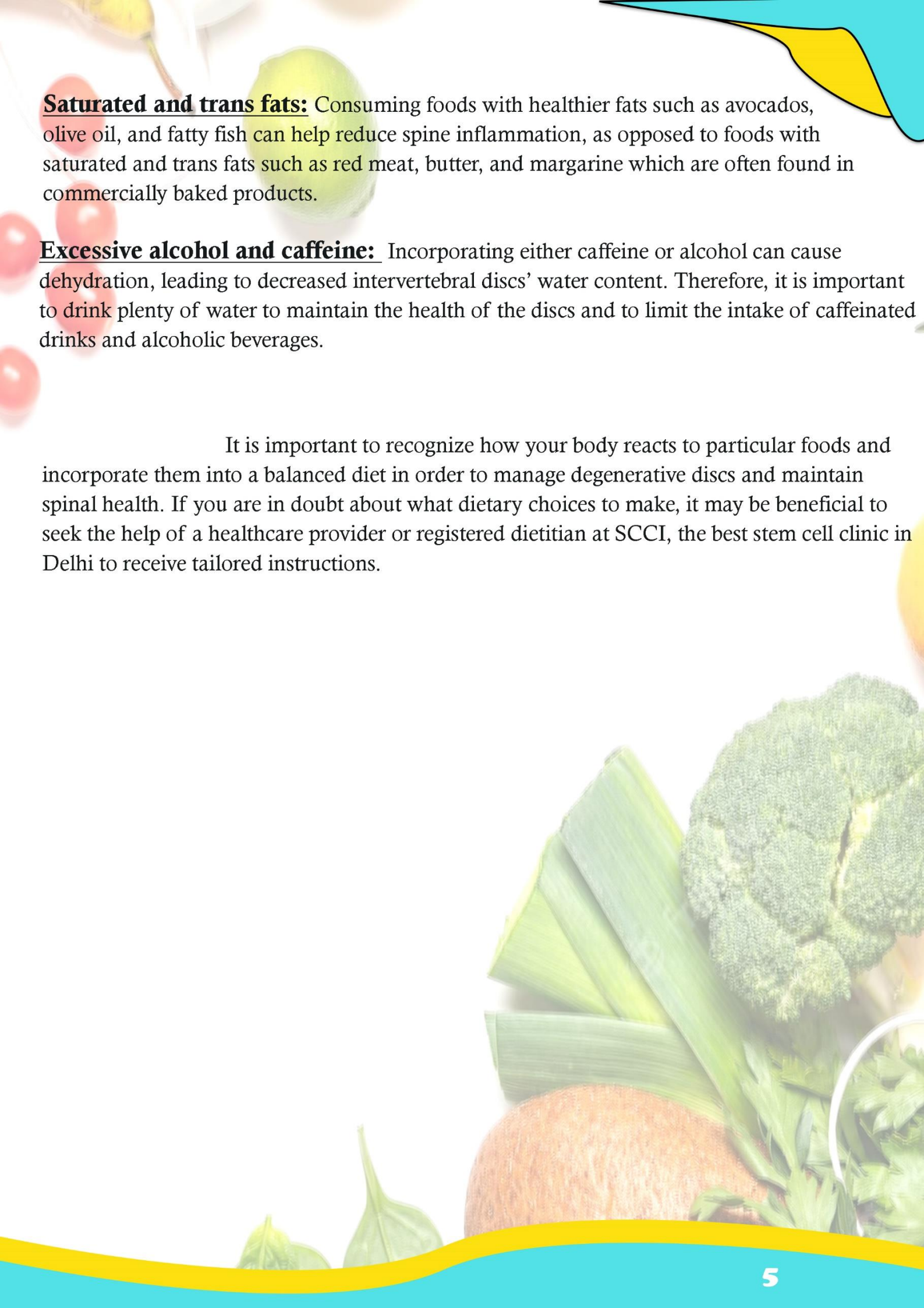


High-calorie, low-nutrient foods: Consuming nutrient-dense foods that are packed with vitamins, minerals, and antioxidants can help protect against weight gain and inflammation. Avoid foods high in calories but low in essential nutrients.

High-sodium foods: It is very essential to avoid processed and salty snacks, as well as limit table salt in your cooking, as foods with high salt content can cause water retention, resulting in swelling and increased pressure on the spinal discs.

Refined carbohydrates: Instead of consuming white bread, white rice, and other refined grains, opt for whole grains like quinoa, oats, and brown rice to avoid blood sugar spikes that can lead to inflammation.

Artificial sweeteners: If you have this particular condition, it is best to limit your consumption of diet sodas and processed foods containing artificial sweeteners, such as aspartame and sucralose, as these may exacerbate your symptoms due to their associated increased inflammation.

The page features a decorative background with various fruits and vegetables. In the top left, there are red tomatoes and a green lime. In the bottom right, there is a large head of green broccoli, a bunch of green leeks, and a whole orange. The page is framed by a yellow and blue wavy border at the top and bottom.

Saturated and trans fats: Consuming foods with healthier fats such as avocados, olive oil, and fatty fish can help reduce spine inflammation, as opposed to foods with saturated and trans fats such as red meat, butter, and margarine which are often found in commercially baked products.

Excessive alcohol and caffeine: Incorporating either caffeine or alcohol can cause dehydration, leading to decreased intervertebral discs' water content. Therefore, it is important to drink plenty of water to maintain the health of the discs and to limit the intake of caffeinated drinks and alcoholic beverages.

It is important to recognize how your body reacts to particular foods and incorporate them into a balanced diet in order to manage degenerative discs and maintain spinal health. If you are in doubt about what dietary choices to make, it may be beneficial to seek the help of a healthcare provider or registered dietitian at SCCI, the best stem cell clinic in Delhi to receive tailored instructions.



Stem Cell Care

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