

# PAIN ELIMINATION PROGRAM



**The 5-week guide for non-pharmaceutical  
management of pain and inflammation**

**PEP**  
Pain Elimination Program™

*The missing link to personalized pain management*

*Frederick T. Sutter, M.D.*



**PEP**

Pain Elimination Program™

**W**elcome to the Pain Elimination Program™. Here, we have established a clear-cut path beyond pain to more vital health.

This handbook is the result of over 25 years of my medical experience, treating thousands of patients with chronic pain, many of whom had already exhausted every treatment option available. I witnessed the profound impact that pain medications had on the lives of those who used them and our culture is sadly watching the devastating consequences of widespread opioid use and abuse nationwide. This program outlines a clear path through pain providing an easy to use, self-directed system to treat inflammation in the body, such as joint and muscle pain, irritable bowel syndrome, fatigue, brain fog, reflux and many others. It invites you to take charge of your pain and learn to modulate it without pharmaceuticals. Here you will learn to control it, rather than having pain control you.

It was my observation long ago that chronic pain is not a medication deficiency and was frequently associated with poor nutrition and lifestyle habits. I chose to help people find other ways to control their pain without the use of prescription medications and their side-effects. This led to what you will find here: an elimination food plan (what foods make your inflammation and pain worse), exercise prescription (repeatedly proven to help pain), sleep coaching (yes, we don't get enough), the effective use of dietary supplements (shown in medical research to work) and a directive to surround yourself with those who will support you in embracing lasting lifestyle change.

This highly personalized approach helps you pinpoint your unique digestive thumb print, empowering you to manage pain by:

- 1) Cultivating a healthy microbiome which research is proving to be the primary source of inflammation in the body and linked to many diseases.
- 2) Identifying 'offending' foods through the easy to use elimination and re-introduction schedule.

Instead of experiencing painful inflammatory reactions, you will find renewed energy, restful sleep, ease in movement, new vitality and as a plus, healthy aging that keeps you engaged in life. The Pain Elimination Program™ effectively combines proven methods to offer the most powerful, non-pharmaceutical approach available today to control pain and inflammation. I am honored and delighted that you have chosen the Pain Elimination Program™.

In good health,



Frederick T. Sutter, MD

*I am grateful for the support of Linda Showalter, BS and Elaine Signorini, RN, without whom the completion of this program would not have been possible.*

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Please state your intention(s) for doing this program.

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Throughout this manual you will find several “Blue Notes.” This program is based on clinical experience as well as evidence-based research. The Blue Notes highlight some of that research.

*The statements in this manual have not been evaluated by the Food and Drug Administration. This handbook is not intended to diagnose, treat, cure, or prevent any disease. As with any program, consult a physician before starting to be sure you are healthy enough to participate.*



# How to Use the Handbook

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In my years of clinical experience, I have discovered what is needed to help fight and in many cases, reverse the trajectory of pain and dysfunction. Food is not only fuel, it is information that profoundly influences your body. Our goal is to find out how to get the best response for YOU!

This program will be a road of discovery to benefit you *for the rest of your life*. Get into it! Have fun with it! You could even get a friend or family member to join you on this health journey!

I suggest that you page through the whole booklet before beginning the program. This will familiarize you with the whole program so that you are prepared to journey through your pain.

Follow these steps:

## 1. CLEAR (Days 1-10)

- Eat *only* foods from the prescribed list
- Keep detailed logs of food intake, sleep, exercise, how you are feeling, etc.
- Shop for *real* food
- Take high quality supplements

This cleanses toxins and offending substances from your body, thereby reducing reactivity, inflammation and undesirable changes in your microbiome.

## 2. DISCOVER (Days 11-35)

- Systematically begin re-introducing food groups by adhering to the Reintroduction Schedule
- Log any possible reactions

This will demonstrate if you have any food sensitivities which may be making you feel poorly and make your pain worse.

## 3. PERSONALIZE (Days 36 to life)

- Create Master Food Lists
  - Friend—foods that agree with you
  - Foe—foods that you react to negatively
- Be adventurous and try foods that you have never eaten before!
- Refer to your Master List periodically

## 4. BALANCE REST, STRESS & EXERCISE (For Life)

- Obtain adequate, high-quality sleep
- Develop strategies to manage stress
- Find a form of exercise that appeals to you, do it regularly and monitor your progress
- Enlist support

It's simple: clear your body, discover through reintroducing foods and recording reactions, personalize your choices by compiling your Master Foods List and find a new balance in your life! You can do it!



We all have known and experienced inflammation. It is a part of life. Common examples are a sore throat, a sprained ankle, a skin rash or the flu. Typically, the experience isn't what we would consider to be a "good" one. Many of us however, are suffering daily from inflammation that is not quite as obvious as influenza or a sprained ankle.

Perhaps you just aren't feeling quite right. Maybe you are more tired than you think you should be; or you're having difficulty making decisions. Perhaps your muscles or joints feel stiff and unresponsive, but your doctor says the x-ray is normal. Your balance could be a bit off or you are easily distracted and having difficulty concentrating. You might be having trouble sleeping and your spouse mentions, in an unkind tone, that for months you have been snoring enough to awaken him/her several times a night...

When presented to a physician who is trained to treat disease, these symptoms do not typically fall into a convenient diagnostic category. It is likely that most common lab results will be normal. Some specific labs, however, such as C-Reactive Protein (CRP) may be elevated, representing the presence of more serious inflammation. Typically a prelude to more serious medical conditions, if left unchecked and unaddressed, this may go on to develop into more dangerous problems and complications. I have had the privilege of caring for more than ten thousand patients over the last 20 years, and the most effective approach to lowering CRP, in our clinical experience, has been through creating positive change in lifestyle and dietary choices.

Understanding and responding to this concept of inflammation is important because we now know that most contemporary diseases and chronic afflictions are either caused or directly influenced by it. Osteoarthritis, autoimmune diseases such as RA, lupus, multiple sclerosis, thyroid disease, inflammatory/irritable bowel disease, respiratory allergies, migraine, asthma, diabetes, and even obesity are just a few of the conditions directly driven by inflammation.

Inflammation is a sophisticated, protective biological process, involving the immune system, which functions to remove or manage potentially harmful substances or infection-

causing organisms. It is essential to keep this natural process in balance for long-term health. Symptom-based treatments typically involve aggressive pharmacological therapies, such as NSAIDs and steroids, which block the very process that needs to be rebalanced rather than treating the root cause of the inflammation. Naturally, this can push the system further out of balance. Conversely, the Lifestyle Medicine approach treats the root cause (i.e. the "fire"), not merely the symptoms (i.e. the "smoke"). Imagine a smoke detector alerting you to the presence of a fire. Treating the symptoms, therefore, would be the equivalent of removing the battery from the blaring smoke detector in the middle of the night, and then going back to bed!

The solution to this problem involves a combination of a scientifically applied, low-allergen, whole foods diet, along with Lifestyle Medicine approaches to balance daily stresses on the immune system.



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*...OA (osteoarthritis) can act as an autoinflammatory disease and links the old mechanical wear-and-tear concept with modern biochemical views of OA.*

Sillat, Barreto, Clarjjs, et al. Tool-like receptors in human chondrocytes and osteoarthritic cartilage. *Acta Orthopaedica*. 2013;84(6):585-592.



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*Obesity causes chronic low-grade inflammation that contributes to systemic metabolic dysfunction associated with obesity-linked disorders that fall under the definition of metabolic syndrome.*

Scarpellini and Tack. Obesity and metabolic syndrome: an inflammatory condition. *Dig Dis*. 2012;30(2):148-53.



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*...the consumption of wheat, but also other cereal grains, can contribute to the manifestation of chronic inflammation and autoimmune diseases by increasing intestinal permeability and initiating a pro-inflammatory immune response.*

Punder and Pruimboom. The Dietary Intake of Wheat and other Cereal Grains and Their Role in Inflammation. *Nutrients*. 2013; 5, 771-787.

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