

Performance without Pain

**A Step-by-Step Nutritional Program for Healing Pain,
Inflammation and Chronic Ailments
in Musicians, Athletes, Dancers. . .
and Everyone Else**

Kathryne Pirtle
with Sally Fallon

Introduction by Dr. John D. Turner, DC, CCSP, DIBCN

| | | |
|--------------|----------------------------------|-----|
| PREFACE | | 1 |
| INTRODUCTION | | 7 |
| Chapter 1 | My Story | 13 |
| Chapter 2 | Establishing a Healthy Ecosystem | 23 |
| Chapter 3 | Nutrient-Dense Foods | 27 |
| Chapter 4 | Foods to Avoid | 33 |
| Chapter 5 | Foods that Heal | 57 |
| Chapter 6 | Supplements | 69 |
| Chapter 7 | Making It Practical | 75 |
| Chapter 8 | Suggested Reading | 87 |
| Chapter 9 | Recipes | 95 |
| Chapter 10 | The Body in Balance | 119 |
| INDEX | | 123 |
| SOURCES | | 129 |