

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