



THE NEVER-ON-YOUR-PLATE LIST

The short, honest list of what is worth cutting when your back aches — with the reason each one is on it, how strong the evidence actually is, and the swap that replaces

- All nine entries, each with mechanism, evidence rating and
- The four foods the internet bans that you can keep eating
- The order to remove them in, easiest and most noticeable

9 FOODS ON THE LIST · 9 SWAPS · 17 PAGES

READ THIS FIRST

This guide is educational content about food. It is not medical advice, not a diagnosis, and not a treatment for any condition. It does not replace medication, and nothing in it should cause you to stop or change a prescription.

INTERACTIONS THAT MATTER

- Turmeric and ginger can increase the effect of blood thinners such as warfarin. Culinary amounts are not supplement doses, but the interaction is real. Every affected formula in this guide is marked.
- Tart cherry juice carries a meaningful amount of natural sugar. If you manage diabetes, treat it as juice, not as medicine.
- Ginger can lower blood pressure slightly, which matters if you already take something that does the same.
- If you are pregnant, breastfeeding, or preparing for surgery, ask before adding concentrated turmeric of any kind.

WHEN TO STOP READING AND CALL A DOCTOR

- Numbness in the saddle area — between the legs, or around the back passage.
- Any change in bladder or bowel control.
- Weakness in a leg or foot, or a foot that drags.
- Pain that began after a fall, a crash or a significant impact.
- Unexplained weight loss, night sweats or fever alongside back pain.
- Pain that is significantly worse at night and does not ease with position.

None of those are a stiff morning, and none of them are a job for a recipe. Some of them are an emergency — the guide names which.

WHAT IS IN HERE

How to read the list

Five lines per entry: what it is, why, how strong the evidence is, the swap, and the difficulty.

The nine

In the order worth removing them.

What is **NOT** on the list

Four things the internet bans without good reason.

Friday night

Eating out without undoing the week.

HOW TO READ THE LIST

Nine entries, not thirty. Each one gets the same five lines, and each one comes with a direct replacement — because removing without replacing is how a plan lasts nine days.

NO. 1 – SUGARY DRINKS

FORMULA FACTS		Entry 1 of 9
Sugary drinks		
AMOUNT PER SERVING		
Evidence strength		High
Difficulty to change		Low
The swap	Water with lemon, or the reset	
Order to tackle it		1 of 9

Sustained blood-sugar spikes drive inflammatory signalling, and they displace the water you are meant to be drinking.

WHAT TO DO INSTEAD

Water with lemon, or the reset tonic diluted.

NO. 2 – THE AFTERNOON SUGAR LOAD

FORMULA FACTS		Entry 2 of 9
The afternoon sugar load		
AMOUNT PER SERVING		
Evidence strength		Moderate
Difficulty to change		Low
The swap		Seeds and berries.
Order to tackle it		2 of 9

Biscuits at four o'clock, every working day, for years.

WHAT TO DO INSTEAD

Seeds and berries.

NO. 3 – DEEP-FRIED FOOD

FORMULA FACTS		Entry 3 of 9
Deep-fried food		
AMOUNT PER SERVING		
Evidence strength		Moderate
Difficulty to change		Medium
The swap	Oven-roasted in olive oil at 2	
Order to tackle it		3 of 9

Repeatedly heated oils and what tends to arrive alongside them.

WHAT TO DO INSTEAD

Oven-roasted in olive oil at 200°C.

NO. 4 – PROCESSED MEAT

FORMULA FACTS		Entry 4 of 9
Processed meat		
AMOUNT PER SERVING		
Evidence strength		Moderate
Difficulty to change		Medium
The swap	Tinned oily fish, or the macke	
Order to tackle it		4 of 9

Consistent association across large studies.

WHAT TO DO INSTEAD

Tinned oily fish, or the mackerel pâté.

NO. 5 – EXCESS ALCOHOL

FORMULA FACTS		Entry 5 of 9
Excess alcohol		
AMOUNT PER SERVING		
Evidence strength		Moderate
Difficulty to change		Hard
The swap	Reduce it, and never on the ni	
Order to tackle it		5 of 9

Disrupts sleep and dehydrates you — both show up in a back the next morning.

WHAT TO DO INSTEAD

Reduce it, and never on the night before a long drive.

NO. 6 – SKIPPING WATER UNTIL MIDDAY

FORMULA FACTS		Entry 6 of 9
Skipping water until midday		
AMOUNT PER SERVING		
Evidence strength		Moderate
Difficulty to change		Low
The swap	The hydration ladder, five mar	
Order to tackle it		6 of 9

Not a food, but the most common thing on this list.

WHAT TO DO INSTEAD

The hydration ladder, five marked points.

NO. 7 – BREAKFAST CEREAL MARKETED AS HEALTHY

FORMULA FACTS		Entry 7 of 9
Breakfast cereal marketed as healthy		
AMOUNT PER SERVING		
Evidence strength		Moderate
Difficulty to change		Low
The swap	Overnight oats with seeds.	
Order to tackle it		7 of 9

Often closer to a dessert, and it displaces the seeds and oats that carry magnesium.

WHAT TO DO INSTEAD

Overnight oats with seeds.

NO. 8 – LOW-FAT FLAVOURED YOGHURT

FORMULA FACTS		Entry 8 of 9
Low-fat flavoured yoghurt		
AMOUNT PER SERVING		
Evidence strength		Moderate
Difficulty to change		Low
The swap	Plain yoghurt or kefir with be	
Order to tackle it		8 of 9

The fat comes out, the sugar goes in.

WHAT TO DO INSTEAD

Plain yoghurt or kefir with berries and seeds.

NO. 9 – EATING LUNCH AT YOUR DESK WITHOUT STANDING

FORMULA FACTS		Entry 9 of 9
Eating lunch at your desk without standing		
AMOUNT PER SERVING		
Evidence strength		Limited
Difficulty to change		Low
The swap	The desk jar, eaten somewhere	
Order to tackle it		9 of 9

Again not a food — but seven hours seated is the thing most people on this list have in common.

WHAT TO DO INSTEAD

The desk jar, eaten somewhere other than the chair.

WHAT IS NOT ON THE LIST

Four things the internet removes routinely, with little or nothing behind it.

NIGHTSHADES

Tomatoes, peppers, aubergine. The claim is popular; controlled evidence is essentially absent.

GLUTEN, IF YOU DO NOT REACT TO IT

A real problem for coeliac disease. Not a general joint intervention.

DAIRY

Neutral for most people. If it bothers you, that is personal, not general.

COFFEE

Fine, and possibly helpful. Time it after food rather than removing it.

THE ONE-PAGE FRIDGE SUMMARY

Print this page and put it on the fridge door. It is the whole guide in nine lines.

- 1. Sugary drinks → Water with lemon, or the reset tonic diluted.
- 2. The afternoon sugar load → Seeds and berries.
- 3. Deep-fried food → Oven-roasted in olive oil at 200°C.
- 4. Processed meat → Tinned oily fish, or the mackerel pâté.
- 5. Excess alcohol → Reduce it, and never on the night before a long drive.
- 6. Skipping water until midday → The hydration ladder, five marked points.
- 7. Breakfast cereal marketed as healthy → Overnight oats with seeds.
- 8. Low-fat flavoured yoghurt → Plain yoghurt or kefir with berries and seeds.
- 9. Eating lunch at your desk without standing → The desk jar, eaten somewhere other than the chair.

FRIDAY NIGHT

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- Choose the fish, and ask for oil and lemon rather than the dressing.
 - Eat before you drink, not the other way round.
 - One dessert shared is not the thing undoing your week. The daily four-o'clock biscuit is.
 - Nothing about this needs announcing at the table.

BEFORE YOU GO

One change at a time. The most common way this fails is doing all of it in week one and none of it in week three. Pick the single formula that fits your evening and make it until you stop thinking about it — then add the next.

YOUR REFUND, PLAINLY

Sixty days, no questions, no form. Email accesssupport.ai@gmail.com and it is done. You keep the guide.

LEGAL

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