

**Table SIII. Ten most effective dietary changes, lifestyle modifications and pain relief treatments**

Dietary changes	Lifestyle modifications	Pain relief
Ketogenic diet	Weight loss	Cannabidiol
Autoimmune protocol diet	Stress reduction	Ibuprofen
Sugar reduction/elimination	Hibiscrub, Mölnlycke Health Care Limited, Oldham factory, UK	Hot compresses/heat packs
Unspecified dietary change	Exercise	Pain relief medication (unspecified)
Dairy reduction/elimination	Antibacterial soap	Warm/hot baths
Carbohydrate reduction/elimination	No shaving	Paracetamol
Nightshade reduction/elimination	Smoking cessation	Menthol
Gluten-free diet	Bleach soap/bath	Chinese medicine
Chocolate avoidance	Hair removal	Acupuncture
Red meat reduction/elimination	Detoxing	Essential oils