

Alleviating Pain The Natural Way

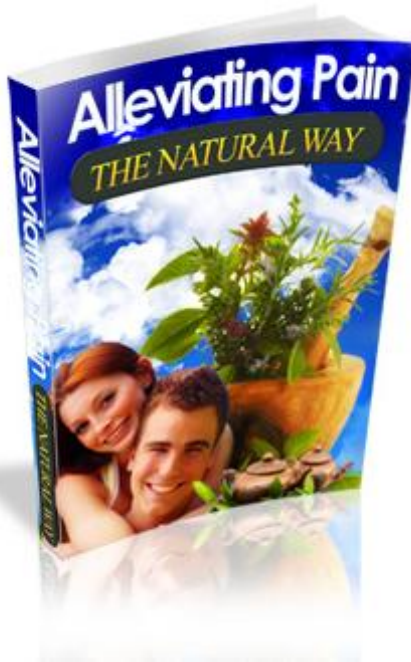


Table of Contents

Chapter 1: What Is Pain?.....	2
Chapter 2: Western Conventional Medicine as Practiced in the United States	6
Chapter 3: Popular Alternative and Natural Medicine Treatments for Pain...	11
Chapter 4: Fighting Pain with Natural Medicine	17
Chapter 5: A Look at Natural and Alternative Pain Managers	21
Chapter 6: Various Common Herbal Remedies	37
Chapter 7: Ayurvedic Medicine.....	47
Chapter 8: TCM/Traditional Chinese Medicine	55
Chapter 9: The Connection between Diet and Pain	63
Chapter 10: Final Words.....	72

Brought To You By: <http://www.PLRNicheClub.com>

Chapter 1: What Is Pain?

There are several definitions of pain. We all have to deal with pain at one time or another. Pain is relative to a person's perceptions and experiences of what pain means to them. Everyone has a different tolerance threshold to pain. What may be extreme pain to one person may not be to another. The International Association For The Study Of Pain (IASP) defines pain as "an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage". Pain is ultimately subjective to a person's perception of what they perceive it as. Their feeling as to what pain is; is based on their experiences of what they believe pain is or was as they experienced it at a particular time.

For the most part pain is divided into two categories: Acute and Chronic. Acute pain is also known as a warning pain. It comes on suddenly to let us know something is wrong with our bodies. It is usually short in duration. Acute pain also can range from mild to severe depending on how it is accepted by the person experiencing it.

Causes of acute pain are usually accidents and sudden illnesses. Some common situations associated with acute pain are: broken bones, dental work, surgery, childbirth, gallstones, burns, appendicitis and cuts. These are the situations most people know to be painful whether they actually experience one of these or not. Most of us will experience one of these type of acute pain episodes in our lifetime. Generally when the problem is solved then the acute pain goes away. However, left untreated or treated incorrectly acute pain can become chronic pain. In many cases a person may respond to acute pain with fear, anxiety and restlessness. Some conditions from acute pain that are not treatable develop into chronic pain as well.

Chronic Pain is ongoing pain. It is the type of pain that persists even with treatment over extended periods. It usually is a pain that stays day in and day out without relief. Many times it is the result of a long term illness or condition like cancer or arthritis. It can also be the lingering results of an injury. Among the common complaints and causes of chronic pain include things like: headaches and migraines, Arthritis, back pain, fibromyalgia and cancer.

Although chronic pain may be caused by illnesses and injuries there are times when the cause for chronic pain is unknown. Treatment for managing chronic pain can include medication, physical therapy, electrical stimulation as well as alternative treatments. Alternative treatments may include natural medicines, acupuncture, acupressure, massage, yoga and Ayurvedic medicine just to name a few.

Once it is determined whether our pain is “Chronic” or “Acute” it is further broken down into two more categories: “Nociceptive Pain” or Neuropathic. These categories are described as the physiological reason for having a pain in the first place. This is the physical reason a pain occurs as such in our bodies.

Nociceptive pain can be either somatic or visceral. Somatic pain is caused by an injury to a body part like a bone, joint or soft tissue. This type of pain is usually localized to the area afflicted with the injury. Nociceptive pain has been described as either dull all the way to sharp, aching to throbbing and even gnawing. Examples causing this type of pain would range from bone fractures, metastatic cancer to the bone, tumors and arthritis.

What happens with Nociceptive pain is the body has nerves called nociceptors that respond to our body as a result of an injury. They send out signals to the brain via the central nervous system or the peripheral nerves that a body part is injured. This is when we feel the

pain. When the tissue of the injured body part heals the pain stops.

Visceral pain is caused by inflammation, distention or stretching of internal organs. This is a radiating pain; it does not stay localized. Visceral pain is said to feel like aching, cramping, deep pain or pressure. Examples of things causing this type of pain would include pain in the abdomen due to a bowel obstruction or left jaw or arm pain from a myocardial infarction commonly known as a heart attack.

That brings us to neuropathic pain. This type of pain is caused by injury or damage to the nerves in either the central nervous system or the peripheral body. This kind of pain can be more difficult to treat than nociceptive. Types of things causing neuropathic pain include, brain injuries, brain tumors, diabetic neuropathy and even herpes zoster. Drug, Alcohol and Chemical Toxins can all induce this type of pain as well. The pain associated with neuropathic problems is described as burning, shooting, tingling, stabbing numbness and like electrical current shocking the body. Also this kind of pain can be caused by indirect nerve disturbance. A tumor pressing on a nerve or scar tissue stabbing a nerve can also cause this kind of pain. The difference between this type of pain and the Nociceptive pain is that even after the tissue or nerves may heal there is still pain present. What happens is the pain sets in due to a malfunction of the bodies alarm system which responds to pain because of the previous nerve damage.

Just as there are different categories and types of pain; pain also is dependent on one's age sex and genetic factors. It's quite clear that what may work well for one person to manage their pain may not work so well for another.

Today many people are looking for healthy and natural alternatives to manage and treat pain. There are many available and we will look at some in the next chapters.

Chapter 2: Western Conventional Medicine as Practiced in the United States

The type of Conventional Medicine practiced in the United States by its Doctors is considered Westernized or Western Medicine. It is the standard of what is considered legitimate medicine here in the good old USA.

If the terms “Alternative” or “Natural” are used in reference to anything related to medicine; it has implications contrary to those who practice and use conventional western means of healing. When the words “Alternative” and “Natural” are used by mainstream Western Medical Practitioners; it is because the alternative and natural means of healing have not been approved or sanctioned by the more conservative western medical community. This includes the pharmaceutical companies that western medicine patronize. The established conventional medical sources in America do not consider “Natural” and “Alternative” ways of healing to be legitimate. Also the practice of medicine here brings in a large revenue. So conventional medicine is a money machine in this country. Aside from Doctors salaries; insurance companies, medical equipment and pharmaceuticals all make money on sick people. As we know many people don't get the best care if they don't have money. The best care and medicines go to those who can afford it. Sometimes a person may look for an alternative method of medicine thinking it may be cheaper than a doctors visit.

So with all these considerations, does this mean that because a treatment is “natural or alternative” that it is not effective for a suffering person? No, it just means for the most part that institutions like western medicine industries make money off of medicine in our

country. This means if these medical corporations don't have their hand in it; as in natural and alternative medicine they will not endorse it. Many times you will find that alternative means of health management actually cut the costs of doctor visits and medications for the patient. When the patient feels better they use less medicine and have less doctor visits. This makes one think that the reasons that the more conservative medical part of the medical industry doesn't support natural medicine is because they don't make them money from it. You do find today that private practice Doctors that do not necessarily take insurance; may incorporate elements of natural and alternative therapies in their practices at very high prices. In this case it makes the financially privileged think they are getting enlightened advanced medical breakthroughs enhancing the traditional practice of their Doctor.

The Medical Industry in this country is associated with many aspects of Corporate America. Corporate America doesn't see the Natural and Alternative Medicine Market as a profit incentive. In order for them to deem it effective for the mainstream it has to fulfill their profit requirements. But, ironically in actuality you will find that alternative therapies and natural medicines are very expensive. That is because many of the herbal supplements that are sold are not regulated by the government. Therefore there is set price for these herbal supplements like the traditional pharmaceuticals. Also through regulation it takes 7 years for a new drug to be sold at as a generic and then the price becomes greatly lowered and more affordable. But until it becomes on the market as a generic many people may not be covered by their insurance for the best and latest pharmaceutical prescriptions.

In Europe, countries like France and Germany include alternative health practices particularly “Herbal Medicines” in their

comprehensive pools of medical treatments. This includes prescribing legally herbal medications in these countries. In Asia, Many of the Asian countries like China combine their traditional medicine with their Current Medical Facilities. You will find it normal for a Chinese Medical doctor to also be a licensed TCM (Traditional Chinese Medicine) Doctor. So what happens is a Chinese MD would also use acupuncture and herbal medicine in treating a patient and it would be government approved. Traditional medicine and Western Medicine in many areas of the world go hand and hand. It makes you wonder why doesn't our country approve of these types of "Alternative" or "Natural" methods of practicing medicine.

Western Medicine or mainstream medicine is called the "Practice of Medicine." This is because treatments are practiced on patients based on track records. Add to that, the factors of big business insurance companies and pharmaceutical corporations; and you have what they call in the United States Comprehensive Health Care. Comprehensive Health Care means all your health care needs are usually all in one building and you get referred to different doctors who handle different illnesses, conditions and parts of the body from your General Health Care Provider. It is done this way because it is cheaper to the government to shovel people through what is called the gate keeper system which is what I described. This way the insurance companies only pay for that doctor or specialist that you see. You have to have a referral from your main doctor to get any further treatments besides what he does to you in your visit. This does not include medicine if you need it. Many times the newest and best medications are not covered by the insurance companies. So, the average working person and the poor are subjected to only generic medicines that their insurance companies do approve of. I have seen elderly people in the pharmacy who can only purchase a couple of pills from their medical prescriptions. This is because it is

not covered by their insurance and they cannot afford to buy the whole prescription. I am talking about major heart and other serious health related medications that people need and cannot purchase. These people have to do without many times because they cannot afford the medicine at the time they need it.

Usually the first line of attack on illnesses in our Medical system is to give a patient medication. It can be for any symptom related to any type of illness. Many of the medications eventually give you more illnesses with prolonged use. The description of the side effects and adverse reactions come in printouts that are attached to the medication bags now because of these effects and reactions. Many people are so discomforted and in need of relief when they fill a prescription that they don't care about the side effects and adverse reactions. They take the pill or serum the doctor prescribed and call it a day. They may end up on the prescription they use for prolonged periods of time. The truth of the matter is that many of the prescription drugs eventually break down other body systems while treating the one the medication is for initially.

Alternative medicine usually looks at treating the whole person to give them optimum health in addition to the illness that is being treated. For example an illness may be treated but also a diet regimen, vitamin supplements and various therapies are also incorporated to help treat the whole body for optimum healing and health.

Many people today are looking for healthy alternatives to the conventional treatments of illness that are available. They want more than just a symptom appeased. They want to find a true sense of cure in their treatment. This is not to poo poo the conservative part of medical community at all, I mentioned these things as a suggestion to open your eyes. Its to tell you there are more options available to

you then what your doctor may tell you.

It is not surprising that today many conventional doctors are also toying with the ideas of alternatives in their medical treatments. It is difficult though because many alternatives are not approved in our country. A doctor does not want to risk their license or practice for suggesting something not approved by conventional medicinal law upholders . I don't blame them. It takes years to become a good doctor.

Chapter 3: Popular Alternative and Natural Medicine Treatments for Pain

Alternative and Natural Medicine does have a broad spectrum of treatment possibilities that one can choose from today. Natural and Alternative Medicine Treatments include but are not limited to : Eastern and other Traditional Medicines including Acupuncture Mind-Body Therapies and Treatments including Hypnosis and Bio-Feed Back.

Nutritional Therapy includes diet, vitamins and supplements, herbology and homeopathy, massage, therapeutic touch, chiropractic treatments, and spiritual components to healing the body.

Natural and Alternative medicine can also be comprehensive and include several types of treatments in its healing process. It is comprehensive because it looks at the whole person for their wellness not just the symptom at hand. Many people do not wish to be constantly drugged up and treated with the conventional methods that are not effective for them personally. These people seek out other alternative methods especially in relation to pain.

Lets briefly look at some of the more popular alternative treatments for pain:

Mind-Body Therapies:

Mind-Body Therapies employ different techniques to stimulate the mind, to affect changes in how the body responds in situations like pain. Treatments that fall into this category are things like relaxation techniques, meditation, guided imagery, biofeedback and hypnosis. These work for some people quite well in helping them to cope with chronic pain. These techniques work by giving the patient tools that

help them gain control over their minds when the body undergoes certain situations like chronic pain. They teach the person how to direct the mind to deal with pain. The patient is taught to channel the energy causing pain in such a way so the pain can be controlled, tolerated and even eliminated altogether in some cases. They learn to redirect the pain so they can live with it.

Acupuncture:

The World Health Organization recognizes over 30 diseases or conditions that have been documented as helped with the treatment of acupuncture. One of the main reasons however people turn to acupuncture is to help alleviate chronic pain.

Traditional Acupuncture is an ancient science from the Chinese believed that illness stems from energy imbalance due to blockage in the body. The premise is, by stimulating certain energy or Qi (pronounced chee) points with fine needles along what is called the 14 major meridians, the imbalanced or blocked Qi is released.

Acupuncture is used in pain relief because when the needles are placed in certain areas it releases endorphins which are the body's natural pain killers. What happens is many of the acupuncture points are near the nerves. When these points are stimulated they make the muscle feel full. As a result the muscle sends a message to the brain and spinal cord (the central nervous system) causing endorphins to be released. Endorphins are naturally the body's own morphine like chemicals the body produces when it is under stress or pain. It is the endorphins and other neurotransmitters which are chemicals that modify the body's nerve impulses and actually blocks the message of pain that is transmitted to the brain.

Today acupuncture is used either alone or as part of a pain management regimen. Many Traditional Chinese doctors use

acupuncture, herbs and diet in combination for healing chronic pain.

Chiropractic Treatments:

Chiropractic treatments are one of the most popular therapies for back pain. Many people who have neck, hip, knees and even feet problems also now go for chiropractic treatments as part of their pain management . Chiropractics is based on the idea that if you align the spine to its correct position it will alleviate many of the chronic pains associated with the body. With Chiropractics the idea is that much of the pain we experience in the back neck, hips, knees and feet are caused by the misalignment of spinal placement. This is both due to standing wrong as well as including some injuries. When we stand incorrectly and the spine is not lined up properly the vertebrae put pressure on nerves and the bones move out of place causing pain. Chiropractics sets out to correct this by aligning the spine correctly so the rest of the body is in correct placement. Once you are in correct alignment any damage caused by misalignment in the body can heal resulting in minimizing or stopping pain all together.

Massage:

Massage is used besides relaxation to also increase blood flow to areas that are painful. It helps to break up substances in areas where congestion causing pain builds up . By stimulating that area that is painful with circulation, any congestion or inflammation build up is broken down so the blood can flow freely through that painful spot.

There are different types of massage such as Reflexology.

Reflexology focuses on massaging areas of the foot and hand that are related to various internal organs and systems. By stimulating these areas on the hands and feet you are also stimulating these body areas. The foot sends impulses to those areas that may have blockages by sending chemical reactions through the body to that

area via the foot or hand. Reflexology also releases pain reducing endorphins throughout the body.

Therapeutic Touch and Reiki:

These are considered energy based techniques and the practitioner doesn't have to necessarily touch the person. These techniques are done to heal and align the person's body energies so they can help heal themselves. Reiki works by sending energy between the practitioner and patient in order to heal and align the bodies chakras or energy centers along the meridians. Meridians are vital energy points along the spine of the back and other strategic body points that release energy in the body. Therapeutic touch is when the practitioner may touch various areas on the patient sending healing energy to them through touch.

Dietary Approach To Healing Pain:

The dietary approach to reducing pain includes changing one's diet. This is especially true in relation to ones dietary fat intake and increasing one's plant intake. Pain reduction diets focus on increasing those foods that have anti inflammatory properties in our diets and decreasing the other types of foods that cause inflammation. By limiting those foods that cause inflammation in the body, it decreases the pain experienced. There is a definite correlation between the decrease of pain with a decrease of those foods that have inflaming properties when consumed.

There have been studies done with various conditions that were painful and the changes were noted after the people experiencing pain changed their diets. It has been noted that people with fibromyalgia experienced less pain on low fat vegetarian diets. Their painful periods were shorter and less intense after switching to a low fat vegetarian dietary regimen. Likewise people with osteoporosis saw improvement when they lost weight and were able to increase

their activity level with a low fat high vegetable diets.

Nutritional Supplements:

There is now a lot of evidence written based on the finds of how certain vitamins help with certain conditions and diseases associated with pain. There is concrete evidence associated with knee osteoarthritis and the use of glucosamine sulfate and chondroitin sulfate. These two compounds when taken have been shown to help increase fluidity in knees afflicted with this form of arthritis and help alleviate the pain. This is just one example of many types of benefits that using supplements for the body help with.

Herbal Remedies:

Many of the medicines that are produced by the big pharmaceutical companies use various herbs as their bases. That's why places like the rain forests throughout the world are shown to have big pharmaceutical companies associated with them these days .

Indigenous people and cultures have relied on herbs since Neolithic days as remedies. Today many people are using these same remedies. The problem is that on the market many herbal supplements are not regulated and you have to know what you are taking. Like anything else you need to have expertise or know what herb is effective for what ailment, because plants can also be toxic if not used correctly. That is why one may go to a licensed Herbalist to have the proper herbs prescribed for them. This category includes Homeopathy which uses tinctures and liquid concentrations made from various herbal bases.

All of these Alternative Methods may or may not be effective for a particular person. It is advised that you tell your doctor of your intentions if you plan to use or work with an alternative doctor or method for your health condition. The doctor will make sure that

what you are taking herbally or doing is not in conflict with their regimen for you.

I believe both Western Conventional Medicine and Alternative Medicine can work hand in hand together. It should not be one type of healing versus the other. If you have any medically related issues and are receiving medical care from a regular doctor; any possible alternative health treatments should be discussed with them also. This is especially true if you have a serious health condition. Talk to your doctor first when considering one of the many alternative treatments available for you. He may even help you choose the one safest and most effective for you based on your medical history or current condition.

Chapter 4: Fighting Pain with Natural Medicine

By definition a painkiller is any drug that helps fight pain. Unfortunately most pain killers and other pharmaceuticals have damaging long term effects on the body. This includes long time use of over the counter pain relievers like aspirin acetaminophen, ibuprofen, naproxen sodium and other over the counter medications. Adverse reactions and side effects with long time use more common than one would think.

Many cases of renal diseases and failure are due to using over the counter pain relievers for extended periods. Most of the medications the body ingests has to filter through the kidneys and liver which are two of the main body organs. Because they work to filter toxins they are the two organs that are hit hard from medication over use. This doesn't include low tolerance and allergic reactions to medications that can be lethal as well. There is also a tendency to get addicted to certain medications particularly pain killers.

All medical drugs also have side effects over time because your body is constantly processing chemicals that are not natural to it. With this said, there are alternatives available for common ailments including pain relief. These alternatives are not considered part of the pharmacology of the conventional western medical community or the large pharmaceutical companies in association with them. These type of remedies fall under the category of what is referred as “Natural medicine.”

For the most part all pain medications reduce pain by blocking the bodies chemicals that trigger the pain response. There are natural medicines available that are considered just as effective as some of

the other types of medicines out there . This includes over the counter medications as well as some prescription pain relievers. These natural alternatives prove effective at relieving pain without the side effects and adverse reactions.

It can be safely said that almost everyone will or has experienced some sort of physical pain in their life. It is a fact that most of us will at some point run to the drug store for an over the counter relief for some type of pain or discomfort as well. Science does not know exactly why the body reacts to pain killing medications they just know they do. They know that the body in pain mode either by damaged tissue or inflammation releases certain chemicals by the way of the nervous system to the brain which we interpret after it registers as pain. Different pain killing medication works in different ways with the body to help it minimize the pain it is registering. NSAIDs (Non Steroidal Anti Inflammatory Drugs) such as over the counter aspirin, ibuprofen and things of that nature, work by blocking a pain producing enzyme our bodies make. Other NSAIDs like Paracetamol acts directly with the brain to block the pain causing chemicals called prostaglandins.

Prescription medications particularly opioids which are used for pain can be highly addictive and have to be used with the strictest medical supervision. Primarily taken as a pill or oral suspension, they can also be crushed and then powder snorted or injected. Opioids also if not used properly can be overdosed and can cause death. How they work in the body is to attach themselves to specific proteins in the body called opioid receptors which are found in the brain, spinal cord and gastro intestinal tract. When they attach to the opioid receptors it changes the way a person perceives pain. This type of medication also effects the part of the brain with which we perceive pleasure with. Many people become addicted for this reason because it induces a state of euphoria. It can suppress

breathing which is one of the causes of death from this type of drug.

Steroids which are given for things like inflammation and asthma work on the cell receptors by filling the cells and telling them to make more protein at a faster rate. They metabolize in the body hitting the liver first. That's why people who take steroids for long periods of time also have to have their liver monitored because prolonged use causes severe liver damage. Steroids may also be addictive.

Although effective, many of the pain relieving drugs do come with long term affects on the body. All of them can cause stomach and digestive problems because they all eventually irritate the stomach lining. They can eventually cause the lining to become damaged with erosion. Even aspirin can cause ulcers. It has been documented as a side effect that the Over the counter Ibuprofen drugs eventually cause leaky gut syndrome. This is a condition where the stomach becomes permeated and undigested protein molecules slip through the holes which contribute to a wide range of inflammatory and auto immune diseases.

There is also evidence linking NSAIDs to the acceleration of degenerative changes like in arthritic joints making the condition over the long term even worse. I already mentioned kidney damage with the taking of these drugs earlier in this chapter. A study done in the University of Liverpool concluded that one out of every fifteen admissions was due to adverse drug reactions and NSAIDs were included.

I am not advocating not to use over the counter and prescription medications by any means. I am only saying that there are alternatives to constantly bombarding our bodies with these type of chemicals. Many traditional societies still use natural remedies for their common aches, pains and ailments. Today many of the

scientists and medical practitioners are going into areas where traditional medicine is practiced because they feel that there is something to be learned by those natural medicines that these cultures use.

Chapter 5: A Look at Natural and Alternative Pain Managers

I do not advocate that a person should not go to a conventional doctor. Quite the contrary, but I do feel that we all need to look into additional ways to help ourselves besides conventional means. Here is a list of some of the more popular alternatives for managing various pain. I like these because anyone can do this and they are not toxic to the body. Most natural and alternative pain relievers are used by chronic pain sufferers with various types of chronic pain issues. These types of chronic pain for the most part include headaches, migraines, myofascial pain, muscular and connective tissue pain, organ pain and just pain in general. The main drawback with natural remedies is that they do not work as quickly as the conventional pain relievers so it's a trade off. Slow steady relief in exchange for the decrease of side effects, toxicity and adverse reactions. Some people decrease their use of prescription and over the counter pain relievers and increase the natural methods. In this case they are using both conventional and natural medicine together. Many times people will incorporate natural means and save the pharmaceutical pain relievers when absolutely necessary. They use their prescriptions for severe and acute bouts of pain and manage the chronic pain with both natural and Over the counter medications. If nothing works but the pharmaceutical relievers for someone there is nothing wrong with that. But here are some alternative means for pain relief that you may find useful in combating your pains as a supplement to your pharmaceutical prescriptions and Over the Counter Drugs.

Natural things you can do with mind and body yourself to alleviate pain

These are some holistic approaches to pain you can do yourself. They do not cost anything but your mind, body and spirit

1.Go deep into the pain- This is a mind over matter technique. When you accept the pain, it loses power over you. Sometimes it hurts more when we resist because we tense our bodies up. This technique doesn't eliminate pain but when you accept it fully and allow it to flow through your entire being, it tends to change in intensity and you are able to work with the pain. Resisting the pain allows it to become stagnant and stay in one spot intensely. When you are able to; take a moment to focus on the pain. Accept it. Allow it to flow through your body. As you embrace it, it lessens even if it doesn't subside.

2. Breath into the Pain- Breathing deeply into pain is another alternative for coping with pain. With this technique you close your eyes and breathe deeply through your nose with your mouth closed. Your abdomen should expand when you inhale, the air should not go into the chest, nor should the chest expand. As you release the breath slowly and your abdominal muscles contract in; use your mind's eye to focus on the pain and breathe into that area. Visualize the breath going into the area causing pain and melting the pain away. Keep doing it in the area of pain until you feel it lessen. Then if needed do the same thing in another area of pain. It takes several breaths to release pain. It also takes practice to be able to focus into pain. The more you do it the better you get at it. You can do this anywhere even in public. You may not want to close your eyes in public however.

3.Stretch your Face and Jaw (Effective especially for facial, neck and shoulder pains) The first step is opening your mouth as wide as it will go and then forcing it to open even a little more. When you feel the muscles in your jaw and head tingling, you release. This may be extremely painful at first. But it releases the pain ultimately and then you will find some relief. (For some it can be so painful it

brings tears, that's ok.) Next you want to pull your lips over your teeth and stretch the front facial muscles. You can experiment by stretching your jaw in different directions till it hurts so bad you can't take it then relax the stretch. Its recommended to do this several times and then follow with the breathing exercise in #2. Breathe into the pain source. Breath into the jaw muscle, collar bone, connective tissue and shoulder areas.

4. Self Massage and applying pressure to the Trigger Points-

Using the second and third fingers in circular motions you first gently massage the area of pain. This is also effective in areas where the organs are painful. Then, you use the thumb and press into the trigger area that corresponds to the pain. There are charts available for trigger point if you aren't sure where the spot that triggers the pain is located. You can use the two fingers as explained above, but the thumb works better in deeper or denser tissue. You press the trigger points until you feel like going through the ceiling from the pain and then release. This helps stimulate flow into the afflicted area. You do this to all the painful and tender areas, following with breathing #2.

5. Hot Showers- Take hot showers. Make the water as hot as you can take it. Be sure you keep the door closed to create steam which can help pained areas also. While in the shower you can apply trigger point pressing techniques followed by the breathing all while in the shower.

6. Orgasms/Yes Sex- It has been shown that having sex can actually help head pains, generalized muscular pain and migraines. Having an orgasm in the beginning of a migraine headache has been known to stop them from going any further to full blown. Sex produces pain relieving chemicals in the body and takes your mind away from the body area generating the pain. If your partner isn't available do

what you have to do yourself. I don't think I need to go into details.

7. Walking - if you are able to walk try and take a brisk 20 to 35 minute one every day. It stimulates circulation and flow throughout your body. It also releases pain killing effects on the body. You might want to consider working walking into your daily regimen

8. Sleep or Meditate - this is more beneficial with milder pains but some practice the techniques and use it with more severe pains effectively. In some cases the pain may be too intense to go into a relaxed state of sleep but you may be able to relax a little anyway enough for a semi sleep/semi meditative state which may prove beneficial for you too. The first thing is to lay down and close your eyes. Then while your eyes are closed you want to do the breathing exercise number #2 for every part of your body starting with your head and ending with your toes. Sometimes this enables people to fall asleep. Sleep repairs and heals the body. If you can't sleep then use a mantra or relaxing visualization to keep you in the relaxed as possible state for as long as you can maintain it.

9.Nurture Your Soul -Do whatever you need to get in touch with your form of god or beliefs to give yourself comfort. Also, do something that you enjoy on a deep level. It could be walking in nature, writing, taking a class; whatever makes you feel fulfilled and like a whole being in the universe of what god is to you.

10.Expressing Your Pain Verbally- Just as it is found healing to release emotional pain through verbally expressing it, the same goes for physical pain. Many times it is found that physical pain is intertwined with emotional pain and vice-versa. Expressing how you feel about the pain helps release it....You can do it alone, or with

someone you feel has compassion for you. Write it out if you are not a verbal person. The main thing is to release it into the universe to help free yourself from it in some form.

11.Counting out loud: For Brief "Needle Stick" Pain

What science studies say about counting and pain is: Patients who counted backwards from 100 out loud during an injection experienced and recalled less pain, according to a recent Japanese study. None of the 46 patients who counted complained afterward, and only one of them could remember pain from the injection at all. Among the 46 patients who didn't count, 19 said the injection hurt and 10 recalled what it felt like.

Recitation might work by distracting the brain from processing the sensation, says study author Tomoko Higashi, MD, of Yokohama City University Medical Center in Kanagawa, Japan. The trick is probably only useful for short or acute periods, she says, adding that "The degree of pain reduction really depends on how well patients concentrate on counting."

12.Saliva

Saliva has been found to generate a natural painkiller of up to six times more strength than morphine. The substance produced by human saliva is similar to opiorphin and has been said to generate a new class of natural painkillers. Opiorphin is far better than the traditional drug morphine. Morphine is addictive and has psychosomatic side effects. The researchers demonstrated that the opiorphin acts in nerve cells of the spine and stops the usual destruction of the natural pain-killing opiates, known as the enkephalins.

These techniques may or may not work for you. We are not all the same nor do we have the same tolerance or mechanisms to release pain. But these are some techniques that don't cost anything more than a little of your time to help you. Now lets move on to other forms of natural pain relief.

Top Natural Pain Relievers

Here is a listing of those natural substances that top the list for pain help.

Oils: These two oils have been shown to help in relieving pain among their other qualities that promote overall health

Fish oil-

Fish oil contains two essential omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These fatty acids are known to block the production of inflammatory chemicals called cytokines and leukotrienes in the body. The fatty acids are responsible for a range of painful conditions including rheumatoid arthritis, Crohn's disease, gout and sinusitis. Researchers found that eating 3 grams of fish fats a day relieved joint pain, inflammation, and morning stiffness associated with rheumatoid arthritis (RA) and reduced the drug requirement. In another study of rheumatoid arthritis, patients daily supplementation with 2.7 grams of EPA and 1.8 grams of DHA resulted in striking reduction in the number of tender joints. It also increased the time span before fatigue appeared with these patients. Various other studies have shown that the same dosage of fish oil can reduce the severity of Crohn's disease by more than 50 per cent. This significant reduction made it possible for many patients to stop anti-inflammatory medication and steroids in relation to their condition. How to try it: Taking 1,000 mg is proven to help your heart, but you should up the dose for pain. For

osteoarthritis, try 2,000 to 4,000 mg daily; for rheumatoid arthritis and autoimmune diseases associated with joint pain (such as lupus), consider a much higher dose of upwards of 8,000 mg daily — but ask your doctor about such a large amount first, says Tanya Edwards, MD, medical director at the Cleveland Clinic's Center for Integrative Medicine. (The same rule applies if you take Blood Pressure or heart medications, because omega-3s can thin the blood.) Read the nutrition label carefully: The dosage refers to the amount of omega-3s in a capsule, not other ingredients.

Olive Oil-

Olive oil has been found to contain a natural chemical which acts like the anti-inflammatory pain killer ibuprofen. The active ingredient in olive oil is oleocanthal, which influences the same biochemical pathway as ibuprofen and other non-steroidal anti-inflammatory drugs (NSAIDs). The researchers concluded that 50 grams of extra-virgin olive oil was comparable to about 10 per cent of the ibuprofen dose recommended for adult pain relief. Although headache will not be cured with this, yet regular olive oil consumption is expected to provide some of the long-lasting benefits of ibuprofen.

Top Herbal pain relievers- These are the above board leading herbs used to combat various pains

Arnica: For acute injury or post surgery swelling

What the science says: This herb comes from a European flower; although its healing mechanism is still unknown, it does have natural anti-inflammatory properties. Taking oral homeopathic arnica after a tonsillectomy decreases pain, say British researchers, and German doctors found that it reduces surgery-related knee swelling.

How to try it: Use homeopathic arnica as an adjunct to ice, herbs, or conventional pain medication. Rub arnica ointment on bruises or strained muscles, or take it in the form of three lactose pellets under the tongue up to six times per day.

Aquamin: For osteoarthritis

What the science says: This red seaweed supplement is rich in calcium and magnesium. A preliminary clinical study showed that the ingredients may reduce joint inflammation or even help build bone, says David O'Leary of Marigot, Aquamin's Irish manufacturer. In a study of 70 volunteers published in *Nutrition Journal*, Aquamin users reduced arthritis pain by 20 percent in a month, and had less stiffness than patients taking a placebo.

How to try it: Marigot recommends 2,400 mg a day (two capsules) of Aquamin in tablet form, sold domestically in products such as Aquamin Sea Minerals and Cal-Sea-Um. A 60-pill jar of Swanson Vegetarian Aquamin Sea Minerals costs about \$6

Boswellia

The Indian herb *Boswellia* has been shown in clinical trials to be as effective as conventional drugs for rheumatoid arthritis (RA) pain. India's Council for Scientific and Industrial Research undertook a series of studies to find herbal-based anti-inflammatory products with beneficial effects on rheumatic diseases without side effects. They concluded that Boswellic acids, the active constituents in *Boswellia*, are more potent and less toxic than standard NSAIDs. Boswellic acids are thought to be analgesic and to reduce the production of inflammatory chemicals (leukotrienes).

In a comparative study involving 175 rheumatoid arthritis patients, 97 per cent reported moderate to excellent improvements in pain,

joint swelling and morning stiffness after taking 450 to 750 mg of boswellic acids daily for three to four weeks. These results equaled those for patients taking the conventional drugs ketoprofen and phenylbutazone, but unlike the drug treatments boswellic acids caused no undesirable side effects. As well as supplements, Boswellia is available as a cream for topical application.

Boswellic acids, the active ingredients in Boswellia, are more potent and less toxic than standard NSAIDs. Boswellic acids decrease the production of inflammatory compounds, the leukotrienes that are implicated in many chronic diseases such as rheumatoid arthritis.

Capsaicin: For Arthritis, Shingles, or Neuropathy

What science says: An active component of chile pepper, capsaicin temporarily desensitizes pain-prone skin nerve receptors called C-fibers; soreness is diminished for 3 to 5 weeks while they regain sensation. Nearly 40 percent of arthritis patients reduced their pain by half after using a topical capsaicin cream for a month, and 60 percent of neuropathy patients achieved the same after 2 months, according to a University of Oxford study. Patients at the New England Center for Headache decreased their migraine and cluster headache intensity after applying capsaicin cream inside their nostrils.

How to try it: Capsaicin ointments and creams are sold in pharmacies and health stores. For arthritis or neuropathy, try 0.025 percent or 0.075 percent capsaicin cream one to four times daily; best results can take up to 2 weeks, says Philip Gregory, PharmD, a professor at Creighton University and editor of the Natural Medicines Comprehensive Database. But research on capsaicin and headaches remains limited — and don't expect stronger versions anytime soon: "Current formulations are better suited for more acute

problems, like a sore muscle or an arthritis flare-up, than everyday pain and stiffness," Gregory says.

Curcumin

Turmeric contains the compound curcumin, which is a powerful painkiller known to block inflammatory proteins and enhance the body's ability to suppress inflammation. Turmeric is used in place of NSAIDs without any side effects to the organs including stomach, heart, liver and kidneys. Various studies put forth that curcumin eases the chronic pain of rheumatoid arthritis. The pain relievers found in curcumin stop the neurotransmitter substance P from sending its pain signals to the brain. Curcumin also decreases inflammation by reducing prostaglandin activity. 400 to 600 mg of curcumin should be consumed three times daily. In order to improve absorption, it can be consumed with equal amounts of bromelain, an anti-inflammatory enzyme found in pineapples—20 minutes before meals.

Devil's claw

Devil's claw (*Harpagophytum procumbens*) is a herb that is best known for treating the pain associated with arthritis and one French trial has found it as effective as, and safer than, the anti-arthritis drug diacerhein. Devil's claw, is another herb that is best known for alleviating back pain and arthritis. The active ingredients in this herb native to South Africa; in the roots of this plant are called iridoid glycosides that are responsible for producing its analgesic and anti-inflammatory effects. One four-month study included around 120 people with knee and hip osteoarthritis and put forth that devil's claw decreased pain and increased function as good as a regular osteoarthritis medicine, but with a lot fewer side effects. Two

clinical trials in Germany found that pain intensity, muscle spasms and muscle tenderness were all substantially reduced in patients taking devil's claw extract, compared with those taking a placebo. People with gastric ulcers should consume devil's claw with caution since it increases the gastric acid production.

Feverfew

Feverfew is another herb known to the ancient Greeks and used by them as a remedy for inflammation and period pains. Feverfew contains a range of active compounds called sesquiterpene lactones, the most important of which is parthenolide. Double-blind trials have shown that feverfew can reduce the frequency, severity and duration of migraine headaches if taken long-term. In one such study, reported in the *Lancet*, 72 migraine sufferers took a placebo for a month, then half of them took a feverfew supplement for a further four months (while the others continued to take a placebo). The groups were then switched around for a further four months. Neither the researchers nor the participants in the study knew which group was receiving the feverfew. The conclusion of the study was that feverfew was associated with significant improvements and was free from side effects. However, feverfew is not an effective treatment for an acute migraine attack.

White willow

The famous Greek physician Hippocrates recommended a tea made from willow leaves for combating pain. Only at the end of the 19th century, however, was the bark of the white willow (*Salix alba*) discovered to contain a compound called salicylic acid. Aspirin (acetyl salicylic acid) is a synthetic form of this chemical. Its primary compound, salicylic acid, has many of the same analgesic and anti-inflammatory actions as aspirin. It inhibits prostaglandin production, relieves pain, and soothes fevers. Unlike aspirin, it does

not thin the blood. Nor does it irritate the stomach lining - a common side effect of aspirin. Although it is slower-acting, a supplement of white willow bark can provide all the pain-relieving benefit of aspirin without the drug's notorious side effect of stomach irritation. In a placebo-controlled trial, 39 per cent of patients with lower back pain who took white willow bark extract reported a significant reduction in pain, in most cases within the first week of treatment. This compared with six per cent who reported an improvement while taking a placebo. Although white willow is far less irritating to the stomach than aspirin, people with peptic ulcers or gastritis should still use this herb with caution.

This herb is used to treat fever, colds, headaches, minor infections and pain from inflammation. The analgesic properties of this herb are usually slower to take effect, but last longer than aspirin. Available as capsules and salicin tablets.

CAUTIONS: As with aspirin, there is a rare risk of developing Reye's syndrome. Do not give to children who have viral infections, chickenpox symptoms or flu. Do not combine with aspirin or use if you have an allergic reaction to aspirin.

Tart cherries

According to researchers at Michigan State University, the eating of about 20 tart cherries may relieve pain better than aspirin and may also exhibit antioxidant properties comparable to supplements like vitamin E. That number of cherries are said to contain 12-25 milligrams of the active ingredients, called anthocyanins. Anthocyanins inhibited cyclooxygenase-1 and -2 enzymes, which were the targets of anti-inflammatory drugs at doses more than ten times lower than aspirin. Thus daily consumption of cherries has

shown the potential to reduce pain related to inflammation, arthritis and gout.

Herbs for Acute and Chronic Pain

Some of the favorite pain relieving herbal allies include skullcap, cannabis, valerian, turmeric, poppy, willow bark, St. John's wort, angelica, motherwort, black cohosh, wild yam, lavender, cayenne, kava kava, and rose.

If you suffer from chronic pain, try drinking four to six cups of skullcap infusions daily, or take 10-15 drops of skullcap tincture four to six times daily. Use skullcap as needed, as often as every few minutes, in acute situations. Skullcap quiets the nervous system, and so will be a valuable ally if you suffer from chronic pain. A combination of equal parts skullcap, St. John's wort, and oat straw is particularly effective for calming the nervous system, and thus easing pain.

Cayenne (Capsicum) (I mentioned this a little earlier in this chapter now here is another approach in using this herb.)

This herb is an anti-inflammatory and anti-irritant. It is used as a digestive aid to stimulates gastric juices. It also aids metabolism, and enhances athletic performance by increasing circulation. It is used for treating arthritis, food poisoning, heat stress, migraines , and obesity. Dried chili peppers are used in creams, and capsules.

Capsaicin is known to stimulate the circulation and alter temperature regulation. Applied to the skin, capsaicin desensitizes nerve endings and it has been used in the past as a local analgesic. The capsicidins, found in the seeds are thought to have antibiotic properties.

The herb's heating qualities make it a valuable remedy for poor circulation and related conditions. It improves blood flow to the

hands and feet and to the central organs.

Applied topically, cayenne is mildly analgesic and will increase blood flow to affected parts helping to stimulate the circulation in "cold" rheumatic and arthritic conditions.

Cayenne powder placed inside the socks is a traditional remedy for those prone to permanently cold feet.

Cayenne is taken internally to relieve gas and colic, and to stimulate secretion of the digestive juices.

It is also said to prevent infections from establishing themselves in the digestive system.

CAUTIONS: Do not get Cayenne in the eyes. Be especially careful if you wear contacts.

Kava Piper (methysticum)

Black Pepper Family

This South Pacific herb is an analgesic, sedative, and mild euphoriant. It also has antiseptic properties that may be useful in treating urinary tract infection and cystitis.

Kava lactones have a depressant effect on the central nervous system and are antispasmodic. In addition, they have an anesthetic effect on the lining of the urinary tubules and the bladder.

Kava is also useful in treating headache, anxiety, depression, insomnia and low sex drive.

Kava may be taken long term to help relieve chronic stress, and its combination of anxiety-relieving and muscle-relaxant properties makes it valuable for treating muscle tension as well as emotional stress.

This herb's analgesic and cleansing diuretic effects make it beneficial for treating rheumatic and arthritic problems such as gout. It helps to

bring relief from pain and to remove waste products from the affected joint.

It is available in tinctures and tablets. It should be taken in a form standardized to contain 70% kava lactones.

CAUTIONS: Should not be combined with alcohol or pharmaceutical tranquilizers or antidepressants. Long term usage has been associated with liver and skin damage.

MEADOWSWEEET Useful for relieving abdominal pain.

Turmeric *Curcuma longa*

Ginger Family

Because curcumin (was mentioned earlier in this chapter) is an anti-inflammatory agent, it is said to relieve the aches and pains associated with arthritis; improves cardiovascular conditions; has shown to decrease symptoms of skin cancers and reduced the incidence of chemically caused breast cancer in lab animals; and its oil functions as an external antibiotic, preventing bacterial infection in wounds. Curcumin also reduces an active number of genes which is linked to heart disease, colon cancer and Alzheimer's.

Occasionally shredded and used fresh, turmeric is more often dried and powdered for use. Turmeric extract and turmeric have been used by humans as a food for a very long time, and is believed to have little or no toxicity at all when taken in moderate doses. If consumed in recommended amounts, turmeric extract is generally safe. It has been used in large quantities as a condiment and cooking ingredient with no side effects.

Physicians discourage the consumption of Turmeric Extract during pregnancy or breastfeeding as it might cause uterine contraction. Turmeric Extract should not be used by people with gallstones or

obstruction of bile passages without consulting their doctor.

As always, consult your physician before taking turmeric or any dietary supplement.

Chapter 6: Various Common Herbal Remedies

There are many, many herbal or “natural remedies” in relation to pain. Here are some common ones that are available for various situations involving pain.

Aloe Vera - Works for many things both internally and externally. The gel from the leaf can be taken by the tablespoon for various internal inflammations, including cancer. Externally it can be for skin ailments. It does wonders for minor burns. You can snip of a part of the leaf and place the gel directly on the burn or even minor cuts. I know that many stores sell the leaves one at a time or you can grow your own plant.

Chamomile tea for Digestive Problems- also known as Tisane. This herb relaxes the stomach lining as well as relaxes spasms in the smooth lining of the stomach. It also has antiseptic and vasodilatory effects. It is not recommended for those who are allergic to ragweed.

Caffeine for Pain Relief

Many reports including the Archives of Internal Medicine shows that many popular pain relievers using aspirin, ibuprofen or acetaminophen add about 65 milligrams of caffeine to their pain formulas. Caffeine is shown to help the pain relief in these formulas by 40 percent. Caffeine blocks pain perception, has pain-relieving action, and elevates mood, which also helps minimize pain. Next time you have a headache, wash down your favorite pain pill with coffee or tea for more relief. It also is used to help the bronchial tubes when narrowed by congestion or even asthma.

According to a report in the *Annals of Epidemiology*, the odds of experiencing current asthma symptoms were reduced 29 percent for subjects who drank coffee on a regular basis when compared with non-coffee drinkers. Caffeine also increases athletic stamina.

Evening Primrose Oil for Rheumatoid Arthritis- The Essential Fatty Acids in Evening Primrose Oil are also a powerful anti-inflammatory. The effective ingredient is GLA (*Gamma-linolenic acid*) GLA is an essential fatty acid in the omega-6 family that is found primarily in plant-based oils. University of Pennsylvania researchers gave 37 arthritis sufferers borage oil (which contains GLA) or a placebo, The placebo had no effect, but the herb group reported 45 percent less pain with no side effects. Other studies utilizing GLA obtained similar results. Rheumatoid arthritis requires professional medical care, so consult your physician about GLA.

Feverfew for Migraine Prevention

British scientists at the University of Exeter analyzed six studies of feverfew, concluding that the herb significantly reduces the frequency of migraine occurrence. "In my experience," Duke says, "feverfew prevents migraines in about two-thirds of those who use it consistently." Dosage is generally 50 to 150 mg per day of powdered leaves.

Flaxseed for Osteoporosis

Because flaxseed is a natural hormone replacement therapy, it also mimics HRT's bone-preserving ability. Oklahoma State researchers gave a placebo or flaxseed (1.3 ounces per day) to 38 postmenopausal women for 14 weeks, and measured blood and urine for markers of bone loss and re-growth. The flaxseed group showed decreased bone resorption and calcium excretion, indicating reduced bone loss.

Garlic for Cancer Prevention

Garlic reduces the risk of several cancers. In the long-term Iowa Women's Health Study researchers followed 41,837 middle-aged women. Subjects who ate the most garlic had the lowest risk of colon cancer. A few cloves a week cut risk by 32 percent and greater intake decreased risk even more. While fruit and vegetable consumption in general helps prevent cancer, in this study garlic yielded the greatest preventive benefit of all the plant foods analyzed. Other studies have shown that garlic helps lower risk for prostate and bladder cancers.

Goldenseal for Digestive-Tract Infections

Goldenseal, an herbal antibiotic, is often marketed in combination with echinacea as a treatment for infections, but it is effective only in the digestive tract, not for colds or flu. At the University of Illinois in Chicago, researchers tested goldenseal against *H. pylori*, the bacteria that cause ulcers, and the herb inhibited bacterial growth. For GI infections (ulcer, food poisoning, infectious diarrhea, etc.). Ask your doctor about using goldenseal in addition to medical therapies.

Hawthorn for Congestive Heart Failure

In heart failure, the heart keeps beating, just not as forcefully as it should; people with the condition become exhausted from minor exertion. Many studies show that hawthorn stimulates fatigued hearts to beat more normally. In a study published in *Phytomedicine*, German researchers gave hawthorn (240 mg a day) or a placebo to 40 people with heart failure. Three months later, the hawthorn group was able to exercise significantly longer. "We reviewed much of the published research on hawthorn recently," Blumenthal says, "and 13 of 14 studies showed benefit in heart failure."

Horse Chestnut for Varicose Veins

"Mainstream medicine offers only support hose and surgery," says Blumenthal, "but standardized horse chestnut seed extract has shown efficacy in most clinical trials." At the University of Heidelberg, Germany, 240 sufferers of newly visible varicose veins were treated with compression stockings or horse chestnut (50 mg aescin twice a day). After 12 weeks, both groups reported equal relief. Off the tree, horse chestnuts are poisonous, but commercial extracts are detoxified and safe.

Horsetail for Skin Healing

Before steel wool and abrasive cleansers, this herb helped scour pots and pans. Today it's used to heal the skin. A Spanish study published in *Revista de Enfermeria* showed that horsetail speeds the healing of wounds; it's also used in skin-care products.

Lemon Balm for Herpes

Lemon balm has antiviral action. As reported in *Phytomedicine*, German researchers gave 66 people in the early stages of herpes simplex labialis outbreaks lemon-balm cream or a placebo. The herb group had milder outbreaks that healed faster. Lemon balm is the active ingredient in the herpes treatment *Herpalieve*. "If you have herpes," Duke says, "drink lemon-balm tea. If you have an outbreak, apply lemon balm to the sore."

Licorice for Sore Throat

In a study in the *Journal of Alternative and Complementary Medicine*, researchers gave either a placebo or Throat Coat, a licorice tea from Traditional Medicinals, to 60 sore-throat sufferers 4 to 6 times a day for seven days; the tea tipplers reported significantly less pain on swallowing. Add a teaspoon of chopped or powdered

root to a beverage tea, and feel relief almost immediately.

Papaya for Herniated Disks

Papaya has been used by Caribbean Indians to treat skin wounds and infections and by the Japanese to treat digestive disorders. In 1982, the Food and Drug Administration approved injections of the papaya enzyme chymopapain to dissolve cellular debris in herniated or slipped vertebral disks in the back. Allergic reactions are possible.

Peppermint for Indigestion and Irritable Bowel Syndrome

In ancient Greece, people chewed a sprig of mint after feasts to settle the stomach, a tradition that evolved into our after-dinner mints. German researchers gave 118 adults with persistent indigestion a standard drug (cisapride) or twice-daily capsules of enteric-coated peppermint oil (90 mg) and caraway oil (50 mg), another traditional stomach soother. (The enteric coating allows the capsules to survive stomach acid and release their oil in the small intestine, where non-heartburn indigestion develops.) Four weeks later, the drug and the herb blend produced the same relief. If you use herbal oils, do not exceed the recommended dose, and keep them away from children. You also can brew a peppermint tea, and add a teaspoon of chopped caraway to meals. "When I get indigestion," Duke says, "I go to the garden, pick some peppermint, chew some leaves, and make tea. It works for me."

IBS involves persistent abdominal cramps, bloating, flatulence, and diarrhea or constipation. British researchers at the University of Exeter analyzed five studies of peppermint oil as a treatment, and found that it provided benefit. (See the paragraph above for options and cautions.)

Tea for Bad Breath and Gum Disease

Forget breath mints. Instead, researchers at the University of Illinois College of Dentistry in Chicago suggest a cup of tea (black or green), which contains compounds that stop the growth of bacteria that cause bad breath. An added benefit: Tea helps prevent gum disease, the main cause of adult tooth loss

White Willow Bark for Back Pain

White willow bark contains salicin, a close chemical relative of aspirin. According to a German study of 451 people with low back pain, 240 mg a day of willow bark worked better than conventional therapeutic options. Like aspirin, willow bark can cause stomach distress, and it shouldn't be given to children.

Nutritional Supplements – are also used in the battle against pain. They have been shown to help in chronic pain conditions like arthritis and fibromyalgia. They help repair cell, tissue and bone damage; help lubricate joints and repair cartilage. All these things are associated with chronic pain conditions.

Malic Acid and Magnesium

Particularly when taken together, experts suggest, malic acid and magnesium can alleviate the more painful fibro symptoms. Malic acid is derived from tart apples, while magnesium is, of course, an essential mineral necessary for more than 300 bodily biochemical functions.

Among the most important of these functions are muscular function and the creation/processing of ATP in the body. (ATP, briefly, is adenosine triphosphate, and results from the enzyme-catalyzed processing of sugar and fat.) Magnesium activates the process, and

malic acid helps the body make ATP more efficiently. The recommended dosage for malic acid is 600 mg one to 3 times daily in conjunction with 160 mg of magnesium citrate twice a day.

Possible side effects:

Diarrhea

Nausea or diminished appetite

Respiratory difficulties

Hypotension

Adverse interactions with some medications (including osteoporosis drugs, certain hypertension medications, antibiotics, and muscle relaxers)

S-adenosylmethionine (SAMe)

A naturally-occurring chemical compound found in the human body, SAMe plays an important role in several critical functions, including the immune system response and the creation and processing of chemical neurotransmitters such as serotonin and dopamine. Dosage varies from 400mgs to 1600 daily. For osteoarthritis, 200–600 mg daily is a typical dose.

Possible side effects:

Indigestion and other digestive disorders

Insomnia

More rarely: diarrhea, acid reflux

Caution: those diagnosed with bipolar disorder should not take SAMe; it may increase the occurrence and severity of manic episodes. SAMe may be contraindicated for those taking antidepressants; consult your doctor first (as you should before taking any new supplement or medication).

5-HTP (5-hydroxytryptophan)

There is some promising research on 5-HTP and fibromyalgia, showing that it can reduce tender points and increase serotonin, the “feel good” neurotransmitter. A good 5 HTP dose should range from about 50 to 400 mg. Supplements are available in 5-HTP 50 mg and 5-HTP 100 mg capsules. For depression, the normal dosage will involve intake of a capsule or two once to four times daily for 50 mg 5 HTP pills, while taking three tablets in divided doses are recommended for 100 mg capsule. Lesser doses are usually needed for treating sleeping disorders and for weight loss.

Possible Side Effects:

Loss of appetite,

nausea, and vomiting

Diarrhea Pupil dilation

Muscular coordination problems

Blurred vision

Irregular cardiac rhythms

Caution: Do not take 5-HTP if you’re currently taking any antidepressant.

Vitamin B 12

Good dietary sources of B12 are animal products — meats, fish, eggs — and fortified cereals. It’s not usually found in fruits and vegetables. The current RDA for mature men and women ranges from 2.4 to 2.8 micrograms. You can also take a multivitamin that has B12 in it, or an individual supplement pill for B12 or B Complex (includes B12 as well as B1, B2, B3, and B6).

Vitamin D Research evidence shows a connection between Vitamin D deficiency and general musculoskeletal pain. It's difficult to get all the Vitamin D you need from foods, but it is present in fortified milk products and certain fatty fish (particularly the skins). You can also increase your body's own production of the vitamin with sunlight exposure without sunscreen (just a few minutes a day are all that's required).

The current recommended intake level for vitamin D in the US is 200 I.U. for men and women up to age 50, rising up to 600 I.U. for older patients. Toxicity has been established at 50,000 I.U.

Possible Side Effects:

With too-high intakes of Vitamin D, certain side effects are known:

Nausea

Vomiting

Decreased appetite

Constipation

High blood levels of calcium may also lead to confusion and irregular heart rhythms

Calcium

Helps in strong bone formation, Vitamin D helps in Calcium absorption and utilization. Your body can only absorb about 500-600 mg at one time. The recommended calcium intake for adults is **1,000 to 1,300 milligrams daily**

Folic acid- Folic Acid is a water soluble B vitamin. decreases joint sensitivity and increases your mobility range. Humans need to absorb approximately 50-100mcg of folate per day in order to replenish the daily degradation and loss through urine and bile. A typical daily dose is 400 micrograms. Unit doses of one milligram or greater require a prescription.

Magnesium- important for bone and joint health and reduce some of the side effects of high levels of calcium supplementation. 400 mg per day for men and 300 mg per day for women. These are the minimum US RDA requirements.

Glucosamine (gulcosamine sulfate and N-Acetyl D-Glucosamine) and Crodrotin- These two supplements help with conditions of the knees associated with osteoarthritis. They help in pain relief by healing damage caused by inflammation and friction due to the breakdown of cartilage in the joints. They work together to provide the building blocks for new growth in damaged knee joints. The typical initial *dose* is 1500 mg of *glucosamine* and 1200 of chondroitin daily for 1- 2 months. If a response is obtained, the dose can be reduced to 1000 mg of glucosamine and 800 of chondroitin or less.

MSM(methylsulfonylmethane) Helps to relieve pain by helping to promote healthy tissues and cells. MsM is added in supplements containing SaME and Glucosamine and Crodrotin supplements for pain relief. Recommended dosages for pain relief are from 2000mg daily to 5000mg daily.

Chapter 7: Ayurvedic Medicine

Many indigenous and traditional societies have been using natural medicines for various things including pain for centuries. In this chapter we will briefly look at some alternative healing systems called Ayurvedic Medicine and TCM/Traditional Chinese Medicine and how they work in relation to healing pain.

Ayurvedic Medicine

This system of healing originated in Ancient India 3,000-5,000 years ago . It is one of the longest and oldest healing systems on our side of the universe. In Sanskrit, *ayur* means life or living, and *veda* means knowledge. Because of its linguistic meaning, Ayurveda has been defined as the "knowledge of living" or the "science of longevity.

Ayurvedic medicine incorporates various things in its practice. Ayurveda is a comprehensive medical and spiritual system of wellness. Medical Ayurveda utilizes diet, detoxification, purification techniques, herbal and mineral remedies, yoga, breathing exercises, meditation and massage therapy as part of a comprehensive holistic healing regimen.

According to original ancient transcripts found the purpose of Ayurveda is a comprehensive system that promotes prevention of illness as well as promoting the body's ability to function at optimum levels of health. This is done by creating balance in the body systems. Ayurvedic Medicine is non-evasive and non toxic so it can be used alongside conventional medicine with no conflicts.

Ayurvedic doctors seek to find the imbalances in a person's body before they become illnesses. By correcting the imbalances it is believed that the onset of illnesses can be avoided. It cannot cure

those things that are so far advanced that they require let's say immediate life and death surgical intervention but can be used alongside conventional medicine to speed recovery and help prevent further recurrences of a severe illness.

Ayurveda medicine works on the premise of the basic life force in the body called prana which is similar in Chinese medicine to Qi. In Ayurveda, there are five basic elements that contain prana: earth, water, fire, air, and ether. These elements interact and are further organized in the human body as three main categories or basic physiological principles in the body. These three that govern all bodily functions known as the *doshas*. The three doshas are *vata*, *pitta*, and *kapha*. Each person has a unique blend of the three doshas, known as the person's *prakriti*, which is why Ayurvedic treatment is always individualized. In Ayurveda, disease is viewed as a state of imbalance in one or more of a person's doshas, and an Ayurvedic physician strives to adjust and balance them, using a variety of techniques.

The vata dosha is associated with air and ether, and in the body promotes movement and lightness. Vata people are generally thin and light physically, dry-skinned, and very energetic and mentally restless. When vata is out of balance, there are often nervous problems, hyperactivity, sleeplessness, lower back pains, and headaches.

Pitta is associated with fire and water. In the body, it is responsible for metabolism and digestion. Pitta characteristics are medium-built bodies, fair skin, strong digestion, and good mental concentration. Pitta imbalances show up as anger and aggression and stress-related conditions like gastritis, ulcers, liver problems, and hypertension. The kapha dosha is associated with water and earth. People

characterized as kapha are generally large or heavy with more oily complexions. They tend to be slow, calm, and peaceful. Kapha disorders manifest emotionally as greed and possessiveness, and physically as obesity, fatigue, bronchitis, and sinus problems.

In Ayurvedic medicine, disease is always seen as an imbalance in the dosha system. So the diagnostic process strives to determine which doshas are under active or overactive in a body. Diagnosis is often taken over a course of days in order for the Ayurvedic physician to most accurately determine what parts of the body are being affected. To diagnose problems; Ayurvedic physicians often use long questionnaires and interviews to determine a person's dosha patterns and physical and psychological histories. Ayurvedic physicians also intricately examine the pulse, tongue, face, lips, eyes, and fingernails for abnormalities or patterns that they believe can indicate deeper problems in the internal systems. Some Ayurvedic physicians also use laboratory tests to assist in diagnosis.

Here is a chart of the Doshas

AYURVEDIC BODY TYPES

Physical Characteristics	Vata	Pitta	Kapha
	Thin. Prominent features. Cool, dry skin. Constipation. Cramps	Average build. Fair, thin hair. Warm, moist skin. Ulcers, heartburn, and hemorrhoids. Acne	Large build. Wavy, thick hair. Pale, cool, oily skin. Obesity, allergies, and sinus problems. High cholesterol.

Emotional characteristics	Moody. Vivacious. Imaginative. Enthusiastic. Intuitive.	Intense. Quick tempered. Intelligent. Loving. Articulate.	Relaxed. Not easily angered. Affectionate. Tolerant. Compassionate.
Behavioral characteristics	Unscheduled sleep and meal times. Nervous disorders. Anxiety.	Orderly. Structured sleep and meal times. Perfectionist.	Slow, graceful. Long sleeper and slow eater. Procrastination.

Ayurvedic treatment seeks to re-establish balance and harmony in the body's systems. Usually the first method of treatment involves some sort of detoxification and cleansing of the body, in the belief that accumulated toxins must be removed before any other methods of treatment will be effective. After purification, Ayurvedic physicians use herbal and mineral remedies to balance the body as well. Ayurvedic medicine contains a vast knowledge of the use of herbs for specific health problems.

Of all treatments, though, diet is one of the most basic and widely used therapy in the Ayurvedic system. An Ayurvedic diet can be a very well planned and individualized regimen. According to Ayurveda, there are six basic tastes: sweet, sour, salty, pungent, bitter, and astringent. Certain tastes and foods can either calm or aggravate a particular dosha. For instance, sweet, sour, and salty decrease vata problems and increase kapha. Sour, salty, and pungent can increase pitta. After an Ayurvedic physician determines a person's dosha profile, they will recommend a specific diet to correct

imbalances and increase health. The Ayurvedic diet emphasizes primarily vegetarian foods of high quality and freshness, tailored to the season and time of day. Cooling foods are eaten in the summer and heating ones in the winter, always within a person's dosha requirements. In daily routine, the heaviest meal of the day should be lunch, and dinner should be eaten well before bedtime, to allow for complete digestion. Also, eating meals in a calm manner with proper chewing and state of mind is important, as is combining foods properly and avoiding overeating.

Cost

Costs of Ayurvedic treatments can vary, with initial consultations running anywhere from \$40 to over \$100, with follow-up visits costing less. Herbal treatments may cost from \$10 to \$50 per month, and are often available from health food or bulk herb stores. Some clinics offer panchakarma, the intensive Ayurvedic detoxification treatment, which can include overnight stays for up to several weeks. The prices for these programs can vary significantly, depending on the services and length of stay. Insurance reimbursement may depend on whether the primary physician is a licensed M.D.

Here are some basic Ayurvedic treatments you can do at home:

Ayurvedic Enemas

There are 3 basic types of enemas:

Oil enema (a cup of warm sesame or other oil is used).

Decoction enema (an herb tea (whichever is indicated orally) is taken rectally).

Nutritive enema (composed of warm milk, meat broth or bone

marrow soup).

Ayurveda considers enema therapy a complete treatment for many diseases including constipation distention, lower back pain, gout, rheumatism, sciatica, arthritis, nervous disorders, chronic fever, colds and flu, sexual disorders, kidney stones, heart pain, neck pains, hyperacidity, nervous headache, emaciation, and muscular atrophy.

The following is a formula for basic Ayurvedic anti-vata enema:

- Water (1 1/2 qts)
- Sesame oil (4 oz)
- Honey (4 oz)
- Castor oil (1 oz)
- Anise seed (2 oz)
- Rock salt (1 oz)

Boil the anise seeds and salt from 3-5 minutes in the water, strain, and stir in the remaining ingredients. When the liquid is lukewarm, pour it into the enema bag. Hang the bag so that it is not more than a foot higher than the syringe. While reclining on a mat on the bathroom floor, insert the syringe slowly into the rectum. Try to retain the solution for at least 30 minutes, or longer if possible.

***Consult your physician for any of the enemas you intend to use.**

Enemas should not be used if there is rectal bleeding or diarrhea are present. Oil enemas should not be given if the person has cough, shortness of breath, diabetes, severe anemia, chronic indigestion, the aged, or children below the age of seven years. Decoction enemas are contraindicated in cases of acute fever, cold, paralysis, heart pain, severe pain in the abdomen, or wasting diseases.

**Gas & Abdominal Swelling - Hingashtak
(Regulate and Tonify Digestive Prana)**

- Asafoedita, hing in Sanskrit (3 parts)
- Atractylodes (3 parts)
- Cumin seed (2 parts)
- Caraway seed (2 parts)

- Pippli long pepper (2 parts)
- Black pepper (2 parts)
- Ginger root (2 parts)
- Dandelion root (2 parts)
- Slippery elm (2 parts)
- Green citrus peel (2 parts)
- Rock salt (2 parts)

This formula is taken after eating, relieves gas, abdominal swelling, indigestion, and food stagnation.

Blood Purifier - Triphala

(Eliminate Excess, Clear Heat and Protect Righteous Energy)

Equal parts: *Eblica officinalis*, *Terinalia belerica* and *Terminalia chebula*
 Triphala ("tri" three, "phala" fruits), consists of the combination of the fruit of the chebulic, beleric and emblic myrobalan trees (known in India as harad, behada and amla, respectively). Triphala is used as a laxative but also a rejuvenator. Harada and behada have warm energy, amla is cool. Triphala, therefore, is balanced, a useful formula for cleansing and detoxifying, blood purifier, strengthening of the eyes, counteracts many eye defects, and eliminates redness and soreness. Recommended for everyone, including more sensitive people and vegetarians. Triphala will promote normal appetite, good digestion, increase red blood cells and hemoglobin, and aid in the removal of undesirable fat. Taken regularly, triphala promotes absorption and utilization of the B vitamins. Dosage: As a blood purifier, reducing and cleansing agent, take 2 tablets 3 times per day. As laxative, take 2 to 6 tablets in the evening with a cup of boiled water. For eye problems, crush 2 tablets and steep in 1/2 cup of boiling water, cool, strain and use as an eyewash.

Blood Circulation – Guggula

(Clear Channels, Circulate Qi and Blood)

Guggula is made from the resin of *Balsaodendron Mukul*; Sanskrit, guggullu, English, salai tree, gum gugal or Indian bedellium. Closely related to Myrrh. When fresh, it is moist, viscid and fragrant, with a golden color, it

melts in the sun and emulsifies in hot water. Helps alleviate an accumulation of , thickened cholesterol mucus and other materials in the aging process. Helps circulatory problems, including arteriosclerosis, arthritis, rheumatism, heart problems, high blood pressure, obesity , and enlargement of the prostate. Combined with Triphala, taken in the morning and evening, counteracts obesity, blood disorders, constipation, skin problems, chronic venereal disease, ascites and sores that are difficult to heal. Yogaraj guggula is used in many disorders: sciatica, rheumatism, gout, arthritis, amenorrhea, obesity, painful or arrested menstruation, hemorrhoids, worms, fistula and impotence. It is a rejuvenator and blood purifier, promoting normal circulation, allays pain. Dosage: about 250 to 500 mg. taken twice daily.

Chapter 8: TCM/Traditional Chinese Medicine

Chinese Medicine is an ancient comprehensive system of Health today called TCM or Traditional Chinese Medicine. This system like Ayurveda believes that Qi (Vital Life Force Energy pronounced Chee) has to flow freely throughout the body. When Qi flows free and strong in our bodies we are in optimum health. It is the Qi in our bodies that flow through 20 meridians (channels) or energy systems. There are 12 major and 8 extra that run through the human body. Each meridian is connected to one of our 12 vital body organs.

TCM is premised on the idea of polar balance as in Yin and Yang; as well as the harmony of the natural 5 elements namely Fire, Earth, Metal, Wood and Water. When the polar opposites Yin and Yang are out of whack coupled with inharmonious elements then we have illnesses and disease. TCM is a system of medicine which promotes balance and harmony in the body to maintain a good state of health.

When there imbalance it creates blockage, Qi doesn't flow, we get sick, it's that simple. Traditional Chinese medicine includes acupuncture, diet, herbal therapy, meditation, physical exercise, and massage as its way to maintain health. Pain is believed to be a blockage of Qi as well. Different techniques are incorporated to alleviate the blockage creating pain so the Qi can flow in that area. Good Qi that flows decreases the amount of pain due to congestion.

Here are some TCM herbal formulas you can use at home. Some of the ingredients can be purchased at any place that you can buy Chinese Herbal medicines. **These should not replace going to a Doctor or seeing your doctor to make sure these are right for you and your situation.**

***Many of the formulas say pills because they are pre-made in**

Chinese medicine stores in pill form as well...but you can drink them as teas.....

For Regulating Stagnant Qi

- Chi Poria Cocos (7 parts)
- BupluerumRoot(4 parts)
- Atractylodes(4 parts)
- Chaste berries(4parts)
- Dong quai (4 parts)
- Peony root (3 parts)
- Cyperus rhizome (3 parts)
- Black haw bark (3 parts)
- Wild yam (3 parts)
- Magnolia bark (3 parts)
- Ginger (3 parts)
- Licorice root (3 parts)
- Green bitter orange peel (2 parts)
- Ligusticum wallichii (2 parts)
- Mint leaves (2 parts)
- Gastrodia (1 part)

This is used for mood regulation, depression, stagnant liver chi, nervousness, uneasiness, chest pains, digestive upset, abdominal distention, belching, gas, nausea, Candida, constipation , and many menstrual problems including premenstrual syndrome, irregular periods, and breast distention. It also helps hypertension and hysteria.

Cinnamon Branch Combination

The following formula is for a weaker individual who has profuse perspiration and coldness.

- Cinnamon branch (6-9 gms)
- Peony root (6-9 gms)
- Licorice (3-6 gms)
- Jujube dates (3-5 pieces)
- Fresh ginger (3-4 slices)

Formula for the common cold, flu, fever, headache, intolerance of wind, spontaneous perspiration and weakness. It is also helpful for morning sickness, postpartum treatment, and various skin disorders such as eczema, frostbite, tinea capitis (a fungal skin disease of the scalp). When stiff neck and shoulders are also present, add pueraria root (kudzu), (6-9 gms).

Urinary Infections (eliminate internal dampness and relieve heat from urinary tract)

- Cleavers (chief herb)
- Uva ursi (chief herb)
- Poria (chief herb)
- Marshmallow (assisting)
- Parsley root (assisting)
- Dandelion root (supporting)
- Ginger root (conducting)

This formula is dispersing, diuretic, harmonizes fluid metabolism, overcomes thirst, swelling, and kidney cystitis, weakness. It has

a cool-to-neutral energy. Dosage: for general fluid balance and elimination take 2 or more tablets 3 times per day with warm water. For urinary inflammation, take 2 tablets every 2 hours with 2echinacea tablets.

Gallstones and Urinary Stones

(clear gall bladder and urinary heat and eliminate stones)

- Turmeric root (chief herb)
- Gravel root (chief herb)
- Parsley root (chief herb)
- Marshmallow root (assisting)
- Licorice (assisting)
- Dandelion root (supporting)
- Ginger root (conducting) This formula has a cool energy and is pain relieving, dispersing, detoxifying, and diuretic for both kidney and bladder stones. Helps regulate blood sugar, so it can also help treat diabetes. Dosage: take 2 tablets 3 times per day; for acute conditions take 2 tablets every 2 hours and less often as the symptoms subside. Not recommended for pregnant women.

Heart and Mind

(relieve heart blood circulation, tonify chi, and calm spirit)

- Hawthorn berries (chief herb)
- Salvia milthiorrhiza (chief and conducting)
- Dong quai (assisting)
- Tienchi ginseng (assisting and conducting)

- Motherwort (assisting and conducting)
- Polygala (assisting and conducting)
- Borage (supporting)
- Juniper berries (supporting)
- Codonopsis (supporting)
- Longan berries (supporting)

Acting on the heart and spirit, this formula calms the mind from excessive thoughts, nourishes blood and yin, and assists circulation. It has warm energy. Useful in arteriosclerosis, restlessness, low energy, palpitations, heart pains, and most other heart problems. Dosage: As a tonic, take 2 tablets 3 times per day. For acute conditions, take more as needed. **Not recommended for pregnant women.**

Liver (remove liver stagnation, smooth and regulate chi, tonify liver yin)

- Bupleurum (chief, assisting and conducting)
- Milk thistle seeds (chief and assisting)
- Dandelion root (chief)
- Oregon grape root (chief)
- Angelica (assisting)
- Lycii berries (supporting)
- Cyperus (conducting)
- Fennel seed (conducting)
- Ginger (conducting)

A relatively balanced energy, this formula regulates liver metabolism and dredges and detoxifies the liver while supporting liver yin (blood). It helps hepatitis, chest pains, colitis due to liver irregularities, constipation, cirrhoses, gynecology, and general blood detoxification. It also helps tonify liver blood. Dosage: 2 tablets 3 times per day with warm water.

Liver Chi Regulation (smooth the process of digestion, detoxification, and glycogenesis in the liver)

- Bupleurum (chief herb)
- Cyperus root (chief)
- Magnolia bark (chief)
- Chaste tree berries (chief and assisting)
- White peony root (assisting)
- Bitter orange peel (assisting)
- Lovage root (assisting)
- Cramp bark (assisting)
- Wild yam root (assisting)
- Poria mushroom (assisting)
- Atractylodes (assisting)
- Dong quai (assisting)
- Gastrodia root (assisting)
- Pinellia root (assisting)
- Licorice root (supporting)
- Ginger root (conducting)

This formula regulates liver chi and relieves abdominal and chest pains caused by impaired flow of vital energy and blood. It relieves depression, stagnation, nervousness, premenstrual syndroms, uneasiness, chest pains, digestive upset, abdominal distention, bloat, belching, gas, indigestion, candida symptoms and constipation.

Skin and Genital Herpes (remove damp heat from the lower warmer)

- Echinacea (chief herb)
- Yellow dock (chief)
- Gentian root (chief)
- Goldenseal (chief)
- Bupleurum (chief and assisting)
- Poria (assisting)
- Wild yam root (supporting)
- Marshmallow root (supporting)
- Myrrh gum (conducting)

This formula has cool energy and is detoxifying. Useful in acute or chronic venereal diseases including herpes, pelvic inflammatory disease, leucorrhea, gonorrhea, syphilis and general skin eruptions. Good as a blood purifier and helps to resolve inflammation and pus. Dosage: 2 to 4 tablets 3 times per day with warm water. While taking this formula, patients should be warned not to use any stimulants, including drugs, alcohol, coffee, sugar and acidic foods such as tomatoes and citrus.

Blood Purification, Skin and Inflammatory Conditions

(clear heat)

- Echinacea root (chief herb)
- Goldenseal (chief)
- Chaparral (chief)
- Honeysuckle flowers (chief)
- Forsythia blossoms (chief)
- Sarsaparilla root (chief)

- Yellow dock root (chief)
- American ginseng (supporting)
- Ginger root (conducting)
- Cinnamon twigs (conducting)

This blood purifying formula has a cool detoxifying energy. Useful for inflammatory conditions, skin eruptions, fevers, toxicity of blood and lymph, boils, sores and cancer. It is effective for both bacterial and viral infections. Dosage: 2 to 4 tablets 3 times per day with warm water. For treatment of flu, take 4 tablets with warm water 2-3 times per day. Follow a simple diet, avoiding heating, dispersing and denatured foods, drugs, stimulants, peppers, sugar (including fruit juices and fruits), alcohol and excess meat.

Chapter 9: The Connection between Diet and Pain

There definitely seems to be a connection between pain and diet. Many times pain is the result of some sort of inflammation of tissue. Inflammation by definition is a localized tissue reaction to irritation, injury or infection. Some more common symptoms associated with inflammation is swelling, redness, loss of movement in the area or function. Swelling can be on the skin or internally in the body. When we think of pain and inflammation illnesses like arthritis come to mind. Inflammation is however also a component of chronic illnesses like heart disease and strokes.

It has been found that certain foods cause an inflammation reaction in the body when eaten. These are called pro inflammatory foods. These type of foods because of their pro enflaming nature to the bodies tissue increase pain with chronic diseases that have inflammation. Foods in the category of inflammatory are such foods as: junk foods, foods high in saturated fats like certain meats as well as foods high in starch and sugars. Pro inflammatory foods do just what their name implies it creates inflammation in the body.

The pro inflammatory foods that have unhealthy fats can include those foods that are also prepared unhealthy. Many of these foods are either processed or cooked in unhealthy pro inflammatory fats. This is especially true for those foods that are steeped in saturated and trans fats. Luncheon meats, hot dogs and sausages that are produced with chemicals such as nitrates also are contributors to inflammatory reactions in the body. If you do eat meat it is better to eat lean, preferably unprocessed meats in your diet. They do have unprocessed natural luncheon meats, hot dogs and sausages available today. They have no nitrates or chemicals.

The acid in meats, dairy and eggs that causes the inflammation is arachidonic acid. Although this is a very important acid for our health in excess it creates problems like inflammation. So although it is important we can get sufficient amounts of this acid from lean fat choices. For someone suffering from an inflammatory condition this acid definitely makes it worse. Making low fat choices like skim milk and low fat cheese will not aggravate the inflammatory responses them in the body unless you are allergic to them; and you can still get the required nutrients you need.

Sugar is another source of inflammation in the body. White sugar has no nutritive value what so ever. It is an empty or non nutritive calorie source thus should be avoided all together. Sugar also inhibits the production of T-cells which are necessary for us to fight infections with. It also alters our immune systems. It is recommended that anyone with an autoimmune disease should stay away from sugar all together.

Another source of foods associated with inflammation are the nightshade plants of the vegetable family. This family of vegetables includes potatoes, eggplants and for some people even tomatoes is a problem for them. (Tomatoes do have lycopene which is a very important anti oxidant). Nightshade plant foods have a chemical alkaloid called solanine. Although not everyone is sensitive to solanine and the inflammation problems it can cause; there are some who are. So, it is suggested that you do trials of eliminating certain foods to see if there is an improvement for you when you eliminate them. If it makes a difference to you, then those foods with solanine should be avoided. If you do not have the sensitivity to it then it doesn't apply to you.

Now with all this being said you want to choose those foods that are the least or non inflammatory for your diet. There are also foods that reduce inflammation. By adding those to your diet you can also improve the inflammation that you experience that results in pain.

The Right Type of Fats

There are fats that are considered the right type of fats. These fats actually reduce inflammation. Foods containing Omega 3 fatty essential acids are one type of good fat to add to ones diet. These fats are found in foods like cold water oily fish, walnuts, flax seeds and pumpkins seeds. For those that don't particularly care for these foods there are vitamin omega 3 fatty acid and fish oil supplements on the market that one can take. It is recommended that it is taken in 1000 to 3000mg per day for anti inflammatory purposes. Of course check with your physician to make sure that is the right amount for you.

Olive oil is another oil that is good for anti inflammatory purposes. You can add this to your diet by cooking with it or adding it to salads. Other healthy oils include rice bran oil, grape seed oil and walnut oil. All of these have healthful benefits including anti inflammatory properties.

Here is a List of Omega 3 Rich Foods you can use:

Anchovies

Blue Fish

Capeline

Dog Fish

Herring

Mackerel

Sardines

Salmon

Shad

Sturgeon

Tuna

White Fish

Brazil Nuts

Eggs

Flaxseed/Linseed

Hazel Nuts

Hemp Seeds

Pecans

Pumpkin Seeds

Spinach

Walnuts

Protein

Our bodies need protein to build healthy tissue. Lean protein sources are ideal protein for our bodies. Good protein sources include lean meats as in poultry, fish and sea food, legumes and seeds. It is recommended that red meat be avoided. If you do occasionally eat red meat it is suggested that you go for lean cuts of red meat, cuts of bison, venison and other game meats, or the lowest-fat cuts of beef, preferably grass-fed beef.

Other protein sources are Soybeans, tofu, and soy milk. These are three great sources of soy proteins that may help to reduce your pain and inflammation.

A word on Nuts and Seeds

Hazelnuts, peanuts, sesame seeds and sunflower seeds are all good sources of tryptophan. In tests tryptophan has been shown to reduce pain sensitivity approximate one hour after it is consumed. Other sources of tryptophan are dairy products, soy products (soy milk, tofu etc), seafood, whole grains, beans, rice, hummus and lentils

Eat Flavanoids

There is a growing theory that the compounds that give color to fruits and vegetables (Flavanoids) are key in disease prevention. They are thought to slow the bodies process of degeneration, which can be no bad thing for pain sufferers. Try to enrich your diet with foods high flavonoids such as apples, green tea, onions, soy, and grapes.

Foods Containing Flavanoids

Apples

Grapes

Green Tea

Onions

Soy

Eat Anti-oxidants

The rule of thumb is any plant food sources such as fruit and vegetables that are rich in colors have antioxidants. It is good to have a diet abundant in anti-oxidizing fruits and vegetables for many reasons. In addition to its anti inflammatory properties, anti oxidant foods also fight aging and diseases like cancer. Asparagus, broccoli

cabbage, cauliflower, tomatoes*, avocados, grapefruit, oranges, peaches, and watermelon are all rich in the powerful anti-oxidant glutathione. There is some evidence to show that glutathione lowers the risk of developing arthritis. Other antioxidants are vitamins C and E and can be found in citrus fruits, kiwi fruit, berries and tomatoes.

*Tomatoes considered night shade may irritate some people with inflammatory conditions if they have nightshade plant food sensitivity.

Grapes

The chemical resveratrol, naturally found in the skins of grapes (particularly red grapes), in mulberries, nuts and wine inhibits the enzyme cyclooxygenase (COX). This is same action that aspirin and other anti-inflammatory drugs perform. But there is a beneficial difference; like aspirin resveratrol blocks COX-2 that causes inflammation and pain but unlike aspirin it doesn't block COX-1 which assists in the healing of the stomach lining.

Berries

Berries are also a great food choice, especially blueberries and strawberries which are packed with anti-inflammatory phytochemicals and anti-oxidants. The pigments in brightly colored fruits, vegetables and berries contain many phytochemicals that have anti-inflammatory properties. One example is quercetin, which is found in apple and red onion skins and has strong anti-inflammatory properties.

Eat Oranges

By analyzing the diets of over 25,000 individuals a team from the University of Manchester, UK found that those with beta-

cryptoxanthin in their diet (found in oranges, apricots, nectarines, tangerines, papaya, peaches, plums, and watermelon) were less likely to develop painful inflammatory joint condition. The research, published in the American Journal of Clinical Nutrition, said that as little as a glass of freshly squeezed orange juice was enough to make a difference.

Carbohydrates and Fiber

Most of your carbohydrates should come from whole grains, vegetables and fruits. The bread, cereal and pasta in your diet should be mostly be 100% whole grain products. Whole grains are excellent sources of fiber, and a high fiber diet will reduce your inflammation.

Choose green leafy vegetables, green and brightly colored vegetables and lots of fresh whole fruits. You should eat at least five and preferably more servings of fruits and vegetables each day. Green vegetables and whole fruits are also important as sources of dietary fiber.

Other important Foods with Anti-Inflammatory Properties:

Foods Containing Beta Cryptoxanthin

Apricots

Bell Peppers*(Night Shade some people have a sensitivity to Nightshade foods)

Nectarines

Oranges

Papaya

Peaches

Persimmons

Plums

Pumpkin

Tangerines

Watermelon

Resveratrol

Bilberries

Blueberries

Cranberries

Grapes

Mulberries

Peanuts

Noting stomach pain

There are those that suffer from different stomach conditions causing pain. They too have to control their ailments through their dietary choices. However their choices vary according to their symptoms.

Diet Tips for Controlling Irritable Bowel Syndrome

If you suffer from stomach pain associated with Irritable Bowel Syndrome (IBS) you will need to avoid ingesting any foods that seem to trigger the symptoms of diarrhea, abdominal cramping, or constipation for you personally. You can also reduce the occurrence of stomach pain by avoiding caffeine, alcohol, deep-fried or fatty foods, gas-producing foods, and artificial sweeteners. To help further eliminate the symptoms of IBS you should also eat smaller meals throughout the day, take your time when consuming meals, increase your fibre intake, and drink plenty of water.

Diet Tips for Controlling Lactose Intolerance

If you suffer from lactose intolerance your stomach pain symptoms can usually be traced to the ingestion of dairy products. For the most relief from these symptoms you should eliminate cow's milk, cheese, butter, ice cream, yoghurt, sour cream, and packaged foods that contain lactose from your daily diet.

In conclusion once again we are what we eat can be applied to controlling pain. It is very safe to say that in conclusion the more healthy one's diet is the better they can control their pain. Inflammation is one of the main culprits associated with diet that inflicts pain on us. So the better we control our diets the better chance we have of controlling our pain.

Chapter 10: Final Words

Everyone has pain at some time in their life. Pain is relative not two people react or feel pain the same way. What one person can tolerate another one may find unbearable. Just as there are different tolerance levels to pains threshold there are many methods to help alleviate pain in addition to conventional medical means.

Medicine is a practice based on tried and true methods on a majority of people having the same disease or symptoms. That is why it's called "Medical Practice". Unfortunately not one shoe fits all and what works for one in terms of pain relief may not work as effectively for another. To compound the situation many of the methods to relieve pain do not actually heal the source of the pain but may mask the pain to make it tolerable. Many of the methods to make us cope with pain actually effect other parts of the body and its systems, most of the times unfavorably.

The purpose of this book is not to make you stop going to the doctor, not by any means. Conventional medicine saves millions every day. The purpose of the book is to give the reader insight to the possibility of other alternatives to healing chronic ongoing pain by natural methods that have worked for other people and may work for them as well.

Natural and alternative medicine has been around since the beginning of time. Man has always looked to plants and their medicinal properties to help them in their lives. Today the big pharmaceutical companies go to the forests and bushes throughout the world looking for plants to enhance their pharmacology and then put their medicine on the market for very costly prices. Many people can't even afford the medicine when it first becomes available because it is so expensive.

These are not all the natural cures that are available in the world. It would take me 50 years to compile that much information and maybe more. But these are some tried and true natural means that have helped people in the past and my help someone now. My purpose in writing this little book is to open people's eyes to the vast possibilities that are available to help them help themselves.

I definitely say as my mother used to say to me there is more than one way to skin a cat. My mother was diagnosed with 4th stage colon cancer and was given less than 6 months to live. I found an alternative means to help her with aloe ferox from South Africa. The doctor 2 years later said there were no more traces of the cancer. She was in her 80s. My mother died in the hospital from a fall 5 years after she was diagnosed with cancer not from the cancer itself. I was heartbroken because she beat the cancer and died from carelessness in the hospital. But the point is I was not ready to give up and neither was she and we found alternative means to help her.

If my writing this information helps keep someone here a little longer with less pain than I have more than succeeded in a job that I set out to do. Go to the doctor, take all the help they give but, look for other means as well, there might be one little thing for you that makes the difference between life and death that conventional medicine does not offer. The world is big, no one not even a doctor knows it all. If you can help yourself why not. Of course you can consult the doctor with information based on your condition you research to see if a natural means would help. Most of the times the conventional western practitioner says the alternative methods is not medically based on evidence to prove your research. They may also say its seems safe so go for it. If it can't hurt you in the long run and there are no detrimental side effects then you may hit on something to help you with a chronic condition that has been plaguing you for years. I feel one hand helps the other we need both conventional and natural medicine these days to heal ourselves.