

Suffering from Chronic Pain? Nature Has Answers!



None of us like to experience pain, but it is a part of our lives. Pain is what tells us when something is wrong, when the body has been damaged or injured in some way. Often we know the source of the damage, as when we get bumped, bruised, scraped or cut. In other cases, however, the cause of the pain is not so easily recognized. This doesn't mean that there is no cause; it just means that we aren't perceiving or understanding how the body is being damaged or injured.

Modern pharmaceutical advertising has conditioned people to reach for synthetic painkillers the minute they feel pain. The problem with these painkillers is that they merely numb the sensation of pain. They do not actually relieve the cause of the pain. For instance, over-the-counter headache medications have never stopped anyone from getting a headache. They merely mask the awareness of the headache, while the conditions that caused the headache remain unresolved. Just numbing the pain makes one unlikely to investigate how the body is being harmed, so the damage may continue or get worse.

There's no question that pain-relieving medications are valuable at times, but it's also important to probe more deeply into what might be causing harm or damage to the body and correct it, especially when pain is persistent and recurring.

The "Dark Side" of Synthetic Pain Relievers

Painkilling drugs, if used at all, should be reserved for temporary, short-term relief of serious pain, as all of them have potentially serious side effects when used long-term. Not only can people develop chemical and psychological dependency on many types of pain medication, they can also cause further damage to the body.

For instance, let's look at NSAIDs (Non-Steroidal Anti-inflammatory Drugs). These are among the most commonly used pain medications in the United States. Available in prescription and over-the-counter strengths, NSAIDs reduce inflammation and pain by interfering with the body's production of prostaglandins. Some of the most commonly used NSAIDs include aspirin, ibuprofen, naproxen, ketoprofen and celecoxib.

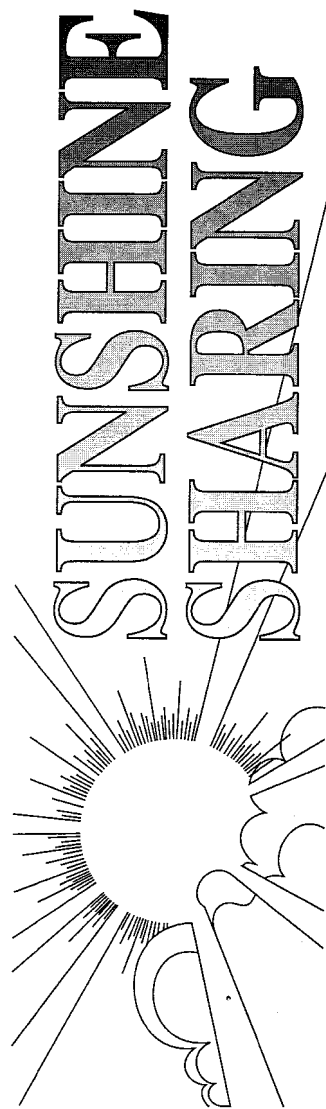
Studies show that long-term NSAID use can increase the risk of serious medical problems, some of which may be life threatening. For example, NSAIDs are a common cause of peptic ulcer disease in the stomach. An ulcer caused by NSAID use may erode into a blood vessel in your stomach or intestine, leading to gastrointestinal bleeding. Symptoms include sharp, persistent stomach pain, vomiting blood and black stools.

NSAIDs may also increase the risk of having a heart attack or stroke, especially if you have pre-existing heart disease. These drugs can increase blood pressure and contribute to the progression of atherosclerosis. In a January 2011 article published in the British Medical Journal, Dr. Sven Trelle and colleagues report that all NSAIDs increase the risk of heart attack and stroke, including ibuprofen.

Taking too many NSAIDs can also cause sudden kidney failure, chronic kidney disease and liver damage. In cases of acute kidney failure, discontinuing the offending NSAID usually leads to recovery of kidney function.

Clearly, there must be better ways to relieve pain, and fortunately, nature has answers. In this issue of *Sunshine Sharing*, we'll explore these natural approaches to pain relief.

Turn the page to learn more about nature's answers to pain...



Your guide to better health the natural way.

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Important Notice

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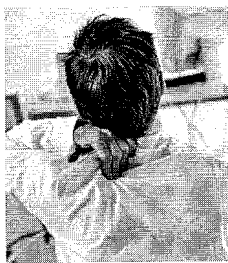
Managing Editor/Writer: Steven Horne
Assistant Writer: Kenneth Hepworth
Editor: David Horne
Associate Editors: Carolyn Hughes, Leslie Lechner, Sharon Grimes

The Basics of Natural Pain Relief

As we've made clear on page one, pain is a signal from the body that something is wrong. So, when we experience pain we shouldn't just look for something to relieve the pain. We need to look deeper and examine the cause. Here are the important things to consider when making lifestyle and dietary changes to remove the root causes of pain.

Dehydration

A primary cause of chronic pain is dehydration. Many people have found that simply drinking more pure water has prevented them from getting headaches, eased joint pain and improved overall health. Try drinking at least 1/2 ounce of pure water per pound of body weight per day. You may be pleasantly surprised at how much pain and discomfort this simple practice eliminates.



Muscle Tension

Another common cause of pain is muscle tension. Muscle tension may be brought on by fatigue, stress, poor posture or repetitive movements over a long period of time. For example, many people who work long hours at a computer get chronic tension in their upper back, neck and shoulders, which can lead to neck pain, back pain and headaches.

If muscle tension is causing your pain, make sure you're getting enough rest and taking periodic breaks from repetitive tasks to stretch and relax. Adopting better posture while sitting or standing will also help. Bodywork, such as chiropractic adjustments or massage therapy, has eased this type of pain for many people. Magnesium helps ease cramping, so try taking 2-4 capsules of **Magnesium Complex** daily. **Kava kava** taken internally and **lobelia** extract applied topically, along with topical analgesics (see next page), can also help.

Oxidative Stress and Inflammation

Pain is nearly always linked with inflammation. Acute inflammation is usually caused by injury, while chronic inflammation is often caused by oxidative stress. In either case, inflammation is a natural process designed to sequester a damaged area, trigger an immune reaction to draw white blood cells to the area and evoke pain. The pain tells us something is wrong and encourages us to not use and further irritate the damaged area so it will have time to heal. As the damage is repaired, inflammation subsides, as does pain, and tissues return to normal.

In chronic inflammation, the inflammatory process continues because the irritation to the tissues is never corrected. Because chronic inflammation is often due to free radical damage, adopting a diet rich in antioxidants is helpful. Since fresh fruits and vegetables are loaded with antioxidants, people suffering from chronic pain should adopt a diet that is at least 60-70% fresh fruits and vegetables. Some people have found that a

temporary diet of 100% fresh fruits and vegetables eliminated chronic pains. You can further alkalize your body by adding **Chlorophyll ES** to your water.

Many herbs and spices are also antioxidant, so including herbs like rosemary, sage, turmeric and ginger in foods can also help. You can also consider an antioxidant supplement, such as **Thai-Go**, **Curcumin^{BP}** and **Super ORAC**.

Omega-3 Essential Fatty Acids

Most modern diets are high in omega-6 fatty acids, but deficient in omega-3 fatty acids. Many researchers have found that the high ratio of omega-6 to omega-3 fatty acids is pro-inflammatory. Decreasing this ratio by consuming **Super Omega-3 EPA** has helped ease pain and inflammation in many cases of chronic pain. It also helps to avoid bad fats (margarine, shortening and processed vegetable oils) and refined carbohydrates, which are also pro-inflammatory.

Toxicity and Stagnation

In traditional Chinese medicine pain is seen as a sign of stagnation. When there is a lack of blood bringing oxygen to the tissues and a lack of good lymphatic drainage allowing an accumulation of acid and waste around the cells, cells cry for help by sending pain signals to the brain. Doing a periodic cleanse, such as the **CleanStart** or **Tiao He Cleanse** has been helpful in reducing chronic pain for many people.

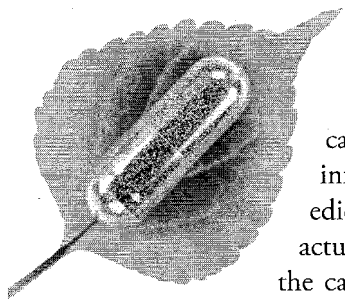


Massage improves lymphatic drainage and brings blood and oxygen to the tissues. Massage can be even more effective in relieving pain when you also apply a topical analgesic like those listed on page three. Deep breathing can also be helpful. Pain is often due to a lack of oxygen in the tissues and deep breathing not only increases oxygen in the body, it also moves lymph.

Moderate physical activity like walking or swimming helps increase lymphatic drainage. Gentle bouncing on a mini-trampoline while deep breathing is an excellent way to move lymph and has proven very effective in reducing many kinds of chronic pain.

Laughter—Still the Best Medicine

Pain can also have emotional triggers, such as grief, depression, anger and fear. The phrase "laughter is the best medicine" is based on a real phenomenon. According to the Mayo Clinic, the medicinal qualities of laughter are real and can help ease pain and stress in your body and mind. Laughing releases endorphins, which are the body's natural pain relievers. Of course, it's difficult to laugh when you're in pain, so try watching a funny movie, reading a humorous book or listening to humorous music to help tickle your funny bone.



Natural Pain Relievers

Nature has many remedies that can help relieve chronic pain and inflammation. Many of these remedies not only relieve the pain, they actually help tissues to heal, removing the cause of the pain. Here are some natural pain relievers to consider.

Natural Analgesics

Most over-the-counter pain relievers are anti-inflammatories. This makes sense, since inflammation is almost always associated with pain. There are two basic types of anti-inflammatories: steroidal and non-steroidal (NSAIDs). As mentioned on page one, these drugs have many long-term side effects. However, there are many natural substances with similar anti-inflammatory properties, and a reduced risk of side effects.

Nature's original NSAIDs are salicins or salicylates which are found in herbs such as willow bark, black cohosh and wintergreen. Aspirin was based on this compound. The herbs containing these natural anti-inflammatory compounds are a milder in their ability to ease pain, but they are effective and safer for long-term use.

APS II with White Willow Bark is a traditional "herbal aspirin" formula containing willow bark, valerian and capsicum. Besides having an anti-inflammatory effect, it stimulates circulation and relaxes tense muscles, which also helps to ease pain. The capsaicin in capsicum also blocks substance P, the neurotransmitter that signals pain.

Corticosteroid drugs mimic the action of a hormone called cortisol produced by the adrenal glands. Many people suffering from chronic pain are also suffering from chronic stress and adrenal burnout. So, supporting the adrenal glands will often help relieve chronic pain.

Licorice root has a cortisol sparing action and is a natural anti-inflammatory. Other herbs that have a cortisol-like pain relieving action include **wild yam** and **yucca**. Yucca is often helpful for chronic muscle and joint pain, while wild yam is better at easing pains in the digestive tract and pelvis. **Adrenal Support** may also be needed if the person is suffering from chronic stress and burnout.

Topical Analgesics

Natural analgesics often work faster and more effectively when applied directly to painful joints or muscles. They are even more effective when used as part of a pain-relieving massage, which stimulates blood flow and lymphatic drainage.

The **Tei Fu oil** blend is a wonderful topical analgesic. It contains wintergreen, a source of natural salicylates, which eases pain when applied topically. It is available as just the oil and as a massage lotion. Another pain-relieving blend of essential

oils is **Deep Relief**. It contains clove, nutmeg and ginger, all of which stimulate circulation and have topical analgesic properties.

For joint pain, try using **Tei Fu Massage Lotion** along with **MSM/Glucosamine Cream**. MSM is anti-inflammatory and promotes tissue healing, while glucosamine helps with cartilage damage. When used regularly several times daily, this team is not just a temporary measure to ease pain; it actually helps joints heal, especially when coupled with better hydration, dietary changes and other natural healing techniques.

Anti-inflammatories

There are herbs that have no analgesic activity, but can still be useful in easing pain. Remedies that reduce inflammation can be very helpful for both acute and chronic pain. These include turmeric, devil's claw, boswellia, chamomile, feverfew and mangosteen.

Curcumin^{BP} is a standardized extract of turmeric enhanced with black pepper. It has a powerful anti-inflammatory action and it is very helpful for relieving joint and digestive pain.

IF Relief contains the anti-inflammatory ingredients turmeric, boswellia, mangosteen and andrographis along with the analgesic white willow bark. It is a very helpful remedy for many types of pain. It is especially useful for easing pain and speeding healing after injury or surgery.

Relief Formula has a number of anti-inflammatory and analgesic ingredients—turmeric, boswellia, hops, mangosteen, andrographis and willow bark. It also contains an extract of Phellodendron bark, which is a natural substance that inhibits pain in the same way as most NSAIDs. Besides these herbal ingredients, it contains dl-phenylalanine, which helps the body to make natural pain-relieving neurotransmitters and protease enzymes, which are naturally anti-inflammatory.

Nervines and Sedatives

Since tension and stress contribute to pain, remedies that help the body relax and promote sleep can also be helpful for pain. **Valerian**, **kava kava**, **lobelia**, and **wood betony** are examples of herbs that ease pain by reducing tension and stress.

Nerve Eight is both a relaxing nervine and an anti-inflammatory analgesic. It contains white willow and black cohosh, with their analgesic salicylates. It also has relaxing nervines

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Additional Help and Information

For more information on natural pain relief, contact the person who gave this newsletter to you or seek professional help. You can also consult the following sources:

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light
Nature's Pain Killers by Carl Germano and William Cabot
Reversing Chronic Pain by Maggie Phillips



Are You In Pain?

Learn how natural remedies can ease your suffering inside this issue of *Sunshine Sharing*.

Everyone experiences pain at some time in their lives, but if you want to get rid of pain permanently instead of just masking it with pain-killing drugs, then you need to understand what your pain is telling you.

Finding the underlying cause of your pain and removing it will actually get rid of it, rather than just masking or dulling it.

Fortunately, nature provides many tools to help you permanently relieve pain, by healing its cause.

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like valerian, hops and wood betony, along with the anti-inflammatory herbs devil's claw and ginger.

Vulneraries

Vulneraries are herbs that help tissues to heal. While not directly pain relieving, vulneraries are possibly the ultimate pain relievers, because they help to remove the cause of a person's pain by helping tissues return to their normal state. These remedies can be taken along with analgesics and anti-inflammatories to help permanently ease pain due to tissue damage.

For instance, **Joint Support**, is a traditional formula for easing arthritis pain by reducing inflammation and promoting healing of joints. It contains yucca, black cohosh and white

willow as natural analgesics, plus herbs like horsetail, celery, alfalfa and burdock to promote healing of joints.

PLS II is another vulnerary formula that can ease pain by healing tissues. Originally designed as a poultice formula, you can empty the capsules, mix the contents with a little water or aloe vera juice to make a thick paste. This can then be applied topically to insect bites, swellings and minor injuries to promote healing and ease pain. PLS II can also be taken orally to reduce irritation in the gastrointestinal tract, respiratory and urinary systems.

There are many other natural ways to remove the cause of pain by healing tissues, reducing inflammation or relaxing muscles. For more specific help, contact the person who gave you this newsletter. They can provide you with additional support and ideas.