



Clinic Newsletter

Natural Pain Relief

Pain, like most symptoms, is a message from your body/mind alerting you to some kind of problem that needs addressing. The obvious answer is to stop what you are doing that may be causing the pain. It may be a strained muscle or sprained joint in which case PRICE (Protect, Rest, Ice, Compression, Elevate) is your first course of action. However, sometimes it is not clear what originally caused and what is prolonging the pain - for example, just bending over in the shower shouldn't cause a massive back spasm. Often there are chronic or recurring emotional, social or activity related issues that predispose you to pain.

Harness your Body-Mind

Address stress or emotional needs (see our Newsletter on stress management). Your imagination can be a powerful tool - imagine a fireman hosing the inflamed, painful area down with cool, fresh glacial water. Imagine your pain is controlled by a dial - slowly turn the dial down and experience the pain reducing in intensity.

Diet

Eat a good, healthy diet with plenty of oily fish (salmon, sardines, mackerel, herring, trout, pilchards), vegetables, nuts and seeds.

Avoid foods to which you are sensitive (see Newsletter on allergies)

Nutritional Supplements

Omega-3 Essential Fatty Acids from fish oils or flaxseed are known to reduce inflammatory chemicals and to support health.

Recommended dose 3000mg daily.

Bromelain is an enzyme extracted from the stem of the pineapple plant. It limits inflammatory reactions and chemicals.

Recommended dose 600mg daily

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Astaxanthin is the active sunlight protecting ingredient in some algae and also gives salmon and shrimps their red colour. It is a powerful antioxidant and helps prevent cellular damage so reducing inflammatory reactions.

Recommended dose 3mg daily

DLPA is an amino acid that works by prolonging the body's own natural pain-killing response. It inhibits enzymes which break down endorphins. (Should not be taken with some anti-depressants).

Recommended dose 750mg daily

Glucosamine HCl is one of the building blocks for repairing cartilage in joints. It is often used in combination with MSM.

Recommended dose 1500mg daily.

Underlying Causes of Increased Pain, Weakness and Inflammation

Are you exercising regularly to keep your body strong and fit?

How is your posture?

Is your weight contributing to your pain?

Are you eating foods or drinks that may promote inflammation in your body (e.g. sugar, refined flour products, caffeine, dairy products, trans-fats, alcohol)?

Have you been exposed to toxic substances or illegal drugs?

Do you take a lot of medication?

Are you stressed?

Are you meeting your emotional needs? (Your physical body and emotional mind are inextricably linked and will *always* affect each other. See my website for more details on the messenger molecules called neuropeptides which are released constantly throughout your body and brain in response to every function of your body).

Is there trauma involved (physical or emotional)?

What was going on in your life at the time the pain started?

Do you suppress your feelings or have you learnt to ignore or deny your feelings?

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Allergies

An allergy is a bodily response to a substance which causes mild to severe symptoms. The most common allergies are those caused by food and our environment. Here we will look at environmental allergies (please ask for our Newsletter about food allergies and intolerances). Predisposition to allergies is hereditary and those of you who have a family history of allergies will probably have a lower tolerance. Stress, poor diet, illness and smoking can all cause a strain on the health of your body and make it more likely for you to develop allergies.

The most common allergies during the summer months are grass, weed and tree pollen (hayfever) but year round are house dust mites, moulds, animal hair, chemicals and cosmetics. These may trigger an immune response from the body e.g. sneezing, stuffy nose, itchy throat, headache, tiredness, coughing, itchy eyes, skin rash and may aggravate other autoimmune conditions including asthma, bronchitis, rheumatoid arthritis, eczema, thrush and migraines.

Prevention/Limitation of Exposure

Pollen

Keep windows close to limit pollen getting in and consider an air filter

Avoid going outside at high pollen times usually between 10am and 4pm, check the BBC pollen count service on Ceefax.

Take a shower and wash your hair when you get home to get rid of any clinging pollen.

Keep car windows closed and make sure the pollen filter is renewed at least annually.

Dust Mites

Avoid fitted carpets, limit soft furnishings. Have hard floorings with rugs. Leather upholstery is best.

Vacuum carpets daily, hard floors at least twice weekly. Use a mask to limit inhalation.

Use a damp duster to dust the house at least weekly and wash bed linen weekly. Use bed linen with a high thread count (percale).

Ultrasound dust mite controllers have been shown to reduce symptoms by up to 25% which may be helpful if you have severe symptoms.

Mould spores

Clean areas with a tendency to mould regularly and avoid by better ventilation, drainage or using a dehumidifier.

Raising General Health/Resistance

Take care of your physical health

Eat plenty of fresh fruit, vegetables, whole-grains, seeds and quality fish and meat.

Drink 1 to 2 litres of water daily

Exercise aerobically (that means getting a little out of breath) at least 30minutes 5 times per week

Get 8 hours sleep every night.

Manage Stress

Ask for our Newsletter on stress management techniques.

Take a good quality multivitamin and mineral and essential fatty acids (we recommend Higher Nature multis and fish oils)

Try sea air breathing (or use a salty inhaler). Breathing salty air reduces inflammation and irritation of the respiratory tract and lungs.

Some people find that **homeopathic remedies** can reduce symptoms. These should usually be taken a couple of months prior to exposure.