

Pain Relief

a holistic approach



Sandra Cabot MD

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The suggestions, ideas and treatments described in this book must not replace the care and direct supervision of a trained health care professional. All problems and concerns regarding your health require medical supervision. If you have any pre-existing medical disorders, you must consult your own doctor before following the suggestions in this book. If you are taking any prescribed medications you should check with your own doctor before using the recommendations in this book.

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About the Author



Sandra Cabot MD is a medical doctor who has extensive clinical experience in treating patients with chronic medical problems, liver problems, hormonal imbalances and those who present with troubling and chronic pain. Dr Cabot works with other medical doctors and her team of naturopaths in Sydney Australia and Phoenix Arizona in the USA.

Dr Sandra Cabot began studying nutritional medicine while she was a medical student and graduated in medicine with honors from Adelaide University, South Australia in 1975 .

During the early 1980s Dr Cabot worked as a volunteer in the largest missionary Christian hospital in Northern India, tending to the poor indigenous women and has become a pioneer in the area of holistic healing. Dr Cabot has written over 30 books on health including the award-winning *Liver Cleansing Diet* and other titles which cover a wide range of health issues including diabetes, alzheimers disease, fatty liver, breast cancer, hepatitis to mention a few.

Sandra is a pilot, and is as passionate about her flying as she is about helping her patients and regularly combines the two pursuits as a proud supporter of the Angel Flight Charity to ferry patients from remote districts to metropolitan areas for medical treatment.

Dr Cabot believes the most important health issues for people today are:

- The control of obesity and the prevention of diabetes
- Educating our children about self esteem, good diet and healthy lifestyle
- The use of specific nutritional supplements to treat and prevent diseases
- Educating doctors and naturopaths so that they can work together using evidence based holistic medicine to achieve the best outcomes for patients
- The effective treatment of mental and emotional illness
- A supportive and well educated community where people have the confidence and knowledge to find the best health care

Foreword

I became interested in treating painful conditions, not only because pain of many forms is a common problem about which I am consulted in my medical practices in Australia, but because I suffered with severe migraines and fibromyalgia for over 20 years and had to use analgesics too often. I hated using these drugs because it would take me several days to recover my wellbeing after using them. They made my kidneys ache and made me nauseated and obviously did not treat the cause. I thought it was my lot in life as I had witnessed my father take way too many analgesics (he used a powder called Bex, which was quite toxic in excess amounts, but he did not know any other treatments). Bex powders contained paracetamol (acetaminophen), aspirin and caffeine and over many years Bex damaged his kidneys resulting in high blood pressure, which caused a massive stroke when he was 71 years of age. I was only 37 years old when I lost my lovely father, who was a kind gentle man and I was gutted.

At the age of 63, I am now free of migraines and fibromyalgia because I changed my diet and lifestyle and took supplements. The things that helped me most were supplements of magnesium, selenium and eating more oily fish, especially sardines. I also took vitamin D 3 and got more sunshine. I did not have to work less or study less, as I had much more energy because I did not need to take analgesics.

I found magnesium so effective in preventing my headaches and muscle pain that I formulated a magnesium powder called Magnesium Ultrapotent, which contains four types of well absorbed magnesium salts and the amino acid taurine. I take 2 teaspoons daily in water and cannot live without it – I am dependent on magnesium. In hindsight I can see that my father needed magnesium which would have reduced his migraines and helped to control his blood pressure. I call magnesium “The Great Relaxer” as it helps to relax the muscles all over the body including in the artery walls, which is why it reduces high blood pressure and the arterial spasm that causes migraine.

Introduction

Understanding and effectively treating chronic pain can be a difficult and sometimes perplexing task for healthcare professionals. It can also be very frustrating, depressing and demoralising for afflicted patients! Thankfully a holistic approach to most chronic pain conditions can bring a large amount of relief and often a complete resolution of pain.

Dr Sandra Cabot has practised clinical medicine for over 40 years and has an enormous amount of experience using holistic strategies. The strategies in this book are based upon her clinical experience, as well as traditional and modern day research.

Chronic pain is pain that has been ongoing for several months, or even years. Long- term illnesses, injuries, infections, and inflammatory diseases are the most common cause of unrelenting pain. Sometimes, there may be damage to the nervous system, or problems involving blood vessels that result in chronic pain. Whilst the cause for chronic pain may be quite apparent and discernible on a scan or pathology test, there are many times where no obvious cause can be found, and the pain may involve a psychological aspect.

The most common types of pain afflicting humans come from the joints, nerves, ligaments, tendons and connective tissues. This is usually seen in lower back pain, neck or shoulder pain, tendinitis, fibromyalgia or arthritic-type pain. Other types of pain come from chronically over-tight muscles or nerve pain such as sciatica, neuralgia or shingles. Peripheral neuropathy is a nerve pain which is felt in the extremities (arms, legs, fingers and toes). Frequent headaches are extremely common and may be classified as migraines, cluster headaches, trigeminal neuralgia or tension headaches.



Chronic sinusitis is a common cause of frontal headaches and pain around the eyes and in the cheeks, and may refer pain to the back of the neck.

Women of premenopausal age frequently suffer from gynaecological pelvic pain and low back pain associated with their menses (periods), ovulation pain or endometriosis. Interstitial cystitis can cause pelvic pain and pain during urination. Chronic pain associated with cancer is another form; the list of ways in which pain presents is practically endless.

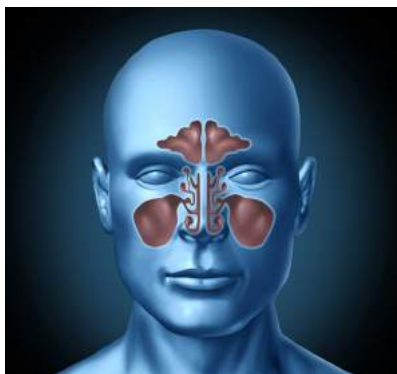


Illustration shows the sinus cavities

Wherever there is inflammation or disease affecting a body part or organ, there is potential for chronic pain.

The key to effectively treating any pain, and indeed chronic pain, lies in isolating its real cause.

Inflammation

There exists a common theme amongst most painful conditions, and it is INFLAMMATION!

So what is inflammation? Put simply, it is your body's physiological response (produced by the immune system) to facilitate healing of an injury or infection or any attack upon your tissues.



Inflammation can be felt as swelling, redness, heat and pain. Where a real problem exists though, is when there is chronic inflammation, or unresolved inflammation, and this perpetuates a 'domino effect' which can undermine your health and wellbeing.

Inflammation in the tissues can be caused by an over-abundance of free radicals or oxidation in our cells. This is seen more commonly as we get older, as our immune system becomes less able to protect us against inflammation. Damage caused by inflammation over a long period of time can create tissue destruction, leading to degenerative diseases, scar tissue and premature ageing.

Below is a list of causes of excessive inflammation: -

- Autoimmune genes, which you may inherit
- A poor diet, high in 'inflammatory causing' substances such as sugar or foods that you are allergic to, such as gluten or dairy
- Leaky gut
- Fatty liver
- Trauma from accidents and injuries
- Wear and tear on the joints, ligaments and tendons
- Adrenal insufficiency
- Obesity
- Immobility or not enough exercise leads to poor circulation
- Viruses such as Ross River Virus or Dengue fever virus or the herpes virus (shingles)
- Chronic infections in the sinuses, intestines and other nooks and crannies in the body
- Pro-inflammatory hormones

I have come to appreciate during my 40 years of clinical medical practice that a total or holistic approach is by far the best strategy to dealing with most types of chronic pain, including inflammatory pain. I know that very often, chronic pain can be greatly assuaged or relieved using safe, natural therapies, yet so many people are completely unaware of these wonderful tools.

Your Natural Pain Relieving Tool Kit

Detoxification

To start with, a simple 2-week detoxification is a great way to reduce inflammation in the intestines, the liver and the whole body.

Dr Sandra Cabot's 2 week liver detoxification program

Drink 10 glasses of water daily – drink it throughout the day

Start the day with a glass of water containing the juice of a freshly squeezed lemon or lime

Eat ONLY the following during your 2 week detox –



Fruits and vegetables - the fruits and vegetables can be raw and cooked. You may have any vegetable you want including starchy vegetables such as sweet potato, carrot, parsnips and turnips etc.

If you make a vegetable soup, you may use vegetable stock, Herbamare or miso to flavour it. To cook the vegetables, you may use the following methods - steam them, roast them or stir fry them with olive oil. You can spread or paste the vegetables with a thin layer of olive oil or coconut oil before you roast them in the oven.

Do not use a microwave oven to cook your vegetables or fruits, as this is irradiating your food and will damage the cell structures in the vegetables and fruits. You can stew the fruits in their own juice and water with a tiny amount of honey or stevia. Cinnamon sticks add a nice flavour to stewed fruits. While on detox, purchase organic fruits and vegetables.

Salad dressing ingredients – you may use cold pressed olive oil or macadamia oil, coconut oil, apple cider vinegar, mustard, fresh lemon

or lime and fresh or dried herbs. Mix ingredients in a jar and shake or whisk with a fork or blend in a blender.

Raw nuts and seeds – you can choose any seeds (pumpkin seeds, hemp seeds, chia seeds, ground flaxseeds) and any raw nuts. Tahini and hummus are allowed and make a nice dip with avocado and lemon.



Milks – only coconut or almond milk is allowed

Drink 8 ounces to 10 ounces (250 to 300mls) of raw juice daily – best ingredients to juice are parsley, basil, mint, carrot, cabbage, beet, green apple, lemon, orange and ginger. You can also add a cruciferous vegetable to the juice such as kale, broccoli, Brussels sprouts or cauliflower.

Take a powerful liver tonic such as Livatone Plus which contains Milk Thistle, Turmeric, B vitamins and the amino acid Taurine plus organic Selenium to support the detoxification process in your liver.

For information about selenium see www.seleniumresearch.com

Super foods to detox

- Garlic, fresh ginger, curry and turmeric
- Broccoli sprouts powder or capsules
- Glutamine powder heals a leaky gut
- Organic apple cider vinegar

You may want to do this detox diet several times during a year to keep your total body toxin level at acceptable levels.

Supplements during your Detox

- Livatone Plus - two capsules twice daily with food
- FibreTone 2 teaspoons twice daily
- Glutamine Powder 1 tsp daily in coconut milk

How do you know if you need a Detox?

- Look at your tongue - is it coated?
- Constipation and abdominal bloating
- Fatty liver and excessive weight

- Allergies and skin rashes
- Fatigue which is unexplained
- Headaches
- Recurrent sinus infections

DO NOT USE A MICROWAVE OVEN – You are eating food damaged by ionizing radiation

If you have sluggish bowels, you can take a formula called *Colon Cleanse Capsules* to increase elimination via the bowel actions. Whenever you are detoxifying your body, including reducing your food intake, it is important to drink plenty of fresh clean water to flush out the toxins you are trying to eliminate from your body. I recommend that you drink 10 glasses of fresh clean water every day. Herbal teas can be substituted for water.

Probiotics

Inflammation can be greatly reduced in the intestines, and indeed the whole body, by taking probiotic supplements and fermented foods. These 'live organisms' encourage friendly, good bacteria to colonise in your intestines, which in turn revitalize your whole immune system.



Healthier Dietary Choices

Try eliminating unhealthy inflammation-producing processed foods, especially gluten and sugar from your diet.

Increase healthy, anti-inflammatory fats such as oily fish, hemp seeds, flaxseeds, chia seeds, walnuts, avocados, coconut oil and its flesh, as well as cold pressed olive oil.

Fresh, raw vegetable juices are a good way to increase your intake of antioxidants (the destroyers of free radicals which cause painful inflammation). Choose ginger, mint, parsley, celery, rocket, cabbage, carrot, green apples, limes and lemons. These juices have wonderful pain-killing activities, and often work within 1-hour. Give it a try.

Supplements to Reduce Pain

Vitamin D 3

This vitamin is really a hormone and reduces inflammation throughout the whole body. People who are deficient or low in vitamin D often suffer chronic bone pain or fibromyalgia. If you have low blood levels of vitamin D, it can take much longer to recover and heal after injuries to bones, muscles, ligaments and joints, therefore causing you to suffer

Vitamin D Foods



from more pain unnecessarily. High doses of vitamin D such as 10,000 IU daily may be required for 4 weeks to speed healing.

The body naturally receives vitamin D from sunlight, but it can also be found in foods such as oily fish, canned fish, cod liver oil, liver, eggs, dairy products and fortified juice. It is also available in supplement form, with the current recommendation being that you take between 400 and 1000 IU of vitamin D3 daily. Many people, especially those who avoid the sun or those living in cold countries, need much more than this, and doses of around 5000 to 10,000 IU daily may be needed before you can get your blood levels of vitamin D into the higher desirable range. In people with a severe vitamin D deficiency, especially those living in cold climates or those with poor intestinal absorption of vitamin D, the use of vitamin D injections containing 600,000 IU, can be excellent and give a person all the vitamin D they need for 6 months.

Regardless of how you get it, make sure that you have an adequate amount of vitamin D in your body. It is easy to check your body's levels of vitamin D with a simple blood test; if your levels are below or at the lower limit of the normal range please take a vitamin D 3 supplement and get some sunshine on your skin. Recheck your blood levels after 3 months to ensure your vitamin D increases to the higher limit of the normal range. Make sure that you do not become deficient in vitamin D again.

Blood levels of vitamin D

If you have chronic muscular and/or skeletal pain, it is vitally important to ask your doctor to check your blood level of vitamin D. The correct blood test to measure your vitamin D level is called 25(OH) D, also called 25-hydroxyvitamin D3.

The most important factor is your vitamin D blood level. It doesn't matter how much time you spend in the sun, or how much vitamin D3 you take, if your blood level is low, then you're at an increased risk of cancer, osteoporosis and pain. The only way to know your blood level is to have a blood test. We don't understand why people differ so widely in their blood responses to vitamin D supplementation and this is why the only way to determine your blood level is by testing your blood on a regular basis. It's recommended you check your level every three to six months, because it takes at least three months for it to stabilize after a change in sun exposure or supplement dose.

Vitamin D can be measured in two different units of measurement and in the USA the units used are ng/mL. In Australia and Canada the units of measurement are nmol/L.

The normal ranges of vitamin D for blood tests reported by different laboratories and countries vary significantly and you will be surprised by the large range between lower normal and upper normal – see table below

Lower Limit Vitamin D	Upper Limit Vitamin D
75 nmol/L	200 nmol/L
30 ng/mL	80 ng/mL

You don't want to be average here; you want to have levels of vitamin D that optimize your immune system to fight cancer and pain. The optimal levels of vitamin D are higher than the average levels.

I recommend you take enough supplements of vitamin D 3 and/or get enough sunshine to keep your serum vitamin D levels around 150 to 200 nmol/L or 70 to 80ng/mL. Vitamin D 3 supplements are not expensive

Can Vitamin D become toxic?

The best way to optimize your vitamin D level is through sun exposure, but for some people this is not practical or possible, especially during the winter months. As a very general guide, you need to expose 40

percent of your entire skin to the sun for 20 minutes between the hours of 10 am and 2 pm; this is when the sun is at its zenith. There appears to be no risk of vitamin D toxicity from ultraviolet B exposure.

If you're using an oral supplement, recent studies suggest that adults need around 3,000 to 8,000 IU's of oral vitamin D3 per day in order to get blood levels above 40 ng/ml. However, this can vary a lot between individuals.

Even the conservative Institute of Medicine has concluded that taking up to 10,000 IU per day poses no risk for adverse effects.

Excess vitamin D intake can cause elevated blood calcium levels; so don't over dose on it - it's not a case of the more the better. Get your blood level checked every 6 months to find the dose of vitamin D 3 that keeps you in the optimal levels.

Vitamin K

Vitamin K is a fat soluble vitamin that is essential for human health and yet many people do not get enough of this life saving vitamin.

Vitamin K has many roles –

- Essential for blood clotting
- Essential for strong bones
- Slows the calcification of soft tissues eg. arteries and tendons etc.
- Can destroy certain types of cancer cells

There are 3 types of Vitamin K –

- *Vitamin K1* is known as phylloquinone
- *Vitamin K2* comprises a group of vitamins called the menaquinones
- *Vitamin K3* (or menadione) is a synthetic form of vitamin K.

Sources of Vitamin K

Vitamin K1 is present in green vegetables such as broccoli, kale, spinach and other leafy greens, canola, soybean, and other plant oils

Vitamin K2 is present in liver, butter, chicken, egg yolk, certain cheeses, and fermented soybean products such as natto. Intestinal bacteria in the intestines also synthesize it.

Foods rich in vitamin K must be consumed regularly as the liver stores only limited amounts.

Deficiencies of vitamin K can increase the risk of bone loss leading to osteoporosis and fractures which can be slow to heal and very painful. Vitamin K deficiency can lead to hardening of the arteries (arteriosclerosis) which can cause heart pain (angina) and pain in the limbs on exercise (claudication).

Bone Health

I encourage all people with low bone density (osteopenia or osteoporosis) to take a supplement of vitamin K 2. In Japan, vitamin K has been an approved treatment for osteoporosis since 1995.



Protecting Arteries from Calcification

We know that vitamin K helps direct calcium to the bone and holds it there. Vitamin K also helps to keep calcium out of the linings of arteries and other body tissues, where it can build up to dangerous levels. As we age our arteries become stiffer and harder as the body deposits calcium into the artery walls. This problem is known as arteriosclerosis, which can lead to pain in affected organs and limbs.

More studies are needed, but it appears that by regulating calcium, vitamin K simultaneously reduces the risk of both osteoporosis and hardened arteries.

Recommended Dosages of Vitamin K

The average adult ingests 59-82 micrograms (mcg) of vitamin K per day. This is less than desirable for optimal health. The Food and Nutrition Board of the National Institute of Medicine, sets the adequate daily intake as 120 mcg for men and 90 mcg for women. Greater amounts than this may help protect against osteoporosis and calcification of

the arteries. Supplements containing from 25 mcg up to 10 milligrams (mg) of the vitamin are readily available.

The Food and Nutrition Board states that, "No adverse effects associated with vitamin K consumption from food or supplements have been reported in humans or animals."

Caution: Blood thinning drugs (especially coumarin drugs) are affected by vitamin K. Thus you should check with your own doctor before taking supplements of vitamin K.

In Summary

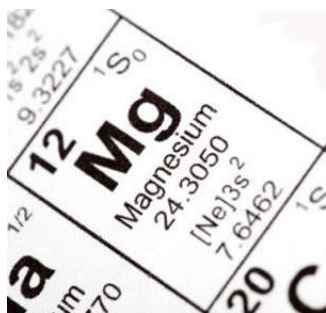
Vitamin K is best known for its role in the liver's synthesis of blood clotting proteins. New research, has demonstrated that vitamin K may play many vital roles in the body to ward off diseases. The role of vitamin K in preventing osteoporosis, hardening of the arteries and killing cancer cells is relatively new and unfortunately not all doctors are aware of this new research. Vitamin K has been recognized as an antioxidant with anti-inflammatory properties.



Vitamin C

Vitamin C is a powerful antioxidant and anti-inflammatory and can therefore reduce some types of pain. It is worth trying, and at the very least it will improve your immune system and gum health. Some people think that vitamin C is a bit old fashioned and forget about it – but it is powerful and remember that Linus Pauling won the Nobel Prize for his research into the healing benefits of vitamin C. Many people are deficient in vitamin C, especially those who do not eat raw fruits regularly. Vitamin C speeds up healing after injuries and fights many types of infections and therefore reduces pain. Doses vary from 500 to 2000mg daily.

Magnesium



This mineral is a powerful muscle relaxer, and reduces painful muscle spasms, cramps and fibromyalgia. It is very useful in treating any painful muscular condition. Magnesium supplements can greatly reduce the frequency and severity of migraine headaches and must be taken every day to prevent headaches. It can also reduce tension headaches and neuralgic pain such as

trigeminal neuralgia. Doses of elemental magnesium required vary from 200 to 400mg daily. I find the powder form of magnesium, such as Magnesium Ultrapotent Powder, more effective and quicker to act than tablets of magnesium. Magnesium should be taken every day to prevent headaches or painful muscle cramps. Magnesium can also prevent the muscle cramps which cause menstrual pain and irritable bowel syndrome.

Powders, such as *Magnesium Ultrapotent*, are available which contain magnesium and the amino acid taurine and this augments the muscle relaxing effect.

Selenium

This mineral is an excellent anti-inflammatory nutrient as it helps the body to make the most powerful antioxidant protector in the human body – namely glutathione. Selenium is especially important in autoimmune diseases where there are high levels of antibodies in the blood. It is also essential to fight chronic viral infections such as the herpes virus (shingles) and Ross River Virus and Dengue fever Virus. Effective doses of selenium range from 150 to 300mcg daily. Many parts of the world have selenium deficient soils, which makes the food deficient in selenium.

N-Acetyl Cysteine (NAC)

NAC is a natural type of amino acid high in sulphur and can assist the body to make the most powerful antioxidant in the body called glutathione. NAC works well in combination with selenium to make

more glutathione and thus reduce inflammation and painful conditions. NAC is excellent for chronic sinus infections, sinus headaches, glue ear and ear pain, chronic lung disease and chronic liver disease.

In patients with frequent headaches, such as cluster headaches or migraines, there is always a large inflammatory component and to prevent these headaches we must reduce inflammation. In such cases I would recommend taking NAC and selenium every day.

***NAC works more effectively if taken with
selenium and vitamin C***

NAC works more effectively if taken with selenium and vitamin C. The dose of NAC is 600mg capsules, 1 to 2 capsules twice daily, 15 minutes before food. Some people can be sensitive to NAC and find it causes intestinal discomfort, in which case lower doses can be used.

Zinc, Manganese and Copper

These minerals can help to reduce muscular and skeletal pain. They are required for healthy cartilage in the joints and also ligaments. A diet high in unprocessed foods such as grass fed meats, seafood, legumes and vegetables can provide a lot of these minerals. Many bone and joint formulas contain these minerals.

Serrapeptase

[Serrapeptase](#) is a proteolytic enzyme originally discovered in the digestive tract of the Japanese silkworm. The enzyme is used by the worms to digest their cocoons.

Serrapeptase has been used to enhance health in Europe and Asia for many years and is now popular as a supplement in the USA.



Serrapeptase can reduce inflammation.

As an enzyme, it breaks down fibrin, scar tissue, mucus and waste

substances that accumulate when the body's natural repair functions are not working efficiently.

Serrapeptase can help the following painful conditions –

- Arthritis – both osteoarthritis and rheumatoid
- Stiff joints
- Repetitive strain injury (RSI) and carpal tunnel syndrome, bursitis, tendinitis and plantar fasciitis
- Spurs on the joints and bones
- Delayed healing of injuries
- Sinusitis and sinus pain, as it cleans out the thick mucus in the sinuses. It will work better for sinus pain if NAC and vitamin C are also used.
- Painful scar tissue and cysts found in women with chronic pelvic pain caused by endometriosis or pelvic infection. For many people, its powerful anti-inflammatory action is a viable alternative to NSAIDS.
- Migraine headaches

Serrapeptase is available in a delayed release acid resistant vegetarian capsule designed for optimal absorption in the intestinal tract. It is taken 15 to 30 minutes before food with a large glass of water.

Daily doses range from 100,000 SPUs to 500,000 SPUs

Note of Caution: Do not take Serrapeptase if you are pregnant or breastfeeding, or if you suffer from any gastrointestinal ulcers. Consult your health care professional before taking this product if you are taking any drug that affects blood coagulation such as heparin, warfarin (coumadin) or aspirin. You can try taking it with food if nausea or other intestinal discomfort occurs.

Green Lipped Mussel

Green lipped mussel extract (*Perna Canaliculus*) is derived from mussels which are a popular type of shellfish, especially in Italian food. The best type is sourced from the beautiful clean waters of New Zealand. It contains omega 3 fatty acids and minerals, and research has shown that it acts like the type of anti-inflammatory drugs known as COX 2 Inhibitors (such as the drug Celebrex). Primary uses of this extract are to aid in regeneration of arthritic or injured joints. Green Lipped Mussel

extract can reduce the pain of many types of arthritis, as well as reduce painful inflammatory bowel disease. It is available in capsule form. Some supplements combine Green Lipped Muscle Extract with other anti-inflammatory compounds such as turmeric and black pepper (BioP).*

Note of Caution: If you have a shellfish allergy, you should avoid Green Lipped Muscle Extract.

Turmeric (*Curcuma Longa*)

This yellow/orange tuber and very popular Indian and Asian spice has been popularly used in cooking, as well as Ayurvedic medicine for centuries. Having undergone extensive research and clinical trials, which showed that curcumin, one of turmeric's major active components, contains very potent antioxidant and anti-inflammatory properties. Sprinkle turmeric into your food or use fresh turmeric on a regular basis. You can also obtain Turmeric (curcumin) supplements containing a high dose of this active anti-inflammatory herb/spice to treat inflammation in the gut, the joints, or anywhere in your body. Capsules are available that contain a combination of Turmeric and Green Lipped Muscle Extract and if taken in a dose of 2 capsules, 2 to 3 times daily with food can reduce arthritic pain, tendinitis and fibromyalgia.



Methyl Sulphonyl Methane (*MSM*)

MSM is a naturally occurring sulphur compound, which plays an important role in detoxification and inflammatory conditions. It assists with joint flexibility and elasticity of connective tissues, and reduces joint stiffness and scar tissue.

MSM not only supports the joints but assists with relieving pain and discomfort. If MSM is combined with Vitamin C and colloidal silica, it can increase collagen which strengthens joints, cartilage and ligaments and reduces skin ageing. This combination is available in powder form as Collagen Food. You will need one teaspoon daily of Collagen Food powder. This powder also promotes healthy skin, hair and nails.

Glucosamine and Chondroitin

Glucosamine has become a very popular pain reliever, easing the suffering of people with inflamed joints (arthritis), especially where the cartilage has been worn away. Supplements of glucosamine are made from shells, shellfish, animal bones, bone marrow or fungi. Chondroitin sulphate is a regular addition to osteoarthritic pain relieving supplements. It is obtained from shark or bovine cartilage and when combined with glucosamine, it also helps to promote healthier joints, making them more elastic and spongy (shock absorbers).

Note of Caution: If you have a shellfish allergy, you should search for glucosamine supplements which do not contain shellfish.

Fish Oil

Fish oil is high in Omega 3 essential fatty acids (EFA) and has been thoroughly researched over several decades. It has proven its validity time and time again in treating inflammatory conditions involving joints, blood vessels, nervous tissue and skin, etc.



Many people who have taken non-steroidal anti-inflammatory medications (NSAIDs) for painful joints have found that by taking a regular dose of fish oil, they have been able to significantly reduce or even completely stop taking their regular anti-inflammatory drugs. It can be that effective! EPA fish oil fights inflammation in the body, regardless of where it is. Take 2 capsules before every meal; some people may need 3 capsules before every meal. If you do not like capsules, liquid fish oil can be taken as an alternative and is healthier than capsules. Fish oil should be taken just before you start your meal. Spend the extra money to get the best brands as cheaper brands may not work as well and are not as clean. Krill oil is not nearly as effective as fish oil.

Calcium

This is a vital mineral for the bones and nerve transmission. Most of the calcium stores are found in the bones and teeth but it is essential for other very important functions too. For pain management, it is important to obtain adequate calcium, but don't over-dose on it, as some research shows it can cause hardening of the arteries or kidney stones if excess amounts are taken. A daily dose of 600mg is adequate. Healthy sources of calcium can be found in tahini, hummus, seaweed, sardines, molasses, pears, beans and cauliflower. Dairy products contain calcium, but in some people the proteins and hormones in cow's milk, can aggravate allergies, mucus production, sinusitis and breast pain.

Ginger

Ginger can reduce nausea, stomach upsets, colic, headaches and painful periods.

Like turmeric, ginger has been used as a spice to flavour food in India and Asia and also for its powerful healing properties. It can reduce nausea, colic, headaches and painful periods. Ginger possesses strong anti-inflammatory action and can also be used as pain relief for arthritic joints. Ginger can be added to food and raw juices on a daily basis to reduce all painful conditions.

Boswellia Serrata (*Indian Frankincense*)

The herb *Boswellia Serrata* has been used for thousands of years for its pain relieving and anti-inflammatory effects. Studies have shown *Boswellia Serrata* can provide relief for conditions such as arthritis, inflammatory bowel disease, cardiovascular inflammation, as well as inflammation associated with cancer. It may also offer some relief from inflammation associated with headaches, fibromyalgia, neuralgia, and arthritis.

NSAIDs are notorious for causing side effects which are difficult to manage, however *Boswellia* acts differently from NSAIDs, and typically has no side effects.

White Willow Bark

The bark of the White Willow contains salicin, which has been used for centuries in China and Europe treating fevers, inflammation and pain. More recently, it was used in the development of aspirin. White willow bark can still be obtained in its natural form and can be used for treating inflammatory pain such as low back pain, osteoarthritis, headaches, and conditions such as bursitis and tendonitis. White willow bark is available in capsules and is sometimes used instead of pharmaceutically manufactured aspirin, as it appears to be less irritating to the stomach lining.

Devil's Claw

Devil's claw has been utilized for thousands of years and contains substances which assist the body to decrease inflammation, swelling and pain. Often times, it is used to relieve back and neck pain and ease muscle and connective tissue pain such as fibromyalgia and arthritis.

Note of Caution: Devil's claw is generally safe however there are a few medical conditions where caution should be given, such as gastric or duodenal ulcers, use of anticoagulant drugs such as warfarin, as Devil's claw may increase bleeding time. If you have gallstones, Devil's claw has been known to increase the production of bile so it may be advisable to consult your Herbalist before taking this supplement. Also if you are pregnant or breast-feeding, Devil's claw is not recommended.

Natural Painkiller: Palmitoylethanolamide (PEA)

Palmitoylethanolamide (PEA) is produced naturally in our own body and has been studied since 1957 and has good analgesic and anti-inflammatory efficacy. PEA has virtually no side effects and has been assessed in clinical trials involving 5000 patients and its efficacy and safety has been documented in more than 500 scientific papers.

PEA is a body-own fatty compound, and is produced by our own living cells to restore balance in chronic pain and inflammation. Its anti-inflammatory and painkilling properties have been known in science for many decades since its first description in 1957. In 1993 the Nobel Prize winner Professor

Rita Levi-Montalcini pointed out the relevance of PEA for medicine, and since then more than 500 scientific papers on PEA have been published.

In summary PEA has the following features -

- painkiller and anti-inflammatory compound
- produced in our cells, it is a natural compound
- protects cells
- is proven to be effective and safe in many clinical trials

Very few side effects are reported with PEA and this painkiller is also easy to combine with all kinds of other medication and analgesics, and is proven to be effective in many chronic pain states.

How does PEA work?

PEA is sometimes referred to as an 'autocoid'. An autocoid is a modulating molecule, produced by our own tissue, and able to modify our own biological balance.

PEA modulates various natural mechanisms of the body, and thus the analgesic effects build up day by day. Most people notice the effects within 1 week, but sometimes 6-8 weeks is required, especially for chronic pain syndromes. To reset the system the molecule needs some time.

Note: Painkillers such as PEA, and also drugs such as Neurontin, Lyrica and Amitriptyline, all need time to reset the system, generally around 1-2 months. Always inform your physician to keep him/her in the loop.

What has PEA been used for?

PEA has been found useful in a variety of chronic diseases, including severe neuropathic pain, sciatic pain, prostate pain, pain after stroke and in Multiple Sclerosis and pelvic pain. Side effects are negligible, due to the fact that this molecule is part of our own body. It has special analgesic properties, and in sciatic pain for instance, it may be more effective than the chemical analgesic called Lyrica (pregabalin).

PEA has been demonstrated in recent trials to decrease pain in diabetic neuropathic pain, herpes zoster pain (shingles), lumbosacral pain (sciatic pain), carpal tunnel syndrome, compression pain, endometriosis pains, and menstrual pains, etc. It has been proven to be effective and safe in many different disorders, from chronic pains up to flu and common cold, due to its intrinsic anti-inflammatory and analgesic properties.

How to take PEA

PEA is available as capsules and cream. PEA can be combined safely with any other drug, painkiller or supplement. There is also available a PEA cream, to enhance the effects of PEA via the thin nerves in the skin.

Start taking 400 mg capsules, 3 times a day. The dose can be increased up to 2400 mg daily. You can double the dose only after 4 weeks, if there is inadequate relief of pain. If pain improves after some weeks to 2 months, you may want to decrease the dose to 400 mg twice daily. If there is no improvement after 2-3 months, stop PEA.

Where can I get PEA?

It is available over the Internet under various brand names. Your doctor can also write a prescription for PEA which is made up by a compounding chemist in capsules of various strengths.

For physicians and pharmacists all relevant information can be found in the peer reviewed journals –[see references- page 63](#).

Rose Hips

Rosehips are obtained from the wild rose species and contain polyphenols and anthocyanins, which can be used to reduce inflammation in the joints. Rosehips are rich in the antioxidant vitamin C, which helps prevent cellular damage in your body. Rosehip extracts are gaining popularity as being an effective alternative treatment if you suffer from osteoarthritis, and has been shown to not only reduce the pain in arthritic joints but to reduce morning stiffness, thereby minimizing the need for additional pain medications. Rosehip capsules and powder can be obtained at health food shops, pharmacies and over the internet.

Apple Cider Vinegar

Raw unprocessed apple cider vinegar is an old remedy that has stood the test of time. It is rich in enzymes and probiotics, which will improve your digestion and it is also filled with powerful minerals such as magnesium, phosphorus, calcium and potassium. These minerals are essential for joint health.

The pectin in apple cider vinegar can help in detoxifying the body from any build up of waste or toxins which may have accumulated in the joints and surrounding connective tissues.

It is important to buy only the organic, raw, unprocessed apple cider vinegar containing the 'mother', to achieve all of the healthful benefits. The easiest way to incorporate this in your diet on a regular basis is to mix 2-3 teaspoons in a small glass of water three times a day to be taken just before or in the middle of meals. Do not take it on an empty stomach.



Emu Oil

The Australian aborigines have used emu fat/oil for its healing and pain relieving properties for centuries. Although it is still regarded as folk medicine by many, there have been some clinical trials which proved emu oil's anti-inflammatory and wound healing capabilities.

Most of the research however consists of anecdotal evidence relayed by people who have used it and had success. Users of emu oil have noted significant reduction in pain in the following conditions: swelling and stiffness in the joints (arthritis), muscular pain and strains, carpal tunnel syndrome, sciatica, shin splints, nerve pain, shingles pain, burns and sunburn; the list is practically endless. Emu oil acts as an anti-inflammatory, anti-oxidant and lubricant relieving many types of pain. It can be applied to the skin or it can be taken in capsule form.

Capsaicin Cream

Chilli peppers contain an alkaloid substance called capsaicin which is found in the seeds (the hot part). Capsaicin has been found to be very useful in treating many types of pain, including arthritis, chronic back pain and pruritis (itching). It is also used to relieve neuropathic nerve pain such as post-herpetic neuralgia, diabetic neuropathy, post-surgical nerve pain and sciatica. When capsaicin cream is applied to the skin over the site of pain or itch, it depletes substance-P, which is

a neurochemical pain transmitter, whereby it helps to desensitize you from the pain – numbing it. Capsaicin creates some heat when it is applied to the skin initially, but this usually dissipates. Some people find the initial burning or stinging sensation uncomfortable, whilst others are completely unaffected. But after several applications, you will know whether this treatment is going to be useful or not. Many people swear by this cream to desensitize them to their pain and because of this, many pain management clinics recommend capsaicin cream as an alternative treatment for chronic nerve pain. Preparations of capsaicin cream are available at pharmacies and chemists.

Cautionary Note: Always use gloves when applying capsaicin cream to the skin. Never touch your eyes or any other mucous membrane or broken skin after you have applied this cream. Wash your hands thoroughly - or you could be sorry (ouch)!

Medication Choices

There are, of course, times in life when pain becomes quite severe, acute and distressing and it may be necessary to bring out the 'big guns' to gain adequate relief. Sometimes pharmaceutical pain relievers are necessary for very strong or intractable pain.



There are pain relieving creams that can be made up by a compounding chemist. An example of such a cream contains pain modifying ingredients such as lignocaine 5%, ketamine 10%, am-

itriptyline 2%, gabapentine 6% and baclofen 2%. These percentages can be changed by your doctor. These are prescription drugs but can be useful for nerve pain, bursitis and pain in scar tissue. The cream is rubbed thoroughly into the painful areas and trigger points for pain. Talk to your doctor about these creams. The cream can be used in combination with natural pain relieving therapies.

Pain patches containing synthetic opioid (narcotic) drugs may be needed to control severe, unremitting pain or cancer pain. Narcotics are excellent pain relievers but have the potential for addiction, so doses must be carefully controlled. Codeine is a synthetic narcotic and a good pain reliever but causes fatigue, sedation and constipation.

Medical marijuana can be an excellent pain reliever and thankfully is becoming more available.

Medical marijuana can be an excellent pain reliever and thankfully is becoming more available.

Be careful with acetaminophen (paracetamol), also known as Tylenol or Panadol, as it is a liver toxin and can easily cause liver damage if used too frequently. Indeed this drug is the most common cause of liver failure in young children.

Aspirin is a good pain reliever in adults, and works quite well to abort a migraine headache, and can stop the aura that occurs before a migraine such as visual disturbances, dizziness or limb weakness etc. Remember to take aspirin with a small amount of food and never on an empty stomach. This medication can cause irritation to sensitive stomachs or peptic ulcers.

The new anti-migraine tablets and sprays such as Sumatriptan and Zolmitriptan may be effective in aborting a migraine headache when it is starting. However they are not effective in preventing a migraine headache. Check with your doctor about side effects.

The three types of medications most commonly prescribed for nerve pain include:

- **Antidepressants** or tricyclic antidepressants (TCAs), such as Amitriptyline and Nortriptyline. The newer selective serotonin reuptake inhibitors (SSRI) antidepressant medications (such as Prozac) are not considered as effective for this condition as tricyclic antidepressants.
- **Anticonvulsants** (also called neuroleptic medications), such as carbamazepine, felbamate, valproic acid, clonazepam, and phenytoin. A newer drug, gabapentin (Neurontin), is also considered effective and is generally well tolerated by most patients. Lyrica (pregabalin) is an anti-epileptic drug, also called an anticonvulsant. It works by slowing down impulses in the brain that cause seizures. Lyrica also affects chemicals in the brain that send pain signals across the nervous system. It is also used to treat pain caused by nerve damage in people with diabetes (diabetic neuropathy), herpes zoster (post-herpetic neuralgia, or neuropathic pain associated with spinal cord injury).
- **Local anesthetics**, such as intravenous or local application of lidocaine, tocainide or mexiletine can often provide relief.

Diazepam is an old drug that can be used to relieve pain caused by muscle spasm and tension headaches. It is often effective in people with severe anxiety but does have a sedative effect.

Cortisone Injections

Corticosteroids are very powerful anti-inflammatory medications which can be administered via injection into very painful, inflamed arthritic joints, tendons and bursae. It is also available in tablets. Corticosteroids are often useful in some cases of pain management, however are not

always effective and I am not convinced they are a long-term solution to dealing with chronic pain due to unwanted risks and side effects.

Side effects of long term use include elevated blood sugar and severe osteoporosis.

Getting a Balance on Pain Killer Usage

It is helpful to know about all types of pain relieving strategies because there are significant side effects experienced by users of pharmaceutical pain relievers such as analgesics, (NSAIDs), immune-suppressants and opioids. These drugs can be wonderful if they are used for short periods of time, but if they are used daily and over a prolonged period of time, they become less effective and toxic to your liver and kidneys. Research at the Mayo Clinic gave an example where the widespread use of high dose paracetamol for arthritis has recently been challenged by the UK National Institute for Health (NIH). They cite concerns that paracetamol is linked to gastrointestinal, cardiovascular and renal damage – their conclusion was that osteoarthritis patients should NOT be routinely advised to use paracetamol.

I agree with these findings, paracetamol is a liver poison, especially in high doses and in the very young and old. Guess what the NIH recommended? – Diet and exercise! Wow that is fantastic, but there was opposition to these findings from rheumatologists – why? Because they do not have many other choices apart from analgesics, NSAIDs and opioids. General practitioners were also unimpressed saying that “We cannot prescribe paracetamol, NSAIDs or COX inhibitors – so we are left with drugs of addiction; so now that paracetamol is dangerous, medicine becomes impossible”.

Hoorah I agree! Medicine becomes much easier to practise if you utilize nutritional therapies and holistic strategies. Governments need to encourage supplement companies to do more research for complementary therapies and the freedom to publish their findings in unhealthy people and disease states. Nutritional medicine should be taught in medical schools on a much wider scale. For the present time, it is up to consumers to be wary and educate themselves, as change takes many years in medicine.

Remember what Hippocrates the father of medicine said – “First do no harm”. That is why I like nutritional medicine, not only is it scientific and logical, it treats the causes of disease, and is remarkably safe!

Bio-Identical Hormones and Pain Relief

Bio-identical hormones can exert natural anti-inflammatory effects and reduce painful conditions. Bio-identical means that the structure and action of these hormones are identical to the natural hormones produced in your body; thus they are considered to be safer long term.

The adrenal hormone called pregnenolone can reduce pain and inflammation and has no side effects. Capsules of pregnenolone 100 to 150 mg are available and are taken in a dose of one capsule twice daily.

Natural progesterone, in the form of a cream or capsules, and in a dose of 30 to 200mg daily, can reduce painful menstrual periods, pelvic congestion, premenstrual headaches, hormonal headaches and endometriosis.

Natural testosterone in the form of creams, troches, a pump and/or injections can reduce painful inflammatory conditions in the back and chest wall in both men and women. Testosterone can strengthen the muscles and ligaments and can be a very good pain killer. Testosterone requires a doctor's script.

In those with low adrenal gland function it is possible to get a significant degree of improvement by using supplements containing whole adrenal gland extract from bovine sources. Capsules are available that contain [whole adrenal gland extract](#) from New Zealand grass fed cattle. The adrenal gland extract contains natural steroid hormones which have anti-inflammatory effects.

Small doses of hydrocortisone tablets (4 to 8mg) can be used to reduce pain caused by inflammation and have less side effects than stronger more synthetic steroid tablets such as prednisone. Hydrocortisone tablets are especially helpful in those with reduced adrenal function. Your adrenal function can be easily checked by measuring the levels of cortisol and DHEA in blood or saliva.

Other Pain Management Options

Back Pain and the Inversion Table

Chronic back or neck pain can be due to “mechanical problems” such as prolapsed or bulging discs, scoliosis, slipped vertebrae (spondylolisthesis) or spurs on the vertebrae, compression of the spinal cord or spinal nerves can result. In such cases the use of an inversion table can often bring miraculous relief. Spinal pain can be a tricky thing, as it can stem from multiple causes, some serious and some not so serious. However one form of therapy successfully used to treat this type of mechanical pain is traction which causes stretching and decompression.

Traction helps to decompress the spinal segments and in turn, take the pressure off of the associated spinal nerves. The inversion table has helped many people experiencing chronic back and neck pain, as well as sciatica, because it utilizes this therapy of traction. It can also save you a lot of money otherwise spent with ongoing chiropractic or physiotherapy treatments.



This method can also help reduce the pain from poor spinal posture caused by scoliosis (curved spine) and excessive frontal curve in the lumbar spine (lordosis). Inversion tables utilize your own body weight plus the force of gravity, whilst you are inverted (upside down) to apply traction to your vertebrae and discs; this decompresses the bones and nerves in the spine.

Note of Caution: Before you use an inversion table, it may be necessary to consult with your doctor if you are experiencing acute neck or back pain to establish the exact cause; or if you have recently had an accident or any trauma. Also if you have heart disease, high

blood pressure, vertigo, eye diseases such as glaucoma or if you are pregnant, you should also consult with your doctor before using an inversion table.

When using the inversion table for the first time, it would be useful to have a person who can supervise you getting on and off safely without feeling dizzy or light headed. If you purchase a motorised inversion table, you can easily adjust the angle of inversion and can be fully in control of the inversion process.

Meditation



There are been hundreds of research studies conducted on the effects of meditation for all types of conditions such as depression, anxiety, post-traumatic stress disorder, stress relief, insomnia, food addictions and chronic pain. In these studies, scientists have shown meditation to be beneficial, though not necessarily a cure. Even so, learning to switch off mentally from the painful sensations in the body, just for 15 minutes several times a day, can help to decelerate or even stop pain in its tracks. Certainly in the early days of learning to meditate, it can be useful to do this with an instructor, someone who can teach you how to disassociate and detach from the pain sensation. After a little while, you will feel much more confident in being able to meditate anytime, anywhere. You don't have to become an expert or a yogi to experience terrific results.

There are many ways to meditate. Do try to find one that works for you. You Tube has lots of free meditations online, ranging from relaxation

music to guided pain relief meditations involving creative visualisation exercises. I love You Tube for this!

One relaxation/meditation technique I like is the Mindful Breathing exercise. It is essentially a breathing exercise to distract you from troubling thoughts and feelings. Below is the exercise for you to try.

Mindful Breathing Exercise

Preparation: Sit or lie in a comfortable position. You may choose to close your eyes or keep them open, if you are feeling tired it may be useful to let just a little bit of light in to keep you awake.

I like Mindful Breathing exercise. It is essentially a breathing exercise to distract you from troubling thoughts and feelings

The Breath: Begin by gently moving your attention onto the process of breathing. Simply observe each breath as it happens, whether you focus on the rise and fall of your chest or on the sensation of the breath in the wind pipe. Really feel what it is like to breath, without feeling the need to alter your breath, just observing it as it happens.

As you engage in this exercise you may find that your mind wanders, caught by thoughts or by noises in the room, or bodily sensations. When you notice that this happens, know that this is okay; simply notice the distraction but gently bring your attention back to the breath. Try to feel the energy and peace in your breath taking deep slow breaths; as you breathe in feel the life force fill your lungs and as you breathe out let go of all your stress.

Ending the exercise: Take a few moments to yourself, just to feel connected with the present moment. Expand your awareness from the breath into the room around you, and as you feel comfortable to do so, open your eyes and bring the exercise to a close.

Reflections: Take a few moments to think about what your experience was in this exercise, and how you feel in the present moment. Think about how precious is your breath and how many breaths you will get in this short life and learn to enjoy the simple state of being alive.

Keeping Active and Vital despite Chronic Pain

One of the things a lot of chronic pain sufferers admit is that pain, stiffness and discomfort restricts them from regular exercise habits. This is understandable however the body absolutely requires activity for good health. 'Use it or lose it' is the old adage, and this is true even in the case of chronic pain and fatigue. If you don't use your muscles and joints, you will lose your strength and mobility and limit circulation, resulting in even more physical and emotional problems. The longer you leave exercise in the 'too hard basket', the harder it becomes to get motivated and start over. Overweight and obesity causes additional unwanted stress and strain on your already painful joints or muscles.

Maintaining a proper balance between rest and exercise

Maintaining a proper balance between rest and exercise, as well as knowing proper exercises to do safely, are the keys to a successful exercise programme. Having an appropriate exercise program designed for your current situation, state of fitness and overall health, can increase your wellbeing and sense of accomplishment as well as prevent the loss of function of painful arthritic joints etc. Remember 'Rome wasn't built in a day', and it might take some time before you feel more at ease and comfortable with your programme. Engage the services of a physiotherapist or a personal trainer if you lack motivation.

When pain seems unbearable at times, sometimes just to float in a nice warm pool, or gently walk laps instead of swimming laps can ease some discomfort whilst you keep moving. Don't give up. Hang in there! If you are uncertain about what is appropriate for your current situation, ask your doctor, physical therapist or physiotherapist for their professional advice.

Low-Level Laser Therapy (LLLT)

Low-Level Laser Therapy (LLLT) is the use of laser/LED light to reduce pain and promote tissue healing. Light therapy works on the body's cells and seeks to treat the underlying causes of pain rather than simply masking it. LLLT is painless, non-invasive and has no side effects.

There is a large amount of evidence spanning 30 years from laboratory and clinically based research which proves many beneficial effects from LLLT across a broad range of medical conditions. With regard to pain specifically, laser relieves pain by first blocking pain nerves and reducing inflammation in and around the painful area. Within 3-4 treatments better blood circulation, less inflammation and revitalised cells help your body to heal. Indeed some of the research shows this therapy is at least as effective as NSAIDS (anti-inflammatory drugs).

When laser light (or LED's) are applied to the skin, the damaged cells in the injured or painful area (below the skins surface) absorb the light and convert it into energy. As that energy (known as ATP) is restored to the cell, oxidative stress is reduced. This puts the cells back on the path to healing the injured area.

What can be treated with LLLT?

- Neck and back pain (upper and lower back) especially chronic pain
- Nerve pain in the limbs
- Migraine
- Tendonitis and tennis elbow
- Arthritic pain and joint pain throughout the body
- Frozen shoulder
- Carpal tunnel and RSI
- Sciatic nerve pain
- Lymphoedema
- Fibromyalgia
- Neuralgia (including trigeminal)
- Muscle sprains and strains

Chronic pain is predicted to reach epidemic proportions in developing countries in the next decade. Drugs are the primary modality currently used in pain treatment, though efficacy is limited, must often be taken long-term, are costly and have significant short and long term

side effects. LLLT has been used to treat painful conditions for several decades, is non-invasive and has minimal or no side-effects.

For more information about LLLT visit:

www.quantumpm.com.au/

Dr Roberta Chow is a world leading medical doctor, clinical practitioner and PhD in the field of laser therapy for pain management.

www.thorlaser.com/

I do not endorse any brand of laser/LED however this is a great source of information.

Cycloid vibration therapy



Cycloid vibration is defined by a unique 3-Dimensional Vibration generated by an electro-mechanical 'oscillator' that is incorporated into each of the Niagara

Therapy products. The 3-dimensional vibration is what makes Niagara so different from the mediocre effects of more conventional vibration devices. Niagara Medical Devices are manufactured by CT Healthcare Pty Ltd in Queensland, Australia, to the highest of standards. Some of these devices are expensive, which may be prohibitive for some; however they are used by millions of individuals along with top level sporting associations and athletes worldwide.

Niagara Cycloid Vibration Therapy Devices are listed on the Australian Register of Therapeutic Goods (ARTG) as Class 2a Medical Devices.

Research has indicated that Niagara Therapy may:

- Increase local area blood flow
- Assist in the reduction of musculoskeletal pain
- Assist in joint mobilisation
- Reduce excess interstitial oedema (swelling) whether the cause is vascular or lymphatic

Earthing or Grounding Yourself

Earthing or grounding are terms used to describe connection to the surface of the Earth, a practice we most typically experience in being outside in the fresh air, to sit, lie down or to walk barefoot on the ground, grass or the beach or to spend time gardening. If you have done this for at least half an hour, you will have likely noticed feeling better, happier, less stressed, and you may have even experienced less pain.



Whilst the sun and fresh air themselves play an important role in this overall healthful experience, scientific studies have established the Earth's potential to create a stable and healing bioelectrical environment on the human body. The regular free flow of electrons from the Earth's surface into our bodies has been shown to have antioxidant and anti-inflammatory effects, neutralizing the damaging effects of free radicals. This is "bioelectrical nutrition" capable of reducing inflammation and pain. Further effects of wellbeing were documented including improved sleep and circadian rhythms and improved balance in the autonomic nervous system.

So make it a regular practice to experience earthing for your health and especially to reduce pain, by simply connecting with the ground outside with your shoes off. Obviously this is not always possible, but

you can still gain the positive effects of Earthing through specialised products you can sleep on, work on or sit on. These are like an extension cord connecting you, your house or office to the Earth outside. See www.earthing.com for more information on Earthing products.

Acupuncture

This ancient healing method has been used successfully in China for thousands of years to treat a large range of maladies. Acupuncture is best known for its ability to reduce all sorts of pain, especially musculoskeletal pain and some types of nerve pain. It involves inserting very fine long needles into specific areas along energy pathways in the body to balance the disrupted energy flows in painful areas.

Best results are obtained from traditionally trained practitioners who are taught the Chinese methods of diagnosis and needling.

Especially Difficult to Treat Painful Conditions

Peripheral Neuropathy

Peripheral neuropathy means damage to your peripheral nerves. It causes numbness and pain, usually in your hands and feet. It can also affect other areas of your body.

Peripheral neuropathy can result from injuries, infections, inherited causes and exposure to toxins. One of the most common causes is diabetes mellitus. People with peripheral neuropathy generally describe the pain as stabbing or burning and sometimes there is a tingling or crawling feeling under the skin.

Alpha-lipoic acid

Alpha-lipoic acid is an antioxidant made by the body. It is found in every cell, where it helps turn glucose into energy.

Other antioxidants work only in water (such as vitamin C) or fatty tissues (such as vitamin E); however, alpha-lipoic acid is both fat and water soluble. That means it can work throughout the body.

Several studies suggest alpha-lipoic acid helps lower blood sugar levels. Its ability to kill free radicals may help people with diabetic peripheral neuropathy, who have pain, burning, itching, tingling, and numbness in arms and legs from nerve damage.

Alpha-lipoic acid has been used for years to treat peripheral neuropathy in Germany. However, most of the studies that have found it helps, have used intravenous (IV) alpha-lipoic acid. It's not clear whether taking alpha-lipoic acid by mouth will help. Most studies of oral alpha-lipoic acid have been small but one study did find that taking alpha-lipoic acid for diabetic neuropathy reduced symptoms compared to placebo.

The most effective dose for neuropathy is 600 mg to 800 mg daily. Between 50 to 100 mg is sufficient for antioxidant purposes. Studies are mixed about whether or not to take it with meals.

- General antioxidant support: 20 to 50 mg per day
- Diabetic neuropathy: 800 mg per day in divided doses

Alpha-lipoic acid hasn't been studied in pregnant or breastfeeding women, so researchers don't know if it's safe. Side effects are generally rare and may include insomnia, fatigue, diarrhea, and skin rash. Alpha-lipoic acid can lower blood sugar levels, so people with diabetes or low blood sugar should check with their health care provider before taking alpha-lipoic acid.

Vitamin deficiencies can aggravate nerve pain

B vitamins, including B-1, B-2, B-3, B-6 and B-12 and folic acid are crucial to nerve health. If you have nerve pain, check your blood levels of these vitamins, and supplement with these nutrients if needed.

Berberine

An article published in the November, 2013 issue of the scientific journal *Toxicology and Applied Pharmacology* demonstrated the effectiveness of berberine in attenuating high glucose induced neurotoxicity. This neurotoxicity is the cause of the neuropathy in diabetic patients. The research even discovered that berberine could and did "markedly enhance nerve growth factor (NGF) expression and promoted neurite (nerve cell) outgrowth in high glucose-treated cells". What this means is that the berberine can cause new nerve cell growth and possible reversal of the neuropathy. That is a big 'WOW' if you are suffering from neuropathy. It is available in capsules and dose varies from 2 to 4 daily of 500mg capsules.

Natural Painkiller: Palmitoylethanolamide (PEA)

[See page 26](#)

Fibromyalgia

This is a condition where muscles and connective tissues (such as ligaments, tendons and capsules) become inflamed. There can be widespread pain and it can occur intermittently or become permanent. If fibromyalgia becomes very severe it can progress to a condition called Polymyalgia Rheumatica where the pain in the muscles is so severe that movement becomes impossible. In such cases steroids such as prednisone can relieve acute attacks, but the aim is to not become dependent upon steroid drugs.

A holistic program to relieve fibromyalgia consists of:

- Green Lipped Muscle Extract and Turmeric capsules, 2 capsules with every meal
- A powder containing vitamin C, MSM and silica (known as Collagen Food Powder)
- Fish oil capsules or liquid, 2 capsules twice daily or one teaspoon twice daily just before eating
- Magnesium 400mg daily – Magnesium Ultrapotent Powder is a good choice
- Serrapeptase capsules, 2 twice daily 20 minutes before food
- Hormones - such as Pregnenolone capsules 200mg dail. In perimenopausal women a cream containing a mixture of Biest 2mg, Progesterone 75mg and Testosterone 3 mg per gram of cream in a dose of one gram daily. Doses of individual hormones may need to be adjusted over time

In men testosterone gel or pump known as the Axiron pump can reduce fibromyalgia

- The natural medication called Palmitoyl Ethanolamide 1 to 2 grams daily can be prescribed and dispensed by a compounding pharmacist
- [Bone Broth Diet](#) for one to two weeks (page 58)

Trigeminal Neuralgia

Trigeminal neuralgia (TN) is a painful disorder of the trigeminal nerve in the head, and symptoms include sudden attacks of severe, electric shock-like pain usually on one side of the face. The pain follows one or more of the distributions of the trigeminal nerve in the face. The divisions of the trigeminal nerve which supply the jaw and cheek are more commonly involved than the branches of the nerve that supply areas of the face and forehead around the eyes.

Various treatments include medicinal management (such as Lyrica and Amitryptiline), peripheral nerve injection of local anesthetic or alcohol, peripheral neurectomies, (cutting of the nerves), alcohol injection of trigeminal ganglion, and intracranial neurosurgical procedures.

Botulinum toxin (BTX) injections are another treatment that is used. BTX is a naturally occurring neurotoxin that is produced by the bacteria *Clostridium botulinum*.

Hypericum Massage Oil helps relieve all types of nerve pain by soothing the inflammation in the nerve endings. Hypericum oil usually contains almond and sesame oil combined with hypericum perforatum 190mg, lavender Oil 25mg and benzoin, labdanum Oil 5mg and Rose Oil 1.5mg. Warm a small amount of the oil in hands and gently massage over the painful area 3 - 4 times daily in the acute stage, and 1 - 2 times daily as the condition improves. If you need to use it more frequently, it is perfectly safe to do so.

Magnesium supplements are essential to calm (down regulate) the trigeminal nerve.

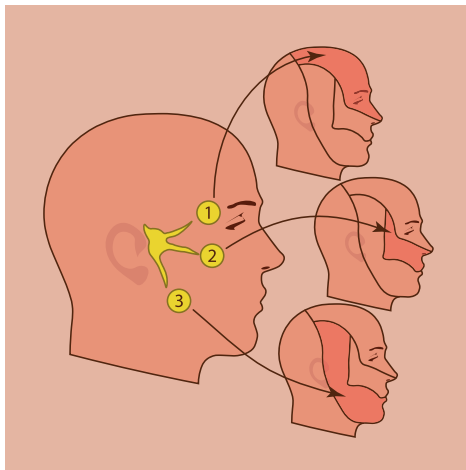
NAC 600mg capsules, 2 twice daily and selenium 200mcg daily supplements may help to reduce inflammation in the nerve.

Vitamin D 3 should be tried if blood vitamin D levels are low and high doses may be needed.

Capsules of [Palmitoyl Ethanolamide](#) (PEA), 2 to 3 times daily may help. (page 26)

[Low Level Laser Light Therapy](#) can be tried for trigeminal neuralgia.

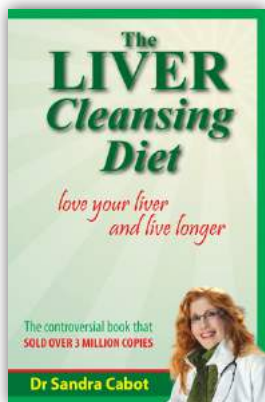
It is important to reduce stress and get adequate sleep to promote repair of the nerve. (Page 39)



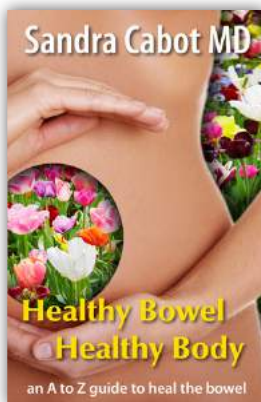
The trigeminal ganglion and nerve distribution

Tips on Improving Painful Arthritis and Gout

Your diet and lifestyle has a profound effect upon any chronic illness and pain. If you are dependent upon anti-inflammatory drugs and/or immuno-suppressant drugs, the use of dietary and lifestyle strategies will still be most beneficial for your symptoms.



Follow the diet in my award winning book, *The Liver Cleansing Diet*, which is an anti inflammatory diet. You can also use recipes from my book titled *Healthy Bowel Healthy Body* as bowel inflammation and dysbiosis will prevent your immune system from working properly.



Avoid refined sugars, white flour, preserved and processed foods, including preserved meats and deep fried foods. In some people, especially those with chronic sinus infection, the elimination of dairy products can reduce the sinus infection and mucus congestion which causes the pain.

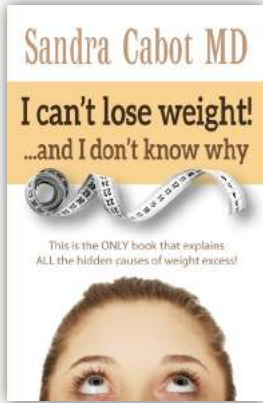
Avoid hydrogenated oils and trans-fatty-acid. Check food labels to see if the list of ingredients contains hydrogenated oils.

Drink one to two litres of water daily to help flush uric acid out through the kidneys and improve circulation of blood to the joints.

Reduce sugar, coffee and alcohol which increase the production of acid in the body. Uric acid can deposit in the joints and cause joint inflammation. Eating fresh cherries and drinking pure cherry juice with no added sugar can reduce gout.

Consider doing a trial with an exclusion diet; this should eliminate the

nightshade family (namely tomatoes, potatoes, eggplant, capsicum and tobacco). It is theorised that the solanum alkaloids found in these foods, when consumed over a long period, trigger inflammatory joint degeneration. Similarly, citrus fruits may cause joint swelling in some people and should therefore be avoided, although others find they can tolerate them well; thus trial and error is required. Some people find their arthritis improves a lot when they avoid all gluten containing foods. The same applies for dairy products.



Try to maintain normal body weight. If you are overweight try to begin a programme to lose weight. Arthritis is worse in overweight people due to the extra strain placed on the joints. Reduce your carbohydrate intake to help you burn fat. See my book titled *I Can't Lose Weight and I don't know why*.

Exercise and Physiotherapy

Exercise is vital to improve joint mobility. Weight bearing exercise can aggravate the pain in the lower back, hips, knees, ankles and feet especially if you are overweight. If this is the case consider an exercise bike, hand weights, swimming, aqua-aerobics or walking up and down in the shallower parts of a swimming pool. Other forms of exercise for those with stiff painful joints include tai chi and Pilates. Yoga will probably be too demanding.

Make sure you warm up and do stretching before exercising!

Hydrotherapy and massage may also be beneficial. Massage is excellent for fibromyalgia and back pain and it needs to be regular.

Regular physiotherapy treatments can help and the physiotherapist can give you specific advice about muscle building and stretching exercises. Acupuncture, light therapy and ultrasound therapy can provide effective pain relief, as can the use of local heat in the form of hot showers or baths or a hot/cold pack.

strict and patient. This test is not always positive in all people who are gluten intolerant and this is why a gluten elimination diet may be the best way to discover if you are gluten intolerant. For more information on gluten see my book titled *Gluten – is it making you sick or fat?*

Risk factors or clues that you may be gluten intolerant: -

- Family history of celiac disease, Crohn's disease or ulcerative colitis
- If you have Crohn's disease or ulcerative colitis
- If you have Psoriasis
- If you have unexplained bowel problems for which a specialist doctor can find no cause
- If you have inflammatory arthritis such as rheumatoid arthritis
- If you have autoimmune diseases such as Lupus, Primary Biliary Cirrhosis (PBC), Sclerosing cholangitis or autoimmune hepatitis, thyroiditis etc.

Sugar and Inflammation



There are many things that can lead to chronic pain and inflammation and more often than not excess sugar is one of the greatest triggers for the inflammatory response to occur. Whenever you consume sweet sugary foods or refined carbohydrates and starches, the body responds by secreting insulin and stress hormones which in turn sets off a pro-inflammatory response. Sugar is sticky and it sticks to the tissues in nerves and the brain and can cause damage. This is why diabetics get damage to their nerves leading to peripheral neuropathy.

The good news is that you can maintain an anti-inflammatory state by reducing blood sugar levels and refraining from consuming high sugar trigger foods. The

less sugar you eat, the less inflammation you are likely to experience in your body. This will greatly improve your health and overall well being and reduce pain and inflammation.

If you are a “sweet tooth”, you certainly don’t have to do without sweetness altogether. Here are a few alternatives to sugar which are much healthier and safer in the long term.

Stevia powder or liquid. Stevia is a non-caloric sweet tasting herbal extract from the leaf of the stevia rebaudiana plant. It is approximately 300 times sweeter than sugar and is not metabolized by the body. It can be used to sweeten coffee, tea and beverages or even used to sweeten home-made cakes and cookies. Experiment with stevia as a little goes a long way.

Nature Sweet Natural Sugar Substitute by Cabot Health is made from maltitol, erythritol, inulin and stevia extract. It has no effect on blood sugar levels and is free of absorbable carbohydrates. Nature Sweet Natural Sugar Substitute has the same sweetness as normal sugar. It is great for using in coffee and tea and cocktail beverages as well as for baking. Use according to taste. You can purchase chocolate that contains stevia and is very low in carbohydrates. A fantastic brand is Naturally Well chocolates which come in many flavours such as cherry, orange and peppermint – yum!

Foods that Trigger Inflammation

All refined sugar, refined flour and foods which carry a high glycaemic index such as cakes, pastries, ice cream, chocolate, white bread, muffins, sweets, honey, grains containing gluten, food additives, alcohol. Deep fried foods fried in hydrogenated trans-fats such as margarine or vegetable cooking oils promote inflammation. Use cold pressed olive oil or coconut oil to stir fry your foods instead.

Foods which Can Lower Inflammation

Unprocessed foods such as organic chicken, eggs, oily fish, nuts, tempeh, coconut oil, chia seeds, hemp seeds, flaxseeds and their oil and extra virgin olive oil are best. Natural pain relieving foods include ginger, turmeric, garlic, chives, onions, radish, cruciferous vegetables such as broccoli, kale and spinach, blueberries and cherries, dark leafy greens, beetroot, pineapple (bromelain), pawpaw, fermented foods, dark chocolate, green tea and pure water. Increase your water intake and you will alkalise your body and have less pain.

Raw Foods

Raw “living” foods are plant foods which are kept in their natural state, either unprocessed, lightly cooked, or uncooked. They are jam-packed full of vitamins, protective phytochemicals, fibre, enzymes, minerals and antioxidants. Raw vegetables and fruits and the antioxidants and phytochemicals they provide can reduce the risk of certain diseases or at the very least slow their progression.

It has been scientifically proven that heating foods to 118 degrees Fahrenheit or 48 degrees Celsius seriously compromises the “live” enzymes that support good digestion found in raw fruits and vegetables.

When some foods are heated to very high temperatures, further chemical changes can occur which result in acidic toxins and free radicals which could further contribute to diseases such as diabetes, arthritis, heart disease and even cancer.

Whilst cooking some foods may be a necessity, every day include a healthy balance of uncooked raw vegetables, healthy fresh salads, nuts and fruits and raw juices in your diet.



Seeds to reduce inflammation



The best include flaxseeds (linseed), chia seeds and hemp seeds which are all high in anti-inflammatory omega 3 fatty acids and lignans.

Ground flaxseeds should be added to your diet as they can assist with pain relief for arthritic conditions. It acts as a natural lubricant for the joints and contains natural anti-inflammatory properties.

It is important to consume the ground flaxseeds as fresh as possible as oxidation takes place quickly and reduces the quality of the product. You can also store your freshly ground flaxseeds in the freezer if necessary. Chia seeds and hemp seeds do not need to be ground and can be used in salads, smoothies and breakfast cereal. Do not heat any of these seeds as you will destroy their anti-inflammatory fats.

Raw Juices to reduce pain

Eating natural whole foods is always the best first line treatment for healing the body, but it is important to choose the right kinds of foods. It can be quite a challenge to eat these foods every single day with a busy lifestyle, but by juicing these fruits and veggies, it allows you to extract high doses of the vitamins, minerals and antioxidants needed to soothe pain and restore a better quality of health.

Raw juicing can reduce the acidity and toxicity in the body and reduce inflammation which causes pain. Raw juices can also stimulate the proper functioning of the bowels and liver and kidneys and increase the breakdown and elimination of toxic chemicals and waste from the body. These juices are filled with antioxidants and anti-inflammatory fruits and veggies.



Here are some great cocktails to ease your discomfort. You may like to give one or more of these a try: -

Pain Relief Juice

1 small bunch parsley

1cm Fresh Ginger root

2 Oranges or 1 Grapefruit (leave white pith on)

4 Strawberries

2 sticks celery

6 sprigs mint

1tsp Fresh Lecithin Granules

1tsp Ground Flaxseeds or 1tsp hempseeds

Wash, trim and chop produce, ginger and orange/grapefruit and pass through the juicer. Pour the juice into a blender and add strawberries, lecithin and seeds. Blend until smooth. If you are brave, you can add a small chilli pepper or a small part thereof to the juicer, as it contains capsaicin which increases the release of brain endorphins which are natural painkillers.

This juice contains anti-oxidants and anti-inflammatory ingredients.

Pain-Eze Juice for Arthritis

1 cm Ginger Root

¼ Pineapple (leave some of the outer skin on as it contains anti-inflammatory bromelain)

1 Green apple

½ Lebanese Cucumber

*¼ Grapefruit **

1 carrot

Remove the outer skin from pineapple but retain as much as possible. Wash, trim and chop ingredients then put through your juicer.

Celery Balancer for Arthritis

4 sticks Celery

1 Carrot

2 Green apples

7 oz fresh Alfalfa Sprouts

Handful of Grapes

4 sprigs Parsley

This juice will help reduce acidity and inflammation in the joints. This healing juice is good for all types of arthritis but is especially helpful for gouty arthritis.

Wash all ingredients, trim and chop then put through a juicer.

Inflammatory Bowel Disease Juice

1 Carrot

2 Celery sticks

2 Cabbage leaves or 2 Dandelion leaves

4cm Beetroot, fresh

1 Apple or 1 Pear

1 Spinach leaf or 1 Kale leaf

½ cup Fennel, chopped



Kale leaf

Wash, trim and chop all ingredients and process in the juicer.

Add juice to a blender and blend with ½ *Papaya*

Pineapple, Ginger and Mint to cool inflammation

½ fresh Pineapple

2cm fresh Ginger Root

6 sprigs of fresh Mint

1 cup chilled Filtered Water

Wash all ingredients; remove the head of the pineapple and SOME of the outer skin. Put ingredients through your juicer and add chilled filtered water to the final product. Add extra sprig of mint for garnish.

Raw Potato Water for Arthritis

This is a drink that has been used successfully for centuries to assist with arthritis. The traditional method is to cut a potato into very thin slices with the skin intact, and place in a glass filled with cold water over night. Drink this water in the morning on an empty stomach.

Fibromyalgia Juice

1 Carrot

1 Lebanese Cucumber or ½ Continental Cucumber

3 Celery sticks

2cm Fresh Ginger root

3 Pineapple slices

½ Grapefruit

Wash, trip, chop and process all ingredients in the juicer. Drink 1 cup or 250ml twice daily. This juice will supply plenty of minerals and provides anti-inflammatory effects. This juice also helps to reduce acidity in the muscles and joints.

Headache Juice

2 Dandelion leaves or 2 Cabbage leaves

1 cup Broccoli pieces, chopped

1 cup Alfalfa Sprouts

1 Apple whole

1 Carrot

2 Celery sticks

2 cm fresh ginger

Wash, trim and chop all ingredients and process in the juicer.



Ginger root

Fermented Foods

Fermented foods help to strengthen the body's immune system and to improve the intestinal flora creating more healthy bacteria. This will reduce inflammation and pain. Fermented foods also promote healthy digestion. The following are some great sources of fermented foods.

Dairy

Dairy Yoghurt – purchase full fat, unsweetened, unflavoured preferably organic or biodynamic. Greek yoghurt is excellent. Choose full fat yoghurts. Yoghurt can also be made at home using a 'starter' or a commercial product like EasyYo or Progurt. Avoid the sweetened yoghurt choices.



Kefir – is cultured milk. It is easy to make at home from either commercially available freeze dried granules or working grains to convert milk proteins from difficult to digest to easy to digest.

Cheese – Camembert, brie, mouldy cheeses – always buy these fresh, and do not allow them to age for too long.

Cultured buttermilk – most commercial buttermilk is not cultured but a soured version of this wonderful food, which tastes like and is drinking yoghurt.

Coconut

Coconut Yoghurt - can be purchased from health stores or you could make your own using a yoghurt starter and coconut cream.

Vegetables

Sauerkraut – a traditional European winter food. It is traditionally cabbage based with other available vegetables added, salted and naturally fermented with fresh liquid whey from either aged yoghurt or kefir.

Kalekraut – is very similar to Sauerkraut but is made with kale instead of cabbage. It is made the same way and the resultant product tends to be less sour in flavour.

Kim Chi – is the national dish of Korea and is made in a similar way to sauerkraut with the addition of many other vegetables, spices and especially chilli. It also tends to be quite highly salted and many have added salted fish.

Tea

Kombucha – A beautiful sweetened tea which requires a 'scooby' which is usually provided by a friend or it may be purchased. The scooby breaks down the sugars in the tea and when left for 1 – 3 weeks, produces a beautiful slightly acidic sparkling probiotic-rich drink.

NOTE: You can make your own fermented foods or buy them in the health food stores. You will find them in jars in the refrigerated section of the store.

Bone Broth can reduce pain

There has been much publicity lately extolling the healthful virtues of bone broth. I often recommend to my patients who suffer with chronic muscle and joint inflammation to go on a bone broth diet for 1 to 2 weeks. During this time you only eat bone broth and nothing else. The reduction in pain can be remarkable!

Bone broth recipes vary considerably so care is necessary to obtain the healthiest result.

What we are referring to is what your grandmother called stock and when you make it at home from scratch you know exactly what has gone into it and so you can ensure there are no nasty additives. It is also a lot less expensive than manufactured products.

To make broth there are a few essential components – a crockpot /slow cooker or a stainless steel/ceramic stock pot and filtered water. The hardest item to find is



a trusted butcher that will provide best quality bones/carcasses from organically grown grass fed animals.

Here are some reasons for everyone to invest in making bone broth -

- Bone broth is a great source of minerals, collagen and gelatine, to support strong connective tissues and bones and beautiful hair, skin and nails.
- Bone broth slowly and gently extracts the valuable nutrients from the bone, making it a dietary powerhouse.
- Bone Broth can help anyone who experiences intestinal, immunological, inflammatory and autoimmune health conditions.

We are becoming very acquainted with the notion that all diseases begin in the gut and so this is the first part of the body to be healed.

The gelatin extracted from bone is of exceptional quality and has valuable healing properties to restore intestinal integrity and thus improve the absorption of nutrients.

Components extracted from bone have a positive influence on the immune system and increase the number of disease fighting white cells. Ask any Jewish mother about the health building value of slow cooked chicken soup.

Connective tissue components gelatine, collagen and glucosamine are renowned anti-inflammatory nutrients to reduce joint pain and inflammation.

Bone broth has extracted much of the calcium, magnesium and phosphorus from the bone into a highly absorbable form and so adds valuable nutrients to promote bone formation in the womb, bone growth in children, bone stability and bone and cartilage repair in adults and elders.

Bone broth heals a leaky gut and reduces pain in the joints. Bone broth is high in glycine and proline, two valuable amino acids with proven anti-inflammatory actions throughout the body and thereby may improve the health of those with degenerative bone conditions.

Baked Bone Broth Soup Recipe

By Naturopath Victoria Taylor

1 Organic marrow bone (thigh bone - the big one people get for their dogs, cut it into 2 or 3 pieces, and 1 chuck bone (a length of backbone).

Chuck bone is desirable as it has more meat. It is best to try and get bones that have some meat still on them to add flavour to the broth.

You may choose lamb, veal or beef. Organic chicken carcasses may also be used.

Bake in slow oven (250°-300° F or 120°-150° C) for approx. 40 minutes or until it smells well roasted.

Place in a slow cooker and cover with filtered water.

Cook just below simmer slowly for 24 hours, cool, remove meat, and reserve meat in the refrigerator. Return bones to broth and keep slow cooker on lowest heat for a further 24 – 36 hours. Ensure water level is maintained throughout the extraction process.

Refrigerate broth to remove all solid fat from top of liquid to be used in other cooking. Marrow fat may be retained.

Strain the broth and use the liquid alone as a wholesome broth or you may choose to use the broth as a base for soup.

Remember to add the meat you have reserved to the completed broth.

To the broth, add a variety of in season vegetables to your taste.

The essential for every batch is the addition of sea vegetable. Wakame is best, and a trusted brand is essential – nothing that has been harvested near Japan. Tasmanian or New Zealand sea vegetables are ideal.

Season to taste and I always encourage turmeric and cumin for their healing/restorative properties. Powdered is fine if not available fresh.

The broth or soup can be frozen for later consumption or you may choose to freeze some of the initial broth and use it for a different soup later.

Remember to add sea or pink salt, pepper and seasoning to your taste.

In Conclusion

The cessation of pain is something millions of people seek. Chronic unremitting pain takes over your consciousness and is all consuming. Pain can ruin your quality of life and make you depressed and irritable. Often family and friends do not understand the predicament of a person who cannot escape from the vice of pain.

We live in an age where effective analgesic drugs are available but many of these drugs slow us down, and change our mood, make us feel nauseated or hung over. We can become addicted to pain killers or even alcohol, which is often an effective pain reliever albeit a temporary one!

The tissues of the body, which are the source of pain, can often be healed from inflammation and then repair can start to take place. Whether the tissue damage is caused by your immune system, brain and nerve inflammation, infection or mechanical compression, a holistic approach gives you the best chance to find a lasting and safe solution.

Need more help ?

If you have any questions on the topics and therapies discussed in this book, please phone *Dr Sandra Cabot's Health Advisory Service* and speak to a naturopath – in the USA call 1 623 334 3232 and in Australia call 02 4655 8855

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