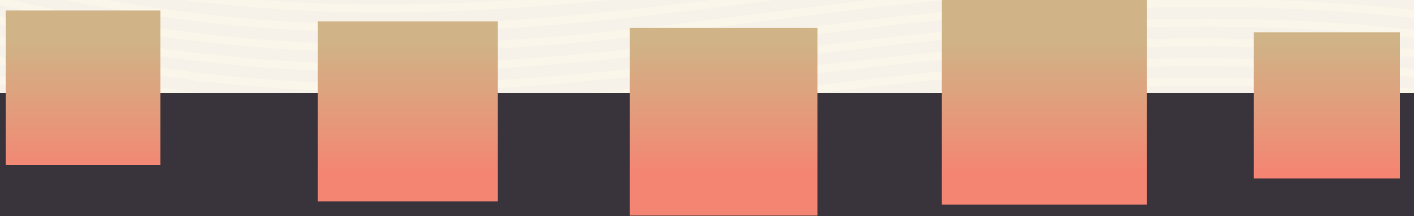


DRUG FREE

Pain Cures



DR. MARK WILEY
THE HEALTHY BACK INSTITUTE

PILL-FREE PAIN-RELIEF

Today more than 150 million Americans suffer chronic pain. This amounts to a whopping 100% increase in just a dozen years! How is it possible, with our modern scientific mainstream medicine, that people are suffering more, not less? Clearly, despite their arsenal of elaborate and costly hi-tech medical procedures, doctors cannot diagnose how to stop this growing national health emergency.

Here are some disturbing statistics:

ARTHRITIS

1 in 6 Americans suffers from arthritis. 26 million of those are women.

BACK PAIN

It's the leading cause of disability in Americans under age 45. Over 26 million Americans between the ages of 20 and 64 experience frequent back pain, and two thirds of American adults will have back pain during their lifetime.

HEADACHE

Over 25 million Americans suffer from migraines. 9 out of 10 Americans have non-migraine headaches each year.

IMPACT/TRAUMA

1 in 3 American adults lose more than 20 hours of sleep each month due to pain.

TMJ/TMD

20 million Americans experience jaw and lower facial pain each year.

FIBROMYALGIA

Close to 4 million Americans (mostly women) suffer from fibromyalgia, a complex condition involving widespread pain and other symptoms.



And along with the human suffering... there's the economic and psychological impact of pain.

Pain costs an estimated \$100 billion each year. The American Occupational Therapy Association reports that, "pain accounts for one-fourth of all sick days taken by full-time workers, costing the economy \$50 billion lost work days and \$3 billion in lost wages."

More specifically, health experts estimate that 80% of adult Americans will suffer from chronic back pain at some point in their lives. Back pain alone costs industry more than \$50 billion annually in absenteeism and lost productivity. Moreover, the Mayo Clinic reports that migraine headaches affect 26 million Americans, 70% of them women.

As if that weren't enough, chronic pain has significant and long-lasting psychological effects. Pain can decrease a person's strength, coordination, independence, cause severe stress and can lead to depression. As a chronic pain sufferer, you will miss an average of four workdays per year and also shell out some of the \$4 billion spent each year on over-the-counter pain relievers!

Chronic pain has many causes, but frequently the culprits are conditions that accompany aging and cause long-lasting and severe bone, joint and nerve damage. Other factors include falls and accidents, toxins and dehydration, lack of sleep and poor nutrition. In short, the factors cause inflammation and contraction in harmful amounts.

According to the New England Journal of Medicine, "Pain signals generated by special nerve endings are transmitted through the spinal chord to the brain. Because each of us has unique brain circuitry, no two people perceive pain the same way. [Thus,] doctor's can't objectively measure pain. . . . [Therefore,] the root cause of some chronic pain can't be identified."

And while pain-relieving drugs (analgesics) are a mainstay of chronic-pain management, the New England Journal of Medicine cautions against their side effects. "Long-term use of prescription and over-the-counter nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, can adversely affect a person's digestive tract, liver, and kidneys." Not to mention being put at a greater risk of cardiovascular (heart) problems and possible gastrointestinal (stomach and intestine) issues.



BEWARE OF PAIN DRUGS

When it comes to pain relief, most people turn first to their medicine cabinet and generally have more than one pain reliever on hand to choose from. There are so many options... and none of them healthy. Let's look at why.

ACETAMINOPHEN

While acetaminophen (Tylenol) offers temporary pain relief and fever reduction, it does not reduce swelling (inflammation). It can be harmful to the liver and kidney if you take more than the recommended dose.

NON-STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)

Yes, NSAIDs work fast to relieve acute pain, but they may cause gastrointestinal bleeding. They may also be harmful if you have high blood pressure or kidney disease. And they should NEVER be given to children. Aspirin has been associated with onset of a children's disease called Reye's syndrome.

COX-2 INHIBITORS

Yes, these work as well as NSAIDs while being less harsh on the stomach, but numerous reports of heart attacks and stroke have prompted the FDA to re-evaluate the risks and benefits of the COX-2s. COX-2 drugs such as Vioxx and Celebrex were actually taken off the market because of these risks.

NARCOTICS

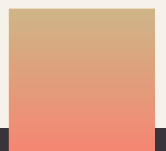
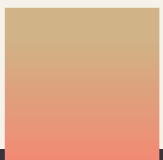
This class of prescription drugs is powerful, but abuse and addiction are serious side effects. An estimated 20 percent of people in the United States have used prescription drugs for non-medical reasons. The problem is serious and it is growing. The availability of drugs is probably one reason. Another is that doctors are prescribing more drugs for more health problems than ever before. And online pharmacies make it easy to get prescription drugs without a prescription, even for youngsters.



NATURAL ALTERNATIVES

If you suffer from any sort of ache or pain, or if you just want to get and stay as healthy as possible, you should consider taking systemic enzymes. They have been used to safely and effectively to eliminate pain and inflammation caused by conditions like arthritis, colitis, back pain, sciatica, joint pain, heart disease, cancer and more.

After years of research and testing, the only systemic enzyme formulation that I have found to deliver consistent and excellent results is called Heal-n-Soothe. And it's sister product is a natural homeopathic herbal pain-relief cream called Run-on-Relief. When immediate pain relief is needed, and while on the natural path to a pain-free life, these two products are essential.



HEED THE “GOLDEN RULE” OF PAIN RELIEF

When experiencing pain and deciding whether or not to reach for OTC or RX drugs, remember that pain is not the biggest problem. The biggest problem is...Drugs Don't Heal!

If you are still in pain from a recent injury, or are suffering chronic pain, then repeat this mantra over and over: “Drugs don't fix the problem; they only mask the symptoms. Pain is a symptom, not the problem.”

Pain relief medications should only be used temporarily, if needed. The more natural and preventive approach is to understand the pain problem, and take proactive approaches to relieving pain and preventing new pain. And there are so many options for pill-free pain relief to choose. But before we examine them, let's take a look at prevention through understanding the main causes of pain.



THE 7 CAUSES OF PAIN AND ILLNESS

Most people's pain and poor health is commonly caused by only seven factors. These factors include: imbalances, climate, emotions, diet, activity level, injury and viruses/infections. By analyzing your signs and symptoms you will be able to identify the causative factors of your pain, illness or disease and administer or receive the proper natural (non-side-effect) therapy. Relief won't be far away.

Let's now look at some of the more prevalent illness-causes that people tend to overlook because they are prone to them every day.

IMBALANCE-- Pain, illness and disease in the body are the result of either an Excess of something (e.g., too much alcohol or sex), a Deficiency of something (e.g., not enough calcium or iron in the blood), or a Stagnation of something (e.g., muscle spasm or constipation). The main point of any wellness program, then, should be to identify and to correct the imbalance(s). Moderation is the key in all aspects of life... if wellbeing is to be maintained.

THE CLIMATE-- The six climatic changes found in nature include Wind, Cold, Summer Heat, Damp, Dryness and "Fire" (mild heat and high heat). Under normal circumstances they do not produce adverse changes in the body. However, each sort of climate does invade the body via the skin, mouth or nose.... And in extremes can cause unbalanced ("poor") health.

For example, on damp and rainy days you might feel cold and chilly and pasty; on hot summer days, you risk getting sunstroke or feeling overheated, dehydrated, tired; on cold winter days you can catch a chill, have a runny nose, experience muscle aches and pains. If left untreated (i.e., "out of balance"), these simple inconveniences may lead to conditions like pain, numbness, nausea or infection.

EMOTIONS--The emotions play a vital role in our mental and physical health. While emotions are natural and important aspects of life, in excess



they can be damaging to the body. We are talking here of excessive feelings of Joy, Anger, Melancholy, Anxiety, Grief, Fear and Fright.

Under ordinary conditions, emotions are normal reactions to events in daily life. However, if emotional change is extremely abrupt (e.g., reaction to loss, stress from an accident), intense or persistent, and so exceeds an individual's normal endurance, it may then produce functional disorders of the organs by upsetting the harmonious balance of energy and blood. At extremes, emotions then become the pathogenic factors, bringing on diseases.

WAY OF LIFE--This refers to diet, sleeping patterns, work, relationships, physical activity, and so on. Your way of life has a direct effect on your quality of life and degree of wellness. Let's look at some examples.

In terms of diet, a way of life that allows the consumption of too much fatty and sweet food can generate internal heat and result in excessive adipose tissue (fat), carbuncles and, in severe cases, other kinds of pustular sores.

Excessive consumption of raw or cold food can cause harm to the stomach and spleen. The cold and damp qualities of these foods may lead to the abdominal pain and loose stools, and even cancer.

Normal levels of physical exertion and exercise are helpful to digestion, the movement of blood and removal of toxins and, of course, the toning of the body. However, excessive physical or mental exertion or over-indulgence in sexual activity or a lack of physical work and exercise may cause illness.

Inadequate physical work and exercise can result in low energy and slower blood flow. These can cause loss of appetite, lassitude and feebleness in the limbs, listlessness, phlegm and damp retention, obesity, as well as shortness of breath, spontaneous sweating and other secondary illnesses.

Excessive mental strain impairs the functioning of the heart and spleen, possibly resulting in palpitations, poor memory, insomnia, dream-disturbed sleep, poor appetite, abdominal distension and loose stools.



Excessive sexual activity undermines the life “essence” and kidneys. The result is general debility, with aching and weakness in the lumbar region of the back and in the knees, dizziness, tinnitus, lassitude, hypo-sexuality, nocturnal emissions, premature ejaculation and impotence.

As you can see from the above examples, there are many things we do and don't do on a daily basis that tax our health and affect our wellness. We could even say that much of the chronic, daily pain and suffering we experience is, in fact, self-induced. That is, it is caused or made worse by our own choices, actions, habits and emotional states.

Yet, even with good decisions that look toward prevention and natural relief, people aren't finding deep relief. And often when they seek an individual alternative treatment modality (such as diet or chiropractic), they don't get the desired results and soon lose faith. The problem is that many of us want to label our pain issue as one thing--like spinal stenosis or migraine headache or some other issue. Yet despite medical “diagnosis” and “disease naming,” the truth is that most people's pain is not caused by just one thing. It is caused by many... and this is called a Mixed Pain Syndrome.



MIXED PAIN SYNDROME

It goes without saying that you have two primary goals in your search for relief from your daily chronic pain and suffering: 1) to reduce or eliminate the pain, and 2) to prevent the pain from returning.

Each of these primary goals requires different steps or actions to be achieved. This is based on the unique cause or reason for your pain. Let us look at two reasons and two options to better understand the Mixed Pain Syndrome.

First Reason for Pain: **LOCAL NEUROPATHIC** --or, Mechanical Compression

Second Reason for Pain: **NOCICEPTIVE** --or, Irritation Due to Inflammation.

To correct these issues, three areas need to be addressed: 1) the Physical Body, 2) the Mind/Body Connection, and 3) Nutritional Deficiencies or Excesses.

With the understanding that most people's pain is due to at least two causes—a mixed pain syndrome—we suggest that you approach your individual situation with two types of treatment in mind. The first is physical/mechanical and the second is tissue inflammation. Let's now focus on some of the best pill-free pain relief methods available.



ICE AND HEAT THERAPY

The choice between ice and heat when in pain is probably the most common question asked. The best way to answer it, is to explain exactly what ice and heat do and why they help relieve pain. Once you understand the mechanism behind these treatments, you'll be more likely to use them correctly when your own back pain flares up.

THE PAIN-SPASM CYCLE

Let's say you have sciatica. Your piriformis muscle goes into spasm and your body reacts to this "injury" by sending more white blood cells to the injury site to fight the problem. That means fewer red blood cells go there, which means the injured area is getting less oxygen and nutrients, and waste products aren't being carried away. This causes what's called Secondary Hypoxic Injury. The site is actually injured even more by this lack of oxygen (hypoxia).

This may also put the muscle into a pain-spasm cycle. The injury triggers nerves to send signals to the brain, which interprets it as pain. This pain tells the brain to send a signal back to the injured area, which contracts the muscles to close off blood supply to prevent swelling. But this lack of blood supply actually leads to more pain, more swelling and more spasm!

To review: The initial spasm causes pain and swelling, which leads to more injury and further spasms. More pain, more spasms, more pain, more spasms—a vicious cycle. Without treatment, this cycle can last for years. The only way to begin healing the sciatica is to break this cycle. That's where ice and heat come into play.

BREAKING THE CYCLE

Heat and ice essentially do same thing—they shock the body into breaking the pain/spasm cycle. Heat causes the body to circulate more blood to the area in order to cool it down. That brings more oxygen and nutrients, and removes waste products, which helps heal the tissue. ice is placed on an area the body sends more blood to the area to warm it up and promote healing.



Heat or cold also shut down the nerves that fire the pain signals. Heat relaxes them while cold numbs them. When the brain doesn't get the pain signals, it doesn't act to contract muscles and constrict blood flow. After applying heat or cold consistently and continually for a certain period of time, the pain/spasm cycle is broken. Then, real healing can begin.

SO WHICH IS BETTER?

If both heat and ice do the same thing, then which is better to treat pain? A general rule is: when there is inflammation, use ice to reduce swelling; when there is spasm, use heat to release the tension. Aside from that, here are some general suggestions.

1. When an injury first occurs, apply ice. This is true whether the injury is acute (caused by some trauma like lifting something heavy or sitting too long) or subacute (a flare-up of a chronic condition, like sciatica). It's also important to use ice quickly. You need to get ice to the injury within five minutes to get the best effect. If you're not at home and don't have ice handy, head to the nearest convenience store and buy a bag of ice. Even something as simple as a bag of frozen peas will work. Apply ice for 20 minutes then take it off for 20. Repeat as often as you can for the first 48-72 hours.
2. When you feel the swelling has gone down and the pain-spasm cycle is broken, you can begin stretching the injured muscle with the appropriate exercises. At this point, choosing ice or heat is really up to you. Most people like to apply heat before they exercise and ice after. Either way, you're getting red blood cells to the area to promote healthy healing.
3. A contrast bath is also recommended as it offers both options. Try 20 minutes of heat followed immediately by 20 minutes of ice. Repeat three times. The contrast shocks the body and gets it out of the pain/spasm cycle.

WHAT TO USE AND HOW TO APPLY

Let's review the various ways you can apply ice or heat and the devices that are available to do so. Let's start with ice.



There are chemical ice packs. These are less recommended because they can get too cold and can burn the skin tissue. There is the good old bag of frozen vegetables, but these are not great and are a waste of food. There are pain creams that use Menthol to give a cold sensation to the skin. These work great and they can be applied ASAP.

The best application of ice I have found is to use a Zip-loc bag with crushed ice in a bit of water. Remove all of the air from the bag and then zip it closed. It is best to also put a wet paper towel on your skin over the affected area then apply the ice bag.

To further improve the effectiveness of ice, first rest the injured area, then use a wrap over the ice pack to improve the contact with the skin and to compress the area to minimize the swelling. If the area can be elevated (such as a leg or limb), please try to do this to allow the area to drain at the same time.

Now let's talk heat therapy. There are heating lamps, heating pads, hot tubs, hot showers, pain creams with cayenne pepper, and even ultrasound (which is a form of heat).

Soaking in a hot tub is great for all over heat therapy. Unfortunately many people do not own one and going to a community hot tub is like taking a dip in a cesspool.

Next on the list is far-infrared heat, as it transforms safe light energy into safe heat energy, at a frequency that penetrates the body up to three inches with an even distribution and prolonged thermal effects. Far-infrared heating pads are the easiest and most efficient way of getting this type of heat treatment on the area you need it... safely.

Once the acute pain is over, or if you are experiencing chronic pain, one of the best, simplest and cheapest things to do for relief is... taking a walk!



WALKING FOR PAIN RELIEF

Exercise (even in small doses) is necessary to reduce pain because it gets everything moving: the heart, the lungs, the muscles and the joints. The good news is all you need to do to start feeling relief is to get your body moving for 20 minutes per day. And low-impact walking is enough movement to help stop the pain-pill-inactivity-pain cycle. Here's why...

Walking is an aerobic activity, but since it is low-impact there is little wear-and-tear on the joints and little (if any) triggering of pain from the jarring action of the body—as experienced in high-impact aerobic exercise or jogging. Although it is a simple activity, walking actually utilizes most of the muscles of the body to propel you forward and keep you in balance while increasing respiration, heart and lung function, blood and oxygen flow, the “burning off” of blood sugars and fats and removal of toxins and other wastes through sweat and improved eliminative functions. All of this, of course, causes a vast decrease in... PAIN!

Walking is so simple and “ordinary,” yet in one 20-minute session you can raise HDL good cholesterol levels, increase respiration within safe limits, sweat out toxins, release the endorphin feel-good hormones, improve heart function, begin reducing weight, reduce stress, promote relaxation and improve overall endurance and body tone. Amazing!

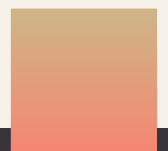
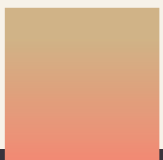
Many of the triggers that attack your health and cause pain can be reduced or eliminated simply by walking. And this activity only requires time, as no special place need be made to do it—although it is preferable to walk in a park as opposed to a busy city sidewalk.

Though walking in and of itself is a common activity, few of us do it properly. In fact, walking as we naturally do will do little for our purposes. You must look to walking as a mind/body activity, wherein your mind is clear, emotions calm, respiration steady, body properly aligned and relaxed and each walking step even and balanced. If you are able to integrate each of these components while walking for at least 20 minutes a day, then your walks can be considered a microcosm of an integrated mind/body approach to



health and wellness... and you will begin to derail the chronic pain cycle on your first outing.

Another great pill-free method of pain relief is receiving treatments at the hands of a massage therapist or practitioner of Chinese or Homeopathic medicine. Let's look at these now.



MASSAGE THERAPY

If done correctly, massage therapy can work wonders for people in pain. It may not always be the best choice, and it may not work for everyone, but most people will get great results if the massage therapist has a good understanding of the human body, muscle imbalances, and how to work with them. A word of caution: Massage therapy should never be considered a substitute for proper medical attention.

Massage improves circulation, and this is a big component of pain relief. A clear fluid called lymph circulates around our body's tissues. At the same time, you may have inflammation, which is an immune response to injury or infection that causes pain, redness, heat and swelling in the affected area. When lymph and inflammation start to accumulate in the body, the excess fluid will put pressure on blood vessels and our circulation will decrease, limiting blood flow to that area. As the pressure increases, it irritates the nerves, which will cause pain. By helping the body remove excess lymph and inflammation, massage therapy can assist with blood flow, which will reduce the pressure that is irritating the nerves and get rid of your pain.

Massage also provides a number of other benefits, including: relaxing the muscles, improved range of motion, improved sleep and increased production of endorphins (which will improve your mood). Is it any wonder you feel like a million bucks after a massage?

If after a period of massage and walking you are still in pain, you might consider having a practitioner of Chinese or Homeopathic medicine take a look at you.



CHINESE MEDICINE FOR PAIN

In China, the incidence of daily chronic pain is far less than is experienced in Western countries, especially the United States. One of the reasons is the way the Chinese frame their daily action around a modus of prevention. As the saying goes: “An ounce of prevention is worth a pound of cure.” But more than that, Traditional Chinese Medicine (TCM) offers eight pain-relief methods that are able to squash the pain early on... preventing it from becoming chronic.

Regardless of treatment method, all TCM practices strive to balance the body by following this theory: “Where there is free flow, there is no pain. Where there is pain, there is no free flow.” That free flow is blood and energy. Let us now take a look at the methods.

ACUPUNCTURE – Perhaps the most well known modality of TCM, acupuncture has a long history of development and today has many styles and protocols of use in the East and West. It is based on the theories of meridian channels and the points of energy that fall along those channels. By inserting very thin stainless-steel needles into a selection of points, stagnations can be moved, deficiencies can be strengthened and excesses can be reduced. This leads to free-flowing blood and energy in the body, thus promoting balance and a pain free existence.

MOXIBUSTION – Often used as an adjunct to acupuncture, moxibustion is the application of heat on or above specific acupoints or painful areas. Moxa is herbal wool that helps stimulate blood and energy flow to the desired area by dredging otherwise cold or blocked meridian channels via the heated application of herbal cones or poles placed at or held above the specified area.

TUI NA BODYWORK – China’s 3,000 year tradition of bodywork known as tui na is based on acupuncture theory. It is a rigorous therapy that loosens muscles and joints, relaxes tendons, reduces swelling and relieves pain by promoting the circulation of energy, blood and lymph. It combines techniques of manually pushing, pulling, grasping, pressing and manipulating



the muscles, tendons and bones to work through stiffness or injury. Tui na should not to be confused with a nice relaxing massage! It is vigorous and sometimes painful... but then, it is a therapy based on correcting a problem not in inducing stress release in the moment.

GUAN FA CUPPING – Cupping therapy is one of the oldest forms of healing found around the globe. It is a method of relieving severe musculoskeletal pain and tension derived from stress and injury. Stiff shoulder from stress? Whiplash? Tight back from sitting too long? Cupping may be the therapy for you. Special glass or plastic cups are placed over the stiffened area and air is removed from them to create a negative vacuum. This pulls blood and energy into the spasmed muscle area to promote healing. With the movement of fresh blood comes fresh oxygen and nutrients, and thus healing and pain relief. Cupping does, however, leave perfectly round purple blemishes on the skin for about five days. However, they do not hurt since they were not derived from trauma. It is merely the stagnant blood and toxins moved out of the deep muscle layer and brought to the skin layer to be removed from the body.

GWA SHA SCRAPING - Meridian Scraping utilizes special stones and liniments to remove stasis and cramping along muscle groups and/or meridian lines to aid healing and remove painful symptoms. Like cupping, scraping therapy leaves purple blemishes on the skin for a few days, until the toxic blood is moved out of the body (much like a bruise that disappears over time). However, gwa sha therapy is a bit painful, as the practitioner presses his instrument along the length of the tight or spasmed muscle, in effect “scraping” it, forcing the removal of stagnant blood, energy and toxins. If this sounds strange, think about acupuncture or trigger point therapy, but done in one motion along the length of a muscle... not just in one area at a time.

HERBAL MEDICINE – Chinese Herbs promote healing through the bloodstream and meridian complex by balancing organ energy. Over several thousand years of use with millions of patients, herbalists have derived specific “patent formulas” for nearly every health condition... including pain. These formulas contain an average of six different herbs each—some for stimulating blood, others for coating the stomach, others for pulling the herbals to lower parts of the body. These Chinese herbal remedies are not single-dose herbs for problems, like we see in the West. Many herbs are combined into each formula to provide a well-rounded method



of stopping the symptom while at the same time balancing the body to keep the symptoms from returning. And since there are many types of pain (e.g., tendonitis, bruising, flesh wounds, headache, etc.), there are many pain formulas. Having the correct diagnosis will go a long way to helping you choose the correct formula for your pain.

MEDICATED DIET THERAPY – The Chinese don't diet. They eat properly most of the time, and it is only in recent history that they now have heart disease and diabetes on the horizon. (Thank you American fast food!) However, the Chinese have developed what they call the Medicated Diet Therapy. Depending on your condition, you are prescribed a selection of foods containing the right active property and flavor to help remove symptoms, balance organs and return the body to balance.

QI GONG – Qi Gong energy work is now quite popular in the West. In China people can be found in droves in the local parks at the break of dawn practicing qi gong and tai chi to maintain or regain their health. Qi Gong are systems of concurrently exercising the body and the internal organs to stretch the body, open the meridians, release tension, clear the mind, balance respiration and improve the circulation of energy, blood and body fluids. All of this is achieved in relatively brief exercise sets that are painless and effective against pain, stiffness and disease. Some of the more common and effective qi gong methods are the Ba Dua Jin (8 Brocades) and the Spring Forest systems.

If you suffer chronic pain or have had recent onset of pain, stiffness and discomfort... do as the Chinese do! Live a life of balance, and when you find yourself off kilter, then invest time in one of the healing methods above and squash it before it become chronic.

If Eastern approaches to pain relief are not to your liking... well, the West has them, too!



HOMEOPATHIC MEDICINE FOR PAIN

Homeopathic medicine is one of the overlooked treasures of natural healing you can turn to when suffering from pain. Often distributed in liquid tinctures or lactose sugar pellets, homeopathic remedies are a safe and easy way to treat pain with little-to-no side effects.

Homeopathy is the natural medical system discovered in the 1800s by a German allopathic physician who was dissatisfied with the mainstream medicine of his time. Dr. Hahnemann experimented with medicines that produced specific symptoms, and discovered the medicine principle, “like cures like.” Also unique to homeopathy is the idea that every cure is given in minute doses to lead the body into healing, rather than forcing the body to function unnaturally due to the strong effect of medicine.

Homeopathic medicines are generally distributed as pellets or liquids, and are found online and at many health food stores and pharmacies around the country. If you decide to use pellets, take as prescribed on the bottle. For liquid forms, a dropper is used, and dosage is measured in drops. Homeopathic remedies are generally dissolved sublingually--taken under the tongue. The popular brand names are Hyland’s, Newton’s and Doliso’s.

If you suffer back pain, try using Arnica. Arnica is available as a topical cream, a lotion, and in pill and droplet forms. It is considered one of the best remedies for first aid back pain relief.

Bryonia is considered a good remedy if you have a cough, or a cold along with back pain.

Nux vomica is also a good choice for back pain, especially at night when it may interfere with sleep.

The Newton ‘Aches and Pains Relief Complex’ is a good clinical homeopathic remedy for backache from causes such as strains, nerve injury or pulls from strenuous workouts.



For those with shooting neck pain, belladonna is a good choice. Guaiacum is also a great remedy for stiff neck due to cold or draft. And for those with chronic neck pain due to spondylosis, Calc Carb is the best choice. And Newton's 'Muscle Ease' is a simple remedy for those who have muscle tension, due to stress and overexertion.

For those with tearing burning stiffness and shoulder pain, it is best to use Rhus Tox. With shoulder pain radiating to the whole arm with weakness, choose Chelkidonium. Of course, Newton's 'Aches and Pains Relief Complex' can be used for general shoulder and neck pain.

For pain from a sprained ankle with stiffness and swelling, use Rhus Tox. For weak ankles susceptible to sprain, use Ledum. Weak ankle tendons and ligaments indicate the use of Ruta. Combining Newton's 'Aches and Pains Relief Complex,' along with arnica cream can work wonders.

For acute cases of sciatica, the remedy of choice is Colocynthis. Of course, the aforementioned belladonna and ruta also work well. Newton's 'Sciatica Relief' formula is great for inflammation of the nerves in the lower back and legs.

By having a handful of these useful remedies on hand, you can treat yourself at home, and find pain relief from acute injuries and chronic problems. But sometimes the problem is related to a functional disorder, such as spinal compression. Let's consider that next.



INVERSION FOR SPINAL DECOMPRESSION

If you're suffering back pain, it may be that your vertebrae are compressed. Compression occurs naturally from the force of gravity, but becomes a health issue when combined with an injury, poor posture or muscle imbalance. This excessive, restrictive compression can cause slipped discs and nerve pressure... both causing pain.

Spinal decompression uses a linear force pulling on the body to create negative pressure between each vertebra. This negative pressure causes a misaligned disc to be sucked back into place and create more space between the vertebrae, allowing more blood and oxygen can get to the area. It also removes pressure on spinal nerves resulting from the misalignment.

Some conditions typically treated with spinal decompression include bulging or herniated discs, lumbar strains, sciatica, degenerative discs, spinal arthritis, degenerative joint disease, post-surgical low back pain and acute back pain.

Inversion therapy, the practice of hanging upside down to apply gentle traction to the spine, has been around for more than 2,000 years. It is based on the principal that when you invert your body, the amount of weight pulling on each level of your spine is directly proportional to the amount of force needed to produce proper alignment.

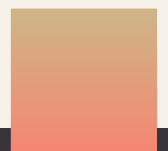
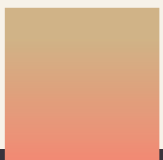
Here's how it works: The weight of your head exerts just the right amount of pull for your cervical spine. The weight of your head, neck, chest, shoulders and arms is exactly the right amount of combined weight needed for the thoracic spine. The same goes for the lumbar spine: the weight of your entire upper body provides just what's needed to cause spinal decompression, creating the negative pressure between each vertebra that will suck the misaligned disc back into place.

Millions of inversion tables have been sold throughout the world over the past 25 years. These devices allow you to comfortably recline your body



until it is completely inverted, and the results are indisputable. Inversion works and should be considered part of any complete healing program.

However, if your pain is not cause by compressed discs but rather by chronic or acute muscle spasms, then trigger point therapy is where you should look for help.



TRIGGER POINT THERAPY

Trigger points are small contraction knots that develop in muscle and tissue when an area of the body is stressed, “frozen,” injured or overworked. Do you sit at your desk or drive a car for hours each day, in effect being “frozen” in place? Do you work in manual labor or play a musical instrument, causing repetitive poses and movements for extended periods of time? All of these things can cause tiny land mines about the size of a dime to erupt deep in your muscle tissue. These are called trigger points.

The hallmark of trigger point annoyance and havoc on the body is something called “referred pain.” This means that trigger points typically send their pain to some other place in the body, which is why conventional treatments for pain so often fail (they do not consider the referral aspect of pain).

Trigger points can occur as a result of muscle trauma (from car accidents, falls, sports- and work-related injuries, etc.), muscle strain from repetitive movements at work or play, postural strain from standing or sitting improperly for long periods, emotional stress, anxiety, allergies, nutritional deficiencies, inflammation and environmental toxins. A single event can initiate a trigger point, and you can suffer the ill effects for the rest of your life if that trigger point is not addressed properly.

HOW DOES TRIGGER POINT THERAPY WORK?

The good news is, with deep and focused pressure to these areas you can release this pain from your body. Simply rubbing the surface of the skin with massage oil, a vibrating massager--or using heat--will not heal these pain spots.

What is needed is sufficient deep sustained pressure to the “knotted-up area.” As the trigger point is compressed, your body will undergo soft tissue release, allowing for increased blood flow, a reduction in muscle spasm, and the break-up of scar tissue. It also helps remove any build-up of toxic metabolic waste.

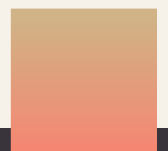
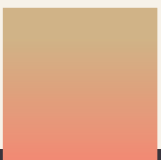
Your body will also undergo a neurological release, reducing the pain signals to the brain and resetting your neuromuscular system to restore its proper



function. In other words, everything will again work the way it should.

The basic idea is simply to apply sustained pressure on the trigger point area for a set period of time on a regular basis, usually about 90 seconds per point. There are a number of techniques out there that you can employ to do this. Visit our website to learn some of them. www.losethebackpain.com

For some people, the cause of their acute and chronic pain is not related to a traumatic injury. For these people, no matter what they try and no matter what type of practitioner they see for their pain, they still suffer. The problem could very well be... psychosomatic.



MIND/BODY APPROACHES TO PAIN

There are more causes for pain other than physical injury, as you well know. Why is it that despite high-tech surgeries and low-tech massage, weekly handfuls of painkillers and structured physical therapy routines, people are still suffering?

The answer may well be found within the mind itself, and the hold it has over not only our thoughts and emotions, but also the quality of our physical bodies. When the mind (psycho) and the body (soma) come together in adverse ways to manifest pain, inflammation, rashes, muscle spasms... it is called psychosomatic illness.

In decades past, the term psychosomatic was primarily used by psychologists to identify pain or illness that were “all in the mind” and “not real.” This outlook is dated and false. Yes, the seed of the physical condition is in the thoughts and emotions of the person affected by them. But these symptoms are not “imaginary.” Indeed they exist in very real forms.

If you suffer some pain—most notably low back, shoulder, neck and headaches—and have tried everything, please, keep reading. If you have exhausted mainstream medicine, physical therapy, massage, chiropractic, acupuncture, surgery... yet the pain persists... you might do well to consider the possibility of the mind and emotions playing a key role in your chronic condition.

Indeed, if the physical body has been treated in every safe way imaginable but to no avail, perhaps looking at your thoughts, emotions—a psychosomatic cause—may well be the next logical step for you. Below we look at three of the safest, easiest and most power mind/body systems for eradicating chronic pain and associated symptoms.



TENSION MYOSITIS SYNDROME (TMS)

In the field of mainstream medicine there is one shining hero of the chronic pain sufferer. His name is John Sarno, MD, and he spent decades specializing in pain, specifically back pain, using both mainstream and alternative therapies in his very busy New York practice. Today Sarno treats pain with only education and therapy—successfully!

He dumped the massage, the weights, the physical therapy and the drugs. He found that misaligned vertebrae, slipped or bulging discs, pinched nerves and so on are not necessarily the cause of pain. Indeed he found that most people actually have these issues, yet are not in pain. His research led directly to the mind and to the mental and emotional components of pain.

Dr. Sarno calls pain conditions with a psychosomatic root, Tension Myositis Syndrome (TMS). Sarno says, “in most cases what is causing the pain is not a structural problem, but a mild oxygen deprivation that causes pain in the affected muscle.” TMS affects not just the upper back or lower back, but also the neck, the knees or even the feet. For instance, oxygen deprivation in the sciatic nerve is what, according to Sarno, causes numbness, tingling, pain and weakness in the leg; this is in contrast to the traditional understanding of sciatica, assumed to be due to a structural cause, such as a herniated disc.

According to Sarno, oxygen deprivation is a side effect of how people cope with some emotional issues. Indeed our dysfunctional responses to stress cause self-induced tightness, spasms in the muscles, poor breathing, and thus lack of oxygen being carried through cells into muscles. Repressed anger, resentment, and even love can cause this syndrome. Then when we feel pain, we worry about it, stress over it... which spins us into an even-worse spiral of oxygen deprivation and tension in the muscles (tension myositis).

Sarno’s method for relieving pain is to educate people on how to release their repressed emotions and then release the chronic pain. Dr. Sarno has written several books and has a website full of free information.



THE SEDONA METHOD

Pioneered by Lester Levenson, the Sedona Method is a powerful yet easy-to-learn techniques that teaches you how to “let go” of unwanted emotions in an instant. It is these emotions that cause ill health, pain and suffering. In essence, The Sedona Method consists of a series of questions you ask yourself that lead your awareness to what you are feeling in the moment and gently guide you into the experience of “letting go.”

This method is easy to do because there are only a few steps necessary to accomplish the release of new or decades-old pent up negative emotions. With so many successes, this again points to the vital role that the mind and emotions play in the pain cycle and ill effects we suffer in our bodies—those psychosomatic illnesses.

The effectiveness of The Sedona Method has been validated by respected scientific researchers at major universities and the MONY Corporation. In fact, if you’re not feeling happy, confident and relaxed at least ninety percent of the time... chances are your ailments are manifestations of these less-than-great emotions.

Sedona literature puts it this way: “It is our limiting emotions that prevent us from creating and maintaining the lives that we choose. We abdicate our decision-making ability to them. We even imagine that our emotions can dictate to us who we are supposed to be. This is made apparent in our use of language. Have you ever said to someone, ‘I am angry,’ or, ‘I am sad’? When we speak like this, we are saying to those around us and to ourselves, without realizing it, that we are our anger, or we are our grief. We relate to others and ourselves as though we are our feelings. In fact, we even invent whole stories of why we feel the way we feel in order to justify or explain this misperception of our identity.”

If you’ve tried other mental techniques, therapy, meditation... you know that it is difficult to create a change. But The Sedona Method’s “releasing method” operates on the “feeling” level, which makes it easy to do. It teaches you to “let go” of years of mental programs and accumulated feelings in just seconds.

There is a great book on this method available everywhere, and plenty of websites are dedicated to the method. Please, take a look and see how easy a great life can be.



EMOTIONAL FREEDOM TECHNIQUE (EFT)

Based on a method known as Thought Field Therapy and also on acupuncture theory, EFT relieves pain and illness by addressing the connection between your body's subtle energies, your emotions and your health.

This therapeutic method is similar to TMS but goes deeper in its explanation of what causes the emotional imbalances. EFT believes that it is disturbances in your energy field that are actually causing the negative emotions, which then cause your symptoms. Essentially, EFT teaches methods of looking in specific directions, touching and pressing your face and arms in certain places to open the energy channels and rebalance what is out of balance. This then allows your body to return to normal functioning and for your signs and symptoms to decrease or disappear.

It appears that anyone can learn and use Emotional Freedom Technique by taking a course, reading a book, or going through the tutorials on the websites.

Keep in mind that the role of the mind and of the emotions is central to perpetuating and holding that pain in the body. If you have not tried them before, or have tried and failed at them, please take a fresh look at the healing methods based on psychosomatic causes of pain and illness. You just may find the release and relief you have been looking for.

But no matter which methods or natural remedies you pursue, remember that health and well-being is rooted in positive, healthy lifestyle choices.



RELIEF IS IN THE LIFESTYLE CHOICES

Natural, lasting pill-free pain relief is based on wide reaching lifestyle changes. Simple changes can go a long way to reducing and preventing pain from your life. Here are some tips.

MAINTAIN A HEALTHY WEIGHT

There is no question that eating healthy is not easy nowadays, whether you're at home or at a restaurant. But at the very least, you must try to decrease your intake of sugars, simple carbohydrates and hydrogenated oils while increasing your daily intake of fiber. Ideally, you should be consuming 35 grams of fiber per day.

GET BETTER SLEEP

Getting seven to nine hours of sleep per night is a must for optimal health. During sleep our body repairs itself, serotonin is produced and systemic inflammation is controlled.

RELAX TO LOWER STRESS LEVELS

Find time for yourself throughout the day to focus on your breathing and clear the clutter from your mind. Learn to stay focused on the most important tasks in your life.

EXERCISE ON A REGULAR BASIS

As stated earlier, exercise in any form is essential to wellness. Do something you like to do and, if your body can tolerate it, aim for 15-20 minutes three times a week.

At the end of the day, pill-free pain relief is within grasp. Make the right decisions and a better life can be yours!

