

Pain Information

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NSAIDs warning:

Non-Steroidal Anti-inflammatory Drugs (NSAIDs) include over-the-counter products such as aspirin, Tylenol and ibuprofen. They also include a wide variety of popular prescriptions (Vioxx, Clinoril, Daypro, Feldine, Naprosyn, Relafen, etc.) All NSAIDS (even in low doses) cause major damage to the digestive track, liver and kidneys.

Well over 20,000 people die per year as a direct result of using this class of drugs!!!!

Not only does regular use of NSAIDS increase your risk of liver and kidney disease by as much as 800%, they also inhibit the re-growth of your cartilage tissues. As a result, your joints wear out prematurely.

Because pain is alerting you to a problem in your body, it is important to address the cause of your pain rather than simply masking it. Chronic pain is often due to a toxic overload in the body. The brain is the most sensitive area to toxins and the reason many people get headaches. Chronic joint and muscle pains (arthritis and fibromyalgia) is often a result of these affected tissues being overloaded with metabolic wastes.

There are safe alternatives that work for pain and inflammation:

Ice Packs:

As simple as this may seem, ice works extremely well for reducing swelling/inflammation and associated pain. Recommended use: 5-10 minutes over area (with only a thin layer of clothing between the ice and the skin) every 1-2 hours.

Water:

Good/extra hydration helps your body flush away inflammatory products by enhancing blood flow. Recommended amount: 2-4 quarts of contaminant free water per day.

Diet:

Many of America's eating habits contribute to their pain. A diet which provides your body with the nutrients it needs for repair and regeneration will not only help turn around chronic pain but also help your body heal injuries faster.

Stress Management:

Stress often causes muscles to become tense and eventually painful. Daily stretching as well as mild exercise is helpful for controlling muscle tension and reducing pain. Routine body work such as a monthly massage and chiropractic care is also helpful to counteract the effects of stress.

Homeopathic Remedies:

Depending on your situation and the reason for your pain, homeopathic formulas are designed to assist the healing pathways of your body. The most common remedy we use for pain associated with injuries is Traumeel liquid and Traumeel ointment. Take 8 drops under the tongue as often as every 15 minutes or at least 3x each day. Traumeel ointment can be used several times per day. There are many other remedies designed to help with detoxification, stress and inflammation.

Samolinic:

This is an essential fatty acid product made from Salmon and Black Currant Seed oil. This combination of fatty acids inhibits prostaglandin and leukotriene formation similar to NSAIDS without any side effects. Recommended dosage: 4-12 per day

Glucosamine Synergy:

This is an all-around support formula designed to especially support the repair of cartilage. Many people with chronic joint pain have had success with this product.

Wobenzyme:

Europeans buy this proteolytic enzyme formula more than any natural product that is sold. If taken in high enough doses, it is very good for pain/inflammation. Recommended dosage 4-10 tablets on an empty stomach (1-2 hours before or after eating) 1-3 times per day.