Chronic Pain and Inflammation… and How to Find Relief

"Pain is a more terrible lord of mankind than even death itself."
—Dr. Albert Schweitzer

There's a four letter word that affects 47% of U.S. adults, causing everything from simply a dip in the daily quality of life to maddening symptoms that drive some to the verge of suicide.

Chronic PAIN is an unwelcome partner in any of its many forms. But learning to understand it is the first step in the journey to tolerate or even eradicate it.

This report covers its causes… and closes with how to find natural relief.

What is it?

You know when it hurts. It signifies that something is not quite right. It affects our productivity and well-being. There are various types of pain, some subside with time, some don’t, some are intermittent while some can be excruciating.

Pain that extends for more than 12 weeks is known as chronic pain. Normal pain generally has a defined time period within which it heals. But chronic pain lasts more than its expected natural healing time. The intensity of chronic pain can vary from person to person. It can range anywhere between mild, severe, episodic or very incapacitating.

Statistics from the Institute of Medicine data show that about 100 million Americans suffer from chronic pain, and it costs the American healthcare system a whopping $635 billion annually. That amount exceeds the expenditure for cancer, heart disease and AIDS combined.

Symptoms of Chronic Pain

The symptoms are listed below. A person suffering from chronic pain will not necessarily experience all of them.

- There is a **general feeling of pain** that doesn’t show any signs of subsiding.
- It can be **mild or severe**, or it may feel like a shooting pain. There can be a burning sensation as well.
- There can be a feeling of **discomfort, tightness and soreness**.
Along with different types of painful feelings, there are some other problems that can accompany chronic pain. They are:

- Sleeplessness
- Fatigue
- Need to rest after little activity.
- Weakening immune system making one more susceptible to diseases.
- Mood swings

**Classifications**

Depending on how chronic pain becomes activated in a person, they can be classified into two categories.

**Nociceptive:** In this case, the pain starts due to activation of nociceptors, also known as pain receptors. It can be further divided into two categories: Superficial and Deep.

Superficial pain is triggered due to activation of nociceptors on the skin. Deep pain consists of deep somatic pain and visceral pain. The first kind of deep pain is rooted in ligaments, bones, blood vessels, muscles or tendons. It is characterized by a dull, aching, persistent and poorly localized pain. Visceral pain originates in organs due to inflammation of injury (See section on Inflammation below).

**Neuropathic:** This type of pain can be categorized into ‘peripheral’, signifying that it originates in the peripheral nervous system or ‘central’, meaning it originates in the brain or spinal cord.

Whatever the reason for the chronic pain, it takes a toll on the physical and emotional health of the affected person. The most prevalent and commonly known causes of chronic pain are from headaches, joint pain, external or internal injury and chronic inflammation.

The emotional effect of chronic pain is also very detrimental for health. It results in stress, anxiety, anger, depression as well as other negative feelings that reduce the body’s ability to produce natural painkillers. As a result of this pain driven impact, the body enters into a vicious cycle and actually produces harmful substances that increase the sensation of pain. Therefore to effectively treat chronic pain, a combination of psychological and physical therapy along with lifestyle and diet changes is needed.

**Treatments**

**Medication/Drug Therapy**

Medication and drug therapy are effective when chronic pain is mild. Over the counter pain relievers like Tylenol, which contain acetaminophen, are quite effective. Topical pain relievers like cream, lotions and sprays are also available which can be applied...
directly on the skin. If these regular medicines fail to relieve the pain, then stronger medications like prescription NSAIDs, muscle relaxants, and others can be prescribed.

Bioelectric Therapy

In this pain management therapy, messages that register the sensation of pain are blocked. This is done by inducing the chemicals called endorphins. Endorphins are responsible for decreasing painful sensation.

Trigger point Injection

In this process, the areas of pain are injected with a local anesthetic. It often helps in alleviating the pain.

Transcutaneous Electrical Nerve Stimulation Therapy

Referred to as TENS, this therapy is helpful for short term pain relief. It makes use of electrical stimulation to relieve pain. With this therapy, low voltage electric current delivered through electrodes are placed near the source of pain.

Physical Therapy

This therapy is also called physiotherapy. It makes use of special techniques like cardiopulmonary, geriatrics, neurology and pediatrics to alleviate pain and improve movement and function.

Additionally, there are various alternative therapies like acupuncture, massage, herbal therapies, chiropractic, etc., that can prove helpful.

Dietary Suggestions

Along with treatments, certain dietary changes are also recommended to address chronic pain. A well balanced diet rich in fresh fruits and vegetables as well as low fat protein is highly recommended. Some foods that should be included in your diet are listed as follows:

- Dark leafy vegetables
- Walnuts
- Ginger
- Avocado
- Cherries
- Turmeric
- Flax Seeds
- Sea Vegetables.
Studies show that certain foods can induce the release of neurotransmitters that elevate the sensitivity to pain and therefore these foods should be avoided. (We list a number of these foods later in this report)

**Reduce sugar:** Sugar raises insulin levels, and enhanced insulin levels can raise chronic pain. So it is advisable to limit sugar in your diet. In case you are obese, overweight or suffer from high cholesterol or diabetes, grains like gluten grains such as wheat should be limited or preferably eliminated. This is because they metabolize very similar to sugars.

**A fresh foods rich diet:** It goes without saying that a diet rich in fresh organic fruits and vegetable is very good for your health. It can be also very helpful in managing chronic pain. Make sure that the food you eat is free from preservatives, additives, pesticides and chemicals.

**Get adequate rest and limit caffeine:** Many people rely on stimulants when they feel tired and fatigued. It can temporarily make you feel good, but it can be very harmful in the long run. Also, not resting adequately may trigger pain, so do not substitute sleep with caffeine.

**Avoid nightshade vegetables:** Vegetable like tomatoes, potatoes and eggplants are categorized as part of the night shade family and should be avoided, as they can trigger arthritis and pain.

**Know the fats you eat:** Trans-fats can increase inflammation and hence may increase the intensity of chronic pain. So to avoid consuming too much trans-fat, cut down on fried foods. Conversely, omega-3 fatty acids are good for health. So foods rich in it should be incorporated in your diet as they help reduce inflammation, thus easing pain.

**Avoid using yeast:** A yeast rich diet is said to contribute to the growth of yeast fungus, which can induce pain. So its consumption should be limited.

**Avoid artificial sweeteners:** Artificial sweeteners like aspartame should be avoided as they activate neurons, which in turn elevate the intensity of chronic pain. Such artificial sweeteners are abundant in diet soda and in sugar-free foods.

**Cut down on dairy:** People suffering from chronic pain often show signs of dairy intolerance. Pasteurized dairy products have high levels of protein casein that can be difficult to digest. This can lead to inflammation.

**Avoid additives.** Food additives can stimulate pain receptors and can induce pain. Therefore, additives like monosodium glutamate (MSG), etc. should be eliminated from your diet.

With appropriate medical care and lifestyle changes, one can eventually get relief from chronic pain.
Inflammatory Pain. Reverse Chronic Inflammation Naturally... Within Four Weeks

“Get relief from the link to pain and the link to nearly every disease”

If you’re suffering from chronic inflammation, your answer may be here.

Virtually every authority in the medical community agrees that **chronic systemic inflammation is the root cause of many, if not most serious illnesses.** These include, but are not limited to:

- Heart disease, atherosclerosis and clogged arteries
- Most Cancer
- Weight gain
- Dementia and Alzheimer’s disease
- Arthritis and joint pain
- Chronic pain
- Headaches
- Low energy
- Accelerated aging
- Allergies and hay fever
- Irritable Bowel Syndrome and Crohn's disease
- Diabetes
- Autoimmune disorders
- Asthma
- Infertility and endometriosis
- Skin disorders like eczema

Successfully understanding subclinical low grade inflammation and how it drives pain, disease and weight gain is vital to your success. Yet it's commonly overlooked by mainstream media, the layperson and many, if not most medical professionals.

Your current and future health is over 90% dependent upon that single **controllable factor** – subclinical low grade inflammation.

Get it under control and you will typically experience a high quality of life with **little or no** medical reliance.

The sooner you understand this one idea for pursuing and maintaining your health, the sooner you’ll increase your chances of a long fulfilling and quality life with…

- Increased energy
- Improved mental clarity
- Enhanced muscle tone
- Better mobility
- Weight loss (or maintaining proper weight)
• Normal digestion and bowel function
• Reduction or avoidance of acute and chronic pain
• Faster recovery from travel/workouts/injury
• Abdominal pain and G.E.R.D. (acid reflux) resolution
• Reversal of O.S.A.S. (sleep apnea and snoring)
• Reduction of chronic diseases including...
  o Heart
  o Cancer
  o Diabetes
  o Stroke
  o Arthritis
  o I.B.S.
  o Fibromyalgia
  o Back pain
  o RA/Lupus
  o Headaches
  o Acne
  o Etc.

Low inflammation = high quality of life with little to no medication reliance.

Moderate to high inflammation = substantial reduction in quality of life, and increased reliance on medication (with potential side effects).

Ironically, inflammation is nature’s way to repair your body’s damage, so as a normal metabolic response to certain conditions and a part of your natural healing process, it is a ‘Positive.’ For example, the local redness, heat, swelling and pain you’ve seen and experienced on your skin from time to time – acute inflammation is actually a ‘positive inflammatory response’ intended to deliver nourishment and immune activity to your injury site or infection.

So then, isn’t inflammation a good thing? “Yes,” at least when you’re young and when you’re injured at any age. But when it persists or serves no purpose, it can prematurely age you, cause severe debilitating pain, damage your body and cause a wide array of illnesses.

When this is the case, it’s called chronic inflammation. It can be caused by any number of things, some within your control and some not – your genetic makeup, stress, lack of exercise, obesity and exposure to toxins (like secondhand tobacco smoke). Dietary choices play a big role too.

Chronic inflammation can last for decades, eating away at your health, well-being and longevity – even as you sleep; it can target specific areas such as your skin, sinuses, bladder, prostate (in men), gums and more. You might
recognize these as diseases that end with “itis” such as arthritis. And all too often, chronic inflammation can become systemic, meaning your entire body becomes inflamed.

Disturbingly, chronic inflammation accelerates as we get older... even for the healthiest of us. That's because our immune systems steadily decline with age, falling into states of chronic low-level activation, producing inflammation. So as we age, our bodies slowly self-destruct, partially by turning the inflammation process against healthy tissue.

Not surprisingly then, most if not all the diseases of old age are linked to chronic inflammation.

By the time we reach 50, inflammation already causes more harm than good, and in many cases, it strikes earlier, compounding the negative effects.

If you take ONE or more medications, including aspirin, or have any chronic health frustrations, you have elevated inflammation. Ditto if you feel great but are aging. The absence of direct pain gives us a false sense of health security.

The overwhelming majority of chronic issues normalize with elimination of chronic inflammations in 1-8 months of following an anti-inflammatory lifestyle.

**Heart Surgeon Dr. Dwight Lundell on Inflammation and Heart Disease**

“The discovery a few years ago that inflammation in the artery wall is the real cause of heart disease…”

He goes on to say: “While you may not be able to see it, rest assured it is there. I saw it in over 5,000 surgical patients spanning 25 years who all shared one common denominator -- inflammation in their arteries.”

Dr. Lundell adds: “Simply stated, without inflammation being present in the body, there is no way that cholesterol would accumulate in the wall of the blood vessel and cause heart disease and strokes.”

Then, he gives a stark analogy:

“Take a moment to visualize rubbing a stiff brush repeatedly over soft skin until it becomes quite red and nearly bleeding. You kept this up several times a day, every day for five years. If you could tolerate this painful brushing, you would have a bleeding, swollen infected area that became worse with each repeated injury. This is a good way to visualize the inflammatory process that could be going on in your body right now.

“Regardless of where the inflammatory process occurs, externally or internally, it is the same. I have peered inside thousands upon thousands of arteries. A diseased artery looks as if someone took a brush and scrubbed repeatedly against its wall. Several times a day, every day, the foods we eat create small injuries compounding into more injuries, causing the body to respond continuously and appropriately with inflammation.”
Inflammation is the Fuse that Ignites Cancer

Perhaps the most terrifying disease linked to inflammation is cancer. According to Envita.com, "...inflammation promotes the spreading and mutating of cancer cells while continuing to push the mutations within the cancer cells' development. Inflammation also enhances tumors ability to recruit blood supply (angiogenesis)."

Most cancers have a cause, and those causes encourage chronic inflammation as part of the process. Changes catalyzed by pathogenic inflammation can transform cells into cancerous tumors. According to ScienceDirect.com, "Several types of inflammation—differing by cause, mechanism, outcome, and intensity—can promote cancer development and progression." A study by the Cancer Research Institute also supports this analysis, noting that, "Chronic inflammation plays a multifaceted role in carcinogenesis."

Your best line of defense is to simply reduce inflammation and lower your risk of all aging-related and other diseases. You can reduce these risks and slow degeneration dramatically by managing your weight and by following the other advice in this report. Lowering chronic inflammation is one of the most effective anti-aging and overall wellness strategies on the planet.

How to test for Inflammation

Even though inflammation is often called “The Silent Killer,” meaning you can be seriously inflamed without symptoms, you often do have symptoms. If so, it comes down to the simple question you must ask yourself: “How do I feel?”

Whenever you have ailments or pain re-experienced or maintained for more than two weeks, you are considered to have chronic, unnatural and typically mediated by low-grade subclinical inflammation.

However, many feel “healthy” only to have a major health issue erupt seemingly out of nowhere. That’s because inflammation hides under the surface, chewing away at your insides until you suddenly drop dead from a heart attack… or get surprised with cancer.

The “Silent Killer” can usually be identified by your bloodwork. But if you are in pain, feel run down, lethargic, unhappy, you struggle to get out of bed, you’re putting on a little extra weight around the waist, sex isn’t as interesting, you are less flexible than you used to be, then, there’s a high probability you are suffering from systemic, low-grade inflammation.

Now that medical researchers realize the serious and deadly dangers of inflammation, the most popular way for physicians to test for it is a simple blood panel that measures your levels of C-Reactive Protein (CRP), and especially by High Sensitivity CRP (hs-CRP). Local infections can drive CRP up, so it’s best to track this over time. Another
good blood test is Sedimentation Rate (Sed Rate). A more expensive but accurate blood marker is Interleukin 6 (IL-6).

So once you know you have it, how can you reduce your chronic inflammation? Fortunately, you have more control than you may think. You can often cool your body’s inflammatory response and boost your overall wellness by taking one step at a time at your own pace, but you must begin somewhere!

Please note that if you have moderate to severe inflammatory symptoms which you can’t control, we strongly recommend you consult with a qualified integrative medicine physician to help address your unique situation.

**Anti-inflammatory Diet Suggestions**

First general rule is to center your diet around plenty of fresh fruits, fresh vegetables and wild seafood (if you eat meat). Include as much of the following as you can:

- Essential Fatty Acids such as Fish and/or Krill Oil
- Olive Oil
- Whole Grains (If you eat grains)
- Dark leafy greens
- Nuts
- Peppers
- Tomatoes
- Beets
- Ginger and turmeric
- Garlic and Onions
- Extra Virgin Olive Oil
- Berries
- Tart Cherries

Eliminate as much of these foods and additives from your diet as possible:

- Trans Fats — hydrogenated oils
- Sugars (Most oncologists will confirm: Sugar = Cancer)
- Refined Carbohydrates
- Fast Foods
- White Bread
- Saturated Fat
- High Fat Dairy Products
- Processed Foods
- Gluten-Containing Foods
- Any food that gives you an allergic response

**The IF (food) Rating™ System**
Monica Reinagel is a noted nutritional researcher who created the IF (Inflammation Factor) Rating™ system. This may be the most sophisticated approach to date for predicting the inflammatory effects of foods. Before creating it, Monica spent years studying systemic inflammation, and compiled data from hundreds of different research studies.

She authored *The Inflammation Free Diet Plan*, which gives you simple guidelines to use her system for planning your diet. It includes IF Ratings for 1,500 common foods. We recommend Monica's book. You can learn more by visiting www.InflammationFactor.com. Nutrition Data provides IF Ratings for most foods in its database.


The Ratings deliver estimates of each individual food's effect on inflammation. Monica recommends a diet with a positive (anti-inflammatory) composite IF Rating.

**How to your trigger your body's natural anti-inflammatories**

**Exercise.** Start slowly and build up to 20–30 minutes of activity, five times a week.

**Have fun.** Lowering stress is a key anti-inflammatory strategy

**Rest.** Get enough quality sleep every night.

**More anti-inflammatory steps**

**Break your bad habits.** That includes excess alcohol, caffeine, nicotine and marijuana.

**Make your life “green.”** Include natural cleaning products and detergents, limited dry cleaning and air fresheners, high-quality water and air filters and houseplants into your environment.

**Gently detox a couple of times a year.**

**Manage your pain.** If possible, do it naturally through acupuncture, massage, bio-feedback, water therapy and other mind–body treatments.

**Lose Weight.** Obesity is a major contributor to inflammation

**Most Popular Natural Inflammation Supplements**

Before considering taking an NSAID or other drugs with potentially dangerous side effects, why not consider safe natural alternatives?

1. InflaGene
2. Fish Oil
3. Quercetin
4. Bromelain  
5. Resveratrol  
6. Flax Seed Oil  
7. Curcumin  
8. Ginger  
9. Alpha Lipoic Acid  
10. Zinc  
11. Co-Q10  
12. Astaxanthin  
13. Lutein  
14. Kyolic 104 garlic extract  
15. Rutin  
16. Procyanidins

Another inflammation management approach is supportive products that promote stem cells and other systemic factors that degrade stem cell niches.

If none of this works for you, don't despair. An enormous amount of time and money has been invested in developing a new powerful technology that has isolated genes involved in inflammation. The next initiative was using it to determine how to control these genes with networks of herbal extracts.

The resulting product exceeded all expectations. A medical doctor supervised a human clinical study with the country’s biggest testing lab proved that claim. See this website for more information.

With any supplement support, there is still much you can do on your own to reduce your inflammation in conjunction with recommended nutritional supplements.

There’s ONE overriding reason why many of us are inflamed, are in pain, and are sick and die prematurely…

It’s because humans are typically reactive… as opposed to proactive when it comes to their health. And there’s one major health issue we have 95% control over… chronic inflammation.

People destined for disease often find excuses why they can’t make healthy food and lifestyle choices a priority. But healthy people navigate the same world empowered.

So improve your chances for a win. Waiting until the last minute just about kills your chance for healthy anti-inflammatory decisions.

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