



## *Natural Pain Relief From Inflammation*

**By Jacqueline Fields, MD and founder of Dr. Fields' Sacred Skin | August 1, 2014**

Most pain we feel comes from inflammation. Inflammation is present in everyone's body as a natural byproduct of many normal physiological activities, and is also an essential part of the healing process. It is often referred to as a cascade or a cycle due to its self-promoting nature. However, the natural inflammatory process, once in motion, can become a vicious cycle of self destruction. When the inflammatory process is out of balance, serious health challenges, including cancer, arthritis, myalgias, arthralgas, heart disease (atherosclerosis) obesity, migraine headaches, colitis, asthma and viral infections can occur. In summary, inflammation is the crux of acute pain and most chronic disease. You have recently heard in the news a lot of information about CRP which is a marker of systemic inflammation. When CRP is elevated it is indicative of increased cardiovascular risk and inflammation in the body. For the purposes of this article I will focus on acute inflammation and some great natural remedies.

When an injury occurs, the body's defense mechanism is to cause the tissues to swell which then signals pain back to us via nerve connections. The common solution for more than 30 million Americans is to use and abuse NSIDS like Ibuprofen, Aleve and aspirin. Unfortunately because NSIDS are over the counter many people take them on a regular basis thinking there are not long term consequences. The truth is they increase ones risk of ulcers, strokes, heart attack and kidney and liver damage. I would recommend exploring some of the remarkable remedies nature has created to assist you with your acute injuries or even some chronic conditions such as arthritis and back pain.

**Boswellia** also known as frankincense is one of my favorite remedies to decrease the inflammatory compounds in many chronic diseases such as rheumatoid arthritis, osteoarthritis, asthma, and even inflammatory bowel disease. In Chinese medicine Boswellia has been classified as an herb that promotes blood circulation and the regeneration of tissue. A new product in the store is **AKBA** by True Botanica. This product is 90% concentrated AKBA which stands for acetyl-11-keto-B-boswellic acid. AKBA is the most active component of the boswellia resin extract. It is a potent inhibitor of the 5-lipoxygenase pathway which is involved with all major acute and chronic pathologies. Another product I love using by Natura is **Inflamaway**. This also includes AKBA, but has a combo of other ingredients like bromelin, ginger and feverfew. This combo works at the cellular level to modulate important pathways to protect the body from build up of toxic byproducts generated by hyper-inflammatory state.

My next favorite herb is curcumin also known as turmeric. This spice blocks inflammatory proteins but also enhances the body's ability to quell inflammation. Studies show that curcumin alleviates chronic arthritic pain and helps prevent Alzheimer's heart disease, and diabetes. Please be generous using this spice or if you want to take it in pill form the dose is 400-600 mg

three times a day. Bromelain will help increase the absorption. Products with curcumin that are available at the medicinal store include **inflammend** or **inflammatone** dosed at 1-4 a day.

Ginger is a tasty root that contains enzymes that inhibit the production of inflammatory compounds. My favorite way to use ginger is to grate it fresh into water and steep for 5-10 minutes. If you're dealing with chronic pain drink this infusion regularly two to three times daily. Even if you're dealing with sinusitis or a cold, drink a cup of this infusion with some honey and lemon three times a day. If you dislike the taste of this root fresh, you can find it mixed into anti-inflammatory herbal combinations like in **inflammend**.

**Omega-3 fatty acids** are very helpful for long-term pain reduction. Your body breaks omega-3 fatty acids down into anti-inflammatory compounds. Research has proven patients experience greater pain and inflammation if they do not get enough omega-3's in their diet. Flaxseed, hempseed, and cold water fish such as salmon, sardines and mackerel all provide a rich source of omega-3 fatty acids. If you are not getting enough in your diet consider supplementing with a high quality source of mercury free omega-3's. I recommend 1,000-2,000mg a day for maintenance. If you are in chronic pain consider 4,000mg a day. Some brands I love include **OMEGA 900**, **Ultimate 3-6-9** OR **MEGA 10** all are available at the Healing Gardens Medicinal store.

To replace your regular use of aspirin next time consider using white willow bark. It contains salicin, a compound very similar to aspirin. A very effective formula I have found is **saloxicin** by Xymogen. This product contains both 120mg of salicin as well as the boswellic acid. The dosing of salicin should be 120mg-240mg up to three times a day.

Finally I want to provide a brief education about infra-red for pain management. The data on infra-red was proven over 20 years ago by NASA. Infra-red works by releasing the bodies own nitric oxide which vasodialates the blood vessels and hence helps remove inflammatory cells faster. I have used in my practice infra-red to treat every type of "itis" imaginable. This includes bursitis, tendinitis and even sinusitis with great results. I have multiple infra-red units available for rent to the public or available to sell for whole-sale through my medicinal store. If one has chronic pain this can be a great way to manage and even heal the condition in the hands of the patient. Also for patients with more full body pain BIOMATS can be very beneficial to use to decrease more full body inflammation and/or assist the body with deep detoxification.

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