

PAIN AND INFLAMMATION

MEDICATION VS NATURAL HEALTH CARE FOR PAIN

2

NATURAL HEALTH CARE AND PAIN

3

TAKE A FREE HEALTH QUESTIONNAIRE

5

ANTIOXIDANTS AND FATTY ACIDS FOR PAIN

6

## PAIN MEDICATION AND HEART FAILURE

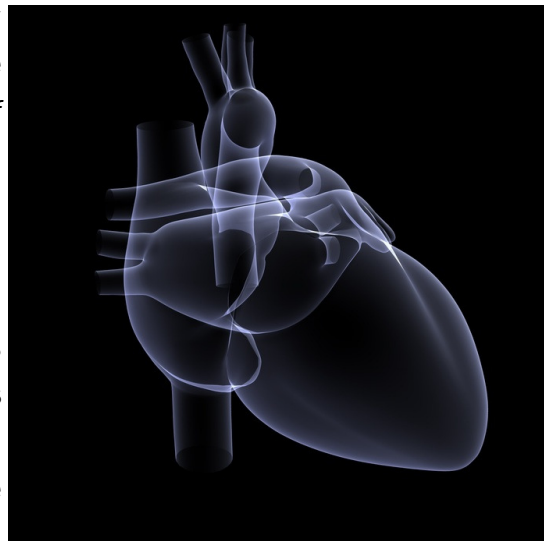
Popular anti-inflammatory, pain-killing drugs (called NSAIDs—or non-steroidal anti-inflammatory drugs) may increase the risk of relapse in patients with heart failure according

to a study published in the *Archives of Internal Medicine* (February 11, 2002;162:265-270). NSAIDs, a group of drugs that includes aspirin and ibuprofen, are often used to treat pain and inflammation.

The drugs will not create congestive heart failure (also called CHF), but there may be an association between the use of the drugs and relapse in patients already diagnosed with CHF. CHF occurs when the heart loses the ability to pump efficiently, creating fluid build-up in the body, including the lungs.

Aspirin is often taken to reduce the risk of heart attack, but some research has suggested that those who take other pain medications may increase their risk of heart failure.

Researchers found that patients who had filled at least one NSAID prescription were nearly 10 times more likely than those who didn't use the drugs to have a relapse of CHF.



For certain patients, NSAIDs may indeed cause fluid retention and high blood pressure. Patients who have had angina, congestive heart failure, bypass surgery, heart attack, or angioplasty with stent placement should seriously consider safer alternatives.

## MEDICATION VS NATURAL HEALTH CARE FOR PAIN

In this month's newsletter we are sharing some of the research about pain and the use of natural health care. A common misconception that many patients have about treating pain is that the drugs they are taking are actually doing some good. Pain medication does not heal or repair a problem—it only offers temporary relief. That relief comes at a price; pain medication causes problems.

Arthritis patients take NSAIDs (non-steroidal anti-inflammatory drugs) regularly without realizing that they actually interfere with cartilage repair. These drugs are linked to high blood pressure, kidney failure, heart failure, ulceration of the GI tract, and some drugs even interfere with bone repair.

According to research appearing in the *American Journal of Medicine*, "Conservative calculations estimate that approximately 107,000 patients are hospitalized annually for nonsteroidal anti-inflammatory drug (NSAID)-related gastrointestinal (GI) complications and at least 16,500 NSAID-related deaths occur each year among arthritis patients alone. The figures for all NSAID users would be overwhelming, yet the scope of this problem is generally under appreciated"

These drugs have side-effects and some would even say that they are dangerous, but what are we to do? Many people have pain, and relief is a priority for them. Chronic pain is the most costly health problem in America, with an estimated annual cost of about \$90 billion per year. This cost includes lost productivity, legal costs, doctors' visits and medication; 80% of all visits to the doctor are pain related. An estimated 40 million Americans

have arthritis or other rheumatic condition. That number is expected to climb to 59.4 million, or 18.2% of the population, by the year 2020, according to a new report published as a collaborative effort between the National Institutes of Health (NIH), the Centers for Disease Control and Prevention (CDC), the Arthritis Foundation, and the American College of Rheumatology. Approximately 12% of all Americans suffer from migraine headaches. Nine out of 10 migraine sufferers report they can't "function normally" during days in which a migraine strikes. Three out of 10 migraine sufferers require bed rest when suffering from a migraine. In 2001, over 13 million people saw a physician for the treatment of back pain. According to the NIH, 65 to 80% of all people have back pain at some time in their life. Half of all working Americans admit to having back pain symptoms each year. Back pain costs an estimated \$50 billion each year.

A smart approach to helping patients in pain is to improve their diets, get them exercising and to give natural substances that do not have these side-effects. There are a number of good products on the market that can help your patients who are in pain.

Products made from patented extracts of skullcap have outperformed COX-2 inhibitors in clinical studies, but the manufacturer can't compare the product head-to-head with drugs. It has improved WOMAC scores on arthritis patients. Legally the manufacturer can't make claims about the product. Literature about such products cannot even say that the product treats joint pain. They

### WholeHealthWeb.com

Whole Health Web is a site designed to teach people about the value of natural health care.

Our goal is to inform you and to help you to start a conversation with your doctor about natural health care.

Most of our articles are about scientific research. We will also provide opinion pieces provided by natural health practitioners.

Visit us often, as we are continually adding new content

can say that the WOMAC score is improved, but can't say what WOMAC means—because it contains the word “arthritis” (it is a pain-rating scale).

In the mean time, products that are linked to high blood pressure, kidney failure, heart failure and death can make claims. Maybe the reason so many older Americans take so many drugs is because they start young—with pain medication (that help to destroy joints—making sure that they continue to need them) yet safe alternative products are not allowed to make claims.

# Got Health Questions?

## We've Got Answers!

Now more than ever before, it's important to take an active role in our own health care. But with the masses of information out there, how do you know what you can trust?

Whole Health Web offers free, reliable, scientific-based answers to the top health questions facing Americans today. Our articles and information are based on years of clinical research, experience and the most trusted sources for health information.

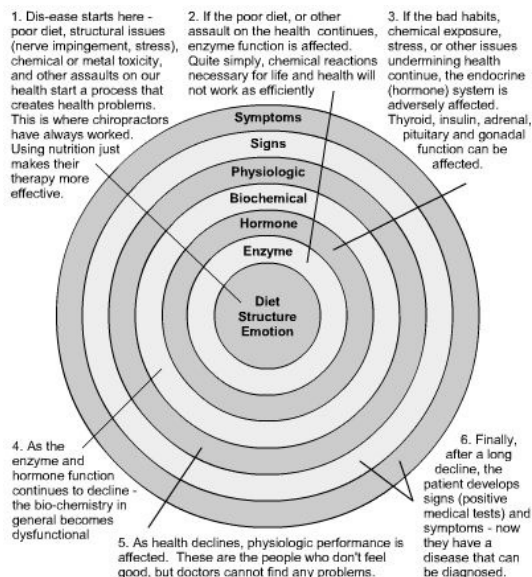
So, if you've got questions about your health, then look no further. Whole Health Web is your complete resource for reliable, accurate information.

[Click here](#) to visit [Whole Health Web](#) now to get access to a variety of free resources and information.



 **WholeHealthWeb™**  
Learn to feel better...naturally!

# NATURAL HEALTH CARE & PAIN



People who are used to a traditional medical approach to health problems may have a little bit of trouble understanding how natural approaches are effective. For one thing, medical approaches have to be exact. The right drug needs to be given for the right condition. Giving Ritalin to someone in pain will have no good effect. Similarly, giving a NSAID to a child with ADD will not produce any results. When you treat symptoms, you need the exact treatment to address the symptom you want to treat. Dr. Emanuel Cheraskin created the model that is shown at the top of this article. It is a model for health and disease. Medicine works at the outside of Cheraskin's circle—addressing signs and symptoms. Natural health care works at the center of the circle—balancing the causes of disease. So a natural therapy that helps ADD, may also help allergies, pain or other health problem.

Natural health care doesn't work the same way as medicine. Natural health care is about balance. A chiropractor treats back pain by balancing the spinal column. An acupuncturist treats pain by balancing energy in the meridians. Balancing the body's biochemistry with nutrition can help to relieve pain. Rather

than thinking of disease as something that just randomly invades a healthy body, The natural health practitioner thinks of disease as evolving when all of the components for good health are not present. For a body to be healthy there must be good genetics, good structural balance, good nutrition, biorhythmic integrity and good emotional health. When these base components are not present, it sets the stage for disease.

Traditional Western medicine deals with symptoms. It works on the outside of the circle. It is a great approach when the symptoms are severe or dangerous. If you get hit by a car, you may want the trauma team to work on you rather than have someone give you calcium to help your bones to heal.

The fact that you can use nutrition to control pain and inflammation often surprises patients. They just need to understand that instead of changing the chemistry of inflammation with a NSAID, it can be changed naturally. Avoid foods that promote inflammation, like refined sugar and trans fats and make sure that there is a proper balance of essential fatty acids (for many people, this means taking omega 3 fatty acids). Other herbs and supplements are also useful (see the article about Sculacia on page 3). Many patients are surprised at how well this approach works — especially when combined with a hands-on therapy. There is an added advantage of not having the side effects of pain medication.

Patients who follow a regimen of natural health care need to understand that treating pain is not the goal—restoring health is. Healthy bodies don't hurt. Natural health care does not treat pain, allergies, multiple sclerosis, headaches or even cancer. It treats the human beings that have these conditions.

**“Numbing the pain for a while will make it worse when you finally feel it.”**  
— J.K. Rowling,  
*Harry Potter and the Goblet of Fire*

# HOW HEALTHY ARE YOU?

FINDING OUT IS EASY AS 1, 2, 3!

Right Now, You Can Take Advantage Of Our Free Online Health Assessment Tool.

JUST FOLLOW 1, 2, 3!

1. Visit our website to take the **FREE** online health assessment.
2. Print the results.
3. Bring your results to your natural health practitioner.

**TAKE OUR FREE ONLINE HEALTH ASSESSMENT NOW!**

**Visit: [www.WholeHealthWeb.com](http://www.WholeHealthWeb.com)**  
**And Take Your Free Health Assessment Now!**



WholeHealthWeb.com

Visit often as we are continually adding new content

Disclaimer

All content found in this newsletter and on the WholeHealthWeb.com website, including: text, images, audio, or other formats were created for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this website. Links to educational content not created by WholeHealthWeb.com are taken at your own risk.

We are not responsible for the claims of external websites and education companies.

## ANTIOXIDANTS & FATTY ACIDS FOR PAIN

A combination of antioxidants and essential fatty acids may be an effective treatment for the inflammation in common injuries like 'tennis elbow' and 'golf elbow'. A physiotherapist with Denmark's Olympic Committee recently conducted a study in order to document the anti-inflammatory properties of this new treatment, which was tested for the first time in 1996 on a group of rowers from Denmark's National Rowing Team.

Antioxidants neutralize the free radicals. This limits their destructive impact, which is why athletes must make sure to get adequate amounts of antioxidants to protect themselves against stress injuries. Essential fatty acids are important because they support the body's production of beneficial type 1 and type 3 prostaglandins, those which counteract pain and inflammation.

If you suffer from an inflammatory disease like rheumatoid arthritis (RA), the type of fat in the diet can alter the immune system's inflammatory response. According to research done by Dr. Richard Sperling of the Brigham and Women's Hospital, fish oil may reduce inflammatory substances produced by white blood cells.

The intake of omega-3 fatty acids (like fish oil) in many industrialized countries is relatively low and its increased consumption has protective and modifying effects on such diverse conditions as atherosclerosis, ventricular arrhythmias, multiple sclerosis, major depression and inflammatory and autoimmune diseases. In addition, omega-3 fatty acids have been shown to alleviate pain in patients with rheumatoid arthritis, inflammatory bowel disease, and in a number of other painful conditions.