

THE BETTER HEALTH NEWS

FIGHTING PAIN
NATURALLY

PROBLEMS WITH
PAIN MEDICATION

2

FATTY ACIDS AND
PAIN

4

TAKE A FREE
HEALTH
QUESTIONNAIRE

5

KIDNEY FAILURE
AND PAIN
MEDICATION

6

EAT YOUR WAY OUT OF PAIN

The body produces chemicals that create inflammation in response to injury. Inflammation irritates the nerves, resulting in pain. This is why people take anti-inflammatory drugs to get rid of pain. Inflammation is also influenced by our diets.

4 Foods and their effect on inflammation:

- **Water:** Adequate water intake enables your body to eliminate waste easier. Your body can more efficiently dilute and eliminate the chemicals that cause inflammation. Drink water, not coffee, tea or colas. Water is necessary to keep the ligaments and discs healthy.
- **Oil:** Carefully choose the fats and oils that you consume. Strictly avoid hydrogenated and partially hydrogenated oils—avoid trans fats, because they help produce inflammation. Also animal fats are pro-inflammatory. You can eat meat, but eat lean cuts, skinless chicken and turkey. Fish is excellent because it contains omega-3 fatty acids, which are very anti-inflammatory. You may even consider taking an omega-3 fatty acid supplement. Also flax seed contains omega-3 fatty acids. Buy some flax

seeds and sprinkle them on salads and other dishes.

- **Avoid refined sugar and white flour:** Sugar and refined white flour are pro-inflammatory. Soda pop, cookies, candy and other goodies will help to keep you in pain.
- **Eat brightly colored produce:** The bright colors in fruits and vegetables are from bioflavonoids—these are wonderful antioxidants. They protect the cells of the plant from sun and from photosynthesis (which involves oxidation). When we eat them they protect our cells. There is a lot of research that demonstrates that antioxidants help to reduce pain and inflammation.
- **Eat raw food:** If that produce you are eating is raw, so much the better. Raw food contains enzymes and enzymes help your body to chemically clean up inflammation.
- **Take a natural anti-inflammatory:** There are a number of products that reduce inflammation. These include pancreatic enzymes, curcumin, willow bark and even fish oil. Go to WholeHealthWeb.com and read the research.

PROBLEMS WITH PAIN MEDICATION

One of the great misconceptions that people have about taking NSAIDs (non-steroidal anti-inflammatory drugs -common pain killers like ibuprofen , aspirin or naproxin) is that they somehow help to heal an injury by bringing inflammation under control. Actually, the opposite is true. The drugs actually interfere with the repair of muscle, cartilage and possibly bone.

There is a tendency to think of pain medicine as the only way to treat pain and inflammation. Most people automatically take medication when they have pain. Some people with chronic pain take medication regularly without giving it much thought. More than \$4 billion is spent each year on over-the-counter pain medications for headaches. Americans consume 20,000 tons of aspirin each year.

Research published in the *American Journal of Physiology, Endocrinology and Metabolism* (Vol. 282, Issue 3, E551-E556, March 2002) looked at the effect the commonly used pain relievers (acetaminophen and ibuprofen) had on protein synthesis (repair) and soreness after intense exercise (note: acetaminophen is not classified as an NSAID because it

does not address inflammation). It found that the two drugs may suppress protein synthesis (repair).

Other problems with pain medication include high blood pressure, kidney failure, heart failure, ulceration of the GI tract, and some drugs even interfere with bone repair. In the July 23, 1996 *Archives of Internal Medicine*, it states that in nearly 2,000 arthritic patients studied, ulcer risk increased 10-fold. It also stated that almost 25% of NSAID users have ulcers, most of which are without symptoms.

NSAID use perpetuates the very problem that it is designed to treat. NSAIDs actually increase the body's oxidative stress—leading to further inflammation. Research articles appearing in the journals *Pharmacological Research Communications* and the *Lancet* have demonstrated that NSAIDs interfere with the formation of cartilage. So someone who takes these drugs is trading short-term relief for long-term degeneration.

There are a number of natural substances that can help to bring pain and inflammation under



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.

control. For example, Chinese skullcap (*Scutellaria baicalensis*) has shown anti-arthritic and anti-inflammatory properties, making it useful as an herbal arthritis treatment. The herb is a potent antioxidant, which may make it helpful in preventing heart disease and limiting the damage to the heart following a heart attack. .

Turmeric has shown anti-inflammatory properties in a number of studies, including (*Mol Nutr Food Res.* 2013; 57:1529-42), (*Altern Ther Health Med.* 2013;19:20-2), (*Am J Physiol Regul Integr Comp Physiol.* 2007 Mar 1 [Epub ahead of print]) and (*Indian J Biochem Biophys.* 2012; 49:306-15) are just a few. Some studies show curcumin to be of value for patients with colitis, allergies and even cancer.

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

FATTY ACIDS AND PAIN

One way to reduce inflammation is to “change the patient’s oil”. There is a large body of research showing that omega-3 fatty acids are anti-inflammatory. There is a good reason to choose omega-3 fatty acids over pain medication—blood pressure.

According to research published in the *Archives of Internal Medicine* (October 28, 2002;162:2204-2208), frequent use of pain-relief medications may result in an increased-risk of high blood pressure in women. These drugs are known as NSAIDs (non-steroidal anti-inflammatory drugs). Use of acetaminophen (eg Tylenol) was also monitored in this study. Acetaminophen is not an NSAID, it addresses pain, but not inflammation.

NSAIDs work by blocking hormone-like substances known as prostaglandins, some of which cause inflammation. Prostaglandins also dilate blood vessels. If they are chemically blocked by NSAIDs, blood vessels may narrow. This can lead to hypertension.

The health of 80,000 women, all of whom did not suffer from hypertension was monitored. Frequency of the use of pain medication (including aspirin, NSAIDs and acetaminophen) was noted and compared with the number of diagnosed cases of hypertension after two years. Use of NSAIDs 22 days or more each month increased the risk of high blood pressure by about 86%. Women using acetaminophen 22 days or more each month were almost twice as likely to have high blood pressure than those who did not. Aspirin users did not experience the increased risk of high blood pressure. Researchers concluded that over use of pain medications could be responsible for a

large portion of the hypertension cases in the United States.

According to a double-blind, placebo controlled study appearing in the *Journal of Nutrition* (2007 Apr;137 (4):973-8), a small amount of DHA (docosahexaenoic acid) can moderately reduce blood pressure. The 38 male subjects were randomized to receive either 700 mcg of DHA or a placebo each day of the three month study. The study paused for four months and the role of the subjects were reversed, with the original placebo group receiving the supplement and the original supplement group receiving the placebo. Overall, subjects taking DHA had a diastolic blood pressure that was lower by 3.3 mm Hg. Heart rate was also lower in the DHA group, by 2.1 beats per minute.

A cross-sectional epidemiological study appearing in the journal, *Hypertension* (2007;50:313-319) looked at blood pressure in relationship to omega-3 consumption in 4,680 subjects. Blood pressure was measured eight times over four doctor visits. The researchers found an inverse relationship between omega-3 fatty acid consumption from food.

A meta-analysis of studies relating fish-oil consumption to blood pressure appeared in the *Archives of Internal Medicine* (June 28, 1993;153:1429-1438). In 11 studies, it was found that omega-3 fatty acids reduced blood pressure in people with normal blood pressure. Another six studies found that omega-3 fatty acids reduced blood pressure in hypertensive individuals. The greatest blood pressure reduction was in individuals with the highest blood pressure.

The aim of the wise is not to secure pleasure, but to avoid pain.
Aristotle

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
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.

KIDNEY FAILURE AND PAIN MEDICATION

People with kidney disease or other ailments who regularly take aspirin or acetaminophen may be increasing the risk of developing kidney failure. Patients who regularly use pain medications (according to researchers, regular use is defined as at least twice each week for two months), were between two and three times more likely to have the beginning stages of chronic kidney failure than patients who do not regularly take pain medication. This pertains only to those with pre-existing kidney disease. This is supported by an article in the *New England Journal of Medicine* (December 20, 2001;345:1801-1808).

People who used either acetaminophen or aspirin regularly were 2.5 times more likely to be diagnosed with chronic renal failure, compared with individuals who did not use these painkillers. The risk rose in with the amount of either drug taken over a lifetime, the investigators found.

Patients with diabetes -- a major underlying cause of kidney failure -- had an increased risk of kidney

failure with regular aspirin and acetaminophen use.

The result is consistent with other studies that have found a link between regular use of painkillers and an increased risk of chronic kidney failure in susceptible individuals.



An article published in the *New York Times* (January 29, 2002) covers concern of NBA players over the regular use of these medications. This is in the wake of Alanzo Mourning of the Miami Heat developing a kidney disorder and Sean Elliot needing a kidney transplant. Concerned players include Shaquille O'Neal, whose concern that his regular use of an anti-inflammatory drug over the years could cause the disease Mourning has, stopped taking the drug. To quote the article, "Many doctors say that if someone uses anti-inflammatory medicines in excessive amounts over long periods of time - as some N.B.A. players apparently have, taking three or four times the recommended dose - it can affect kidney function."