

Pain and Inflammation



Managing pain can be a life-long challenge, from bumps and bruises to chronic and severe pain. Inflammation is often at the root of these painful sensations, thus numerous anti-inflammatory medicines line the shelves of drug stores and medicine cabinets alike. Yet many people still suffer from inadequate pain relief or find the side effects of their medicine unacceptable. Additionally, chronic inflammation that you can't feel can contribute to heart disease, cancer, dementia and many other ailments. In fact, medical science's growing awareness of inflammation's role in disease continues to validate the importance of regulating inflammation. A natural approach can offer equal, if not superior pain relief, while better supporting overall health. Additionally, the non-toxic nature of natural remedies is crucial for safely addressing chronic inflammation.

Balancing inflammation starts with a healthy lifestyle, including moderate exercise and a well rounded diet. Part of eating healthy is limiting sugar intake and balancing the types of fat you consume. Generally speaking, omega 6 fats, which are typically found in higher amounts in meats and vegetable oils, can serve to fuel inflammation. Conversely, omega 3 fats can serve to reduce inflammation and can be found in foods like fish, walnuts and chia seeds. Balancing your dietary fats provides a solid foundation for managing inflammation and can help prevent an excessive inflammatory response. For those who find they're unable to get adequate omega 3s in their diet, there are many supplements available, including vegetarian and vegan choices. Remember that ultimately it's about balancing your omegas, not just avoiding or overdosing on one or the other.

After addressing diet and lifestyle, anti-inflammatory herbs and enzymes are the next step. Turmeric is one of the best studied herbs worldwide and a favorite of many physicians. With centuries of years of safe use and with thousands of published scientific studies, turmeric is a confirmed safe and effective inflammation fighter. It is part of a growing list of herbs that have been proven to target the same inflammation pathways as pharmaceuticals. Offering real relief without the side effects. In fact, most pharmaceuticals stress the liver, whereas turmeric supports this important detoxifying organ. Another excellent option are anti-inflammatory enzymes, which bring something quite unique to the table. Anti-inflammatory enzymes, also known as proteolytic enzymes, help break down and remove dead and damaged tissue from inflamed areas. Think of your injured tissue like a disaster zone, we need to clean up the mess so new construction and recovery can begin. This can translate to reducing the time that inflammation persists and clears the way for new tissue growth.

A natural, holistic approach is something everyone can benefit from. The ultimate goal should always be "How can I assist my body's natural repair and recovery mechanisms?" Remember your body wants to heal itself. Examine your daily habits and the medicines you're using. Are they supporting or detracting from your body's powerful, innate healing process? There may be natural alternatives or other ways to reduce your pain and lower your risk of disease. Remember that it's not always as easy as just "popping a pill." Lifestyle changes are often necessary and they certainly always help. I think we can all agree that pain relief and a better quality of living are worth small changes to our routines. Realize your options go beyond synthetic drugs and take control of your health today.

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