

## Natural Pain Relief and Healing

When it comes to muscle and joint injuries, we often don't realize that the majority of pain comes from chemicals released during the injury and inflammation (swelling) process. Swelling builds up during the first 3 days and remains throughout the healing process (3-6 weeks). If the tissue isn't allowed to heal because of continued use, the damage and swelling could last years, leading to disability and chronic pain. The swelling protects us by causing pain and restricting our movement, but it may also delay healing.

Anti-inflammatory medications help relieve pain by reducing the inflammation. Unfortunately, these medications bring with them a host of other side effects which can compromise our health and delay healing. Medication and surgery should be our last option. Luckily there are many safe and natural alternatives.

The first treatment should be rest, ice, elevation and compression (an ace bandage) for the injured area. The following natural products help with pain and swelling: Vitamin C, anti-oxidants, minerals, curcumin, ginger, bromelain, fish and flax oils, and glucosamine sulphate. Eat lots of fish, fruit, vegetables and whole grains. Cut out meat and dairy. Active treatments include chiropractic, acupuncture and massage.

Not all conditions respond to the same products and dosages vary greatly. As with any pain it is important to determine its cause before treating the symptoms. Consult your health professional to help you assess the injury and recommend the correct products and dosages. If the pain or disability isn't significantly improved in 3 days, get a professional opinion.

Happy healing, Yours in health,

Dr. Rick

*Dr. Rick Schlüssel is a Chiropractor and Applied Kinesiologist providing preventive health care, treatment for pain and injuries, holistic health assessments and a variety of natural therapies. He can be reached at The Healing Place at 530-889-0388 or by email at [rick@mydrnick.com](mailto:rick@mydrnick.com)*