

Essential Guide To Lasting Pain Relief



Safe and Effective Pain Relief Strategies Your Doctor Will Never Tell You About

By Kerri Knox, RN

Registered Nurse

Table of Contents

Introduction to the Epidemic of Chronic Pain.....	4
Section 1- Core Recommendations for Most Pain Conditions	
I. Vitamin D	7
• What Pain Conditions Vitamin D Might Work For.....	8
• Getting a Vitamin D Level.....	9
• Once you have your Vitamin D Level.....	10
• The Right Form and Dosage of Vitamin D.....	11
• Warnings about Vitamin D.....	13
• Vitamin D Resources.....	15
II. Magnesium	16
• How Magnesium Works.....	16
• How to know if magnesium might work for you.....	17
• The Best Form and Dosage of Magnesium	17
• Cautions	19
• Resources.....	20
III. Omega 3 Fatty Acids.....	21
• What conditions might Omega 3 fatty acids work for.....	21
• Form and Dosage of Omega 3 fatty acids.....	22
• Cautions.....	22
• Resources.....	23
IV. Vitamin B12 and B Complex Vitamins.....	24
• What do the B Vitamins Do.....	24
• What Pain Conditions can the B Vitamins help.....	25
• Testing for B Vitamin Deficiencies.....	26
• Dosage.....	26
• Resources.....	29
V. A Gluten-Free Diet.....	30
• What types of pain can eating a gluten free diet help.....	31
• Laboratory Testing for Gluten Intolerance.....	31
• How to Eat Gluten Free.....	32
• Resources.....	33

VI. Anti-inflammatory Diets and Getting Your Nutrients from Your Food.....34

Section 2- Drug Problems and Better Alternatives

VII. The Problem with Drugs36

VIII. Safer Alternatives to Drugs38

Section 3- What to do about Specific Pain Conditions.....40

1. Tendonitis Pain41

2. Back Pain/Neck Pain.....42

3. Neuropathy43

4. Fibromyalgia and 'All Over' Body Pain44

5. Arthritis – Including Rheumatoid.....45

6. Headaches and Migraine Headaches.....46

7. Chronic Abdominal Pain.....47

8. Chronic Chest Pain/Angina.....48

9. Chronic Dental Pain.....49

10. Chronic Sinusitis.....49

Summary50

The Epidemic of Chronic Pain

If you are reading this, it's likely that you either have chronic pain or know someone who does. So you must know how chronic pain can control your entire life and can make you feel crazy. You know what it's like to go to several different doctors to find answers, only to have another diagnostic test done and be given a prescription for drugs that you know are bad for you, but that you have no choice but to take to get through the next hour- let alone the next month.

It's likely that you, just like nearly everyone with chronic pain, has seen at least 3 doctors- and some people have seen 7 to 10 different doctors- sometimes even pain specialists- in a (likely unsuccessful) attempt to relieve your pain. And if you have been to a pain specialist, even they don't seem to know how to help your pain. And they are the pain management specialists!

Well, let me assure you that you have **NOT** tried everything and there really is hope that you can feel better. There has been tons of research into pain relief using these easy to find, inexpensive remedies. The strategies in this book are all backed by research, sometimes **EXTENSIVE** research, but because the medical establishment is often slow to use new strategies- especially so-called 'Natural' remedies, they just are simply not being used widely by doctors- to your detriment.

Changing Your Focus

These strategies **DO** work; not for everyone and not in all cases, but many of you actually can get relief from your pain. Even if you have structural abnormalities, slipped disks or **WHATEVER** problem you have been told that you have to live with forever and there is nothing that can be done. This is just simply not true. If every single person reading this tried out every strategy in this book, nearly every single person would have some reduction in their pain- and many could eliminate their pain completely.

Even if you have slipped disks, flat feet, an 'incurable' autoimmune disease- it doesn't matter. People with any and every type of pain have improved and even eliminated their pain using these techniques. Many have had to go to 'World Famous' hospitals, like the Mayo Clinic, in order to find out the same things that I am telling you now. Even better, many of these techniques actually work to correct the underlying problem that caused your problems in the **FIRST** place.

The problems with using these strategies is that there are either no tests that can accurately determine if you would benefit from the strategy, or the tests that doctors choose to use are inaccurate and almost always show no problem. Other tests that **DO** give important information, doctors simply don't understand the impact that the deficiency or problem can have on your health. That leaves you in pain and stuck without doctors willing to help you find the **CAUSE** of your pain.

Doctors need to 'prove' to their medical boards and insurance companies that you **NEED** a particular therapy, but in many cases there is solid research showing that doctors are simply no good at finding these particular problems and simply trying them out is a more accurate way to determine your need for some of these therapies. But doctors will almost NEVER tell you to just try it and see if it works for you. But that's exactly what this ebook is going to recommend that you consider. If you are willing to try a therapy that:

- Is inexpensive
- Has virtually no disadvantages
- Has the potential to decrease your pain significantly

Then you just might benefit from the information in this ebook. And remember that there is **EXCELLENT** research backing the 'Try It and See if It Works for You" approach for many of these strategies. Only you are able to determine if the minor risks are worth the potential benefit- and you'll get all of the information you need to make that decision for yourself.

Disclaimer

You **MUST** have had a full physical examination for your pain by a qualified medical practitioner. There are obviously some serious medical conditions that can cause pain that only a doctor may be able to recognize. Nothing in this book constitutes medical advice and you **SHOULD** have the full cooperation of your doctor when implementing these therapies.

Also, if you take any prescription drugs or herbal preparations, it is imperative that you have a pharmacist check for drug- nutrient interactions. While you may be frustrated with your current state of health and eager to get started, please do not take any unnecessarily risks. Be safe.

Drugs

We are not against drugs for the temporary relief of pain. However, drugs have their downsides that will be discussed at length later on. If you need pain medication now, then you need to do whatever it is you need to do to get you through the day, but the hope is that you will be able to reduce or eliminate your reliance on pharmaceuticals for your pain. Be watchful of your need for medications as it could decrease while you are on this program. And when pain decreases, other medical problems such as blood pressure could be affected as well. Be aware of this and be in touch with your doctor for any changes in your medical condition or possible need for changes in medications.

WARNINGS

First Warning

Even if you have tried these therapies before or you are already taking one or more of these substances, keep an open mind and read the chapter on that technique carefully. If you ARE taking the substance already and it hasn't worked for you, you may have not been taking the substance:

- In the right FORM
- At the right TIME
- Or in the right DOSE

So pay careful attention to the detailed instructions that accompany each section, you may be surprised by what you learn!

Second Warning

None of these therapies will work for all people in all cases, but some of them **WILL** work for **SOME** people. While I can give you the circumstances and conditions that may help you to decide whether a particular therapy might benefit you or not, in many of these cases, you are simply doing an experiment and finding out if it will work or not.

Only you can decide if it is ultimately worth the time, money, effort and potential risk that may be involved in order to find out if any specific therapy will work for you. Just like with any 'investment' you need to do your own due diligence and manage the risk versus benefit that is always inherent in attempting any new therapy.

How to Use This Guide

For each Strategy, discussion will be in a particular format that you can scan through and decide which one **MIGHT** work for you. For each nutrient, you will find out:

- What the Nutrient is and why it's important
- What pain conditions it might work for
- What tests you can do to find out if you need this nutrient
- What dosage has been shown to work
- Cautions and warnings

And **YES**, you can do **ALL** of the strategies all at once. In fact, for best results, do all of the recommendations in **SECTION ONE: CORE RECOMMENDATIONS** at the same time. Nutrients work in **SYNERGY** with each other and often work better together. This is particularly so of our first two strategies- Vitamin D and Magnesium...So, good luck and without further ado, let me introduce the first of our natural pain relievers, the amazing Vitamin D...

Section One: Core Recommendations

I. Vitamin D is the Most Widespread Nutrient Deficiency in Chronic Pain

**** Skipping this Section Could Be the Biggest Mistake You Ever Make**

Even If you already take Vitamin D, You STILL Need to Read This!!**

Vitamin D is one of the most overlooked and underutilized nutritional therapy in the medical world. Vitamin D is actually not a vitamin, but a powerful hormone with the ability to regulate the immune system, inflammation and thousands of genes that can control disease. It's a shame that this inexpensive nutrient has **STILL** not become part of mainstream medical treatment despite thousands of studies on its multiple modes of action that has the potential to benefit so many.

In fact, there are **MANY** drug companies that are, right now, attempting to develop 'Vitamin D Analogues' that mimic the **EFFECTS** of vitamin D in a patentable synthetic form. In the meantime, despite the drug companies having read the impressive research about vitamin D, doctors are leaving up to 85% of the population vitamin D deficient **DESPITE** the fortification of foods like milk.

Nearly 100% of Pain Patients are Vitamin D Deficient

In fact, vitamin D deficiency is **SO** rampant that in one study of chronic pain patients at a pain clinic, almost 100% were vitamin D Deficient. Of course, this is liable to be of interest to you because it is hardly likely that when 100% of people in pain were vitamin D deficient, that **YOU** are any different. Even for those **NOT** in pain, vitamin D is impressive. **THOUSANDS** of research studies point to vitamin D's role in decreasing risk of:

- Cancer
- Diabetes
- Multiple Sclerosis
- Osteoporosis
- Depression

And of course...PAIN

What Pain Conditions Vitamin D Might Work For

If you have Chronic Pain of **ANY** kind, it should make you think that you are probably vitamin D deficient. But particularly any types of :

- Muscular Pain
- Diffuse Body Pain
- Migraine Headaches
- Arthritis of any kind (even Rheumatoid)
- Bone Pain (deep aching pain)
- The Pain of Fibromyagia and Chronic Fatigue Syndrome
- Back Pain (even if you have ruptured disks, structural abnormalities, etc)

There are **SO** many studies showing that Vitamin D can be effective for so many different types of pain that- unless you are tanned and bronzed from the sun- any pain conditions should have you suspecting vitamin D deficiency.

“ Because osteomalacia is a known cause of persistent, nonspecific musculoskeletal pain, screening all outpatients with such pain for hypovitaminosis D should be standard practice in clinical care.”

And even if vitamin D doesn't **ELIMINATE** your pain, it has been shown to decrease the need for pain medication! So, either way, if you are in pain, it is really imperative that you make sure you are vitamin D sufficient. But what **SUFFICIENT** means is not as easy as you think. Nearly everyone 'believes' that they have sufficient vitamin D, but hardly anyone actually does. So, if you have pain, you **DO** have vitamin D deficiency until it is proven otherwise. And there is only one way to prove that you are not vitamin d deficient.

You **MUST** get a vitamin D level...

Getting a Vitamin D Level

IMPORTANT, IMPORTANT

Whatever it takes, you **MUST** have a vitamin D Level drawn. You cannot skip this step. I cannot stress the importance of this. This is because everyone **BELIEVES** that they are **NOT** vitamin D deficient. Every person who is severely vitamin D deficient says, "But I take a multivitamin with vitamin D, I get 'plenty' of sun and I drink milk. So **WHY** am I vitamin D deficient?"

Unless you happen to be a lifeguard in Hawaii, the odds say that **YOU** are vitamin D Deficient too. And in order to alleviate the pain of vitamin D deficiency, you need to know your level because even **MILD** vitamin D deficiency can cause continued pain. Unless you get your Vitamin D Level and it is between 40 to 80 ng/ml (126- 252 nm/L) then you may still have continued pain that could be from vitamin D deficiency. That would be a shame if that happened to you, and I won't let that happen if I can help it, so follow these instructions and get a level.

Your Pain is Assumed to Be from

Vitamin D Deficiency

Unless Your Level is In the Range Below*

50 to 80 ng/ml

(nanograms per milliliter)

Or

158- 252 nm/L

(nanomoles per liter)

***Pay close attention to the UNITS of measurement**

Yes, that **IS** correct. Vitamin D Deficiency is such an incredibly common cause of pain, the pain is so varied in every person and correcting vitamin d deficiency can have such **DRAMATIC** pain relieving effects, that it is assumed that your pain is from vitamin d deficiency until it is proven otherwise.

How do you get a Vitamin D Level

If you have insurance and/or you can easily see a doctor, then that is one way that you can get a level. But first, you are going to print out this [REPORT ON VITAMIN D AND PAIN](#). You are going to read it with a highlighter pen in your hand and underline the parts about pain being related to Vitamin D and about how important a Vitamin D level is for determining therapy. With your ammunition in hand, you are going to go to your doctor and ask for the following test:

- 25(OH)D level
Also called a
- 25 Hydroxy vitamin D Level

You ALSO want him to order a **SERUM CALCIUM** level at the same time. You **MUST** get both, because the **ONE** reason that you do **NOT** want to supplement with Vitamin D is if you have HIGH calcium levels. I'll explain more in the CAUTIONS section below. But with your [REPORT ON VITAMIN D AND PAIN](#) in hand, you have excellent ammunition with which to convince your doctor to give you a Vitamin D test.

If you don't have insurance or your doctor is still uncooperative and refuses to give you a Vitamin D Level, then you can actually get a test sent right to your home that you do not need to get blood drawn for. It is called a 'Blood Spot' test and it's done with a drop of blood on a card that is mailed right back to the lab. Go to the resource area at the bottom of this section to get ordering information.

Once You Have Your Vitamin D Level

Once you have your vitamin D level, please **IGNORE** the so called '*normal*' levels that are on your laboratory sheet. For various reasons, it is too low and researchers have found that the '*optimal*' vitamin d levels are much higher. You want to have **YOUR** vitamin D level between:

50 to 80 ng/ml
(nanograms per
milliliter)

OR

158- 252 nm/L
(nanomoles per
liter)

If your level is lower than this and your doctor tells you it is "**Fine**", do not pay attention- it is **NOT** fine and it needs to be higher. You are in pain and research shows that even mild Vitamin D Deficiencies can leave you in pain. Look at your level and determine

- If your level is 50 ng/ml (158 nm/L) or HIGHER, then you are doing great. Vitamin D deficiency is NOT your problem and you can skip to the next chapter.
- If your level is BELOW 50 ng/ml (158 nm/L)- which is MOST LIKELY- then keep reading for more instructions.

The Right KIND of Vitamin D

If your vitamin D level is not between 50 to 80 ng/ml (158- 252 nm/L), then you need to be taking supplemental vitamin D. You **CAN'T** get enough vitamin d in foods (you'd need to get 28 ounces of wild salmon or 70 glasses of milk every day- Bon appetite!) -and unless you live in Hawaii or Arizona, then you are not getting enough sun and likely **CAN'T** get enough sun to meet your needs. If you could, then you would not be vitamin d deficient! So, really the BEST idea is to simply take supplements. Now, if you got your vitamin d level from a doctor and the doctor writes you a prescription,

DO NOT TAKE YOUR DOCTOR'S PRESCRIPTION!!!

Prescription Vitamin D is the wrong **KIND** of Vitamin D. It is Vitamin D2- also called Ergocalciferol. What you need to take is Vitamin D3- also called Cholecalciferol. Read this research study that says

["Vitamin D2, or ergocalciferol, should not be regarded as a nutrient suitable for supplementation..."](#)

Therefore, when you need to correct your vitamin d deficiency, you will need to purchase [Vitamin D3 Supplements](#) on your own at the dosage that will be discussed in a few moments. Do NOT bother to ask the pharmacist for 'Prescription Vitamin D3'- it does not exist (in the United States anyway). Also, do not expect your insurance to cover over the counter Vitamin D3- it won't (again, at least in the US). However, it may qualify as a medical expense on the taxes of those who qualify. Save your receipts and speak to a tax professional about any and all of these supplements being considered as medical expenses for income tax purposes.



The Right Dosage of Vitamin D

The RDA for vitamin D is between 400 to 800 IU's per day. If you stick with these recommendations, you will **NEVER EVER** treat your vitamin D deficiency. Most people will need close to **10 TIMES** more Vitamin D than RDA recommendations- and sometimes even twice that **AGAIN** in order to treat vitamin d deficiency! If you are still reading this, then your Vitamin D Level is less than 40 ng/ml (126 nm/L), so you should go to the [Vitamin D Deficiency Treatment](#) page and determine how much vitamin D that you should take. Read these instructions **BEFORE** you take any vitamin d that your doctor wants you to take because it might be the wrong **KIND** or the wrong **DOSE**.

According to the guidelines on the Vitamin D Deficiency Treatment page highlighted above, you will need to take **AT LEAST** 50,000 IU's of Vitamin D3 per week. That is approximately 7000 IU's of Vitamin D per day! These are **VERY** well researched dosages that, while they may seem high, give you **ZERO** chance for an adult to overdose on. Do not think that these dosages are too much. If you take less because they seem high, it's likely that you will remain in pain if your pain really **IS** due to vitamin D deficiency.

After you take the Vitamin D for the recommended amount of time (usually between 8 to 12 weeks), then you **MUST** get a retest. You would be amazed at how many people's Vitamin D Levels do **NOT** rise to the recommended levels at these dosages. And remember that even mild vitamin d deficiency can leave people in continued pain. So get a retest and make sure that your levels have risen to the recommended levels, if they have not, then go back to the [Vitamin D Deficiency Treatment](#) page and repeat the instructions. Do this as many times as needed to get your levels up.

When Will You Feel Better

If you do not get your Vitamin D level to between 50 to 80 ng/ml (158- 252 nm/L) then you may **Never** feel better. While some people feel better with the first dose, if your level was very low to start with, then it might take longer for you to feel better. Once your level is at the optimal levels, then it may still take several weeks for you to feel better. In some studies it took **8 to 12 weeks** for pain to be relieved. Remember, you have had pain for years, maybe even decades. Be patient, Vitamin D is **NOT** a drug, it is a nutrient that you have been deficient in for many years and you can't correct your problem overnight.

Warnings about Vitamin D

Who Should NOT Take Vitamin D

The **ONLY** reason that you should NOT take Vitamin D is if you have a disease that gives you an 'altered calcium metabolism' such as:

- Sarcoidosis
- Tuberculosis
- Active Parathyroid Disease
- High Calcium Levels
- Those who have had organ transplants or who are on anti-rejection medications

Parathyroid disease is **NOT** the same as Thyroid disease. It is fine to take Vitamin D if you have **THYROID** problems, but not **PARATHYROID** problems. If you have had parathyroid disease in the past, ask your endocrinologist if it is safe for you to be on Vitamin D.

These diseases can cause high calcium levels and that is the **ONE** reason that Vitamin D should not be taken. You need to have a normal or low calcium level before you begin taking high dose vitamin d therapy, if you have a **HIGH CALCIUM** level for **ANY** reason, then you must only take Vitamin D under the specific direction of your doctor.

Because Vitamin D is not cleared by the kidneys, it **IS** safe to take Vitamin D if you have kidney disease or are on dialysis- just be sure that you do not have high calcium levels or parathyroid disease first as these are common in kidney failure patients.

Overdose

Everyone is always worried about overdosing on Vitamin D. You **CAN** overdose. But this is almost a nonexistent problem if you follow the recommendations here and get a vitamin D level before you start as well as getting a level about 3 months into treating your deficiency. If you skip getting a level- well, you **COULD** overdose, but even then, it is **MORE** likely that you will simply not take 'enough' vitamin d, remain in pain and then think that vitamin D did not help. Many people worry about the large dosages that need to be taken to relieve deficiency, but please understand that overdose on vitamin d is not based on **DOSE**, but on vitamin d **LEVELS!** So, therefore someone with low levels (like you) would need to take well over One Million IU's all at once to overdose. But if you would like to learn more, you can go to the [Vitamin D Overdose](#) page.

Increased pain

While there are practically no side effects of vitamin d, the one side effect that you should be aware of is **INCREASED** pain! This is **NOT** cause for alarm, but a cause to realize that you have probably been vitamin d deficient for many years and your bones have become demineralized. The increasing pain signifies that calcium is going back **INTO** the bones where it belongs.

While the increasing pain may be uncomfortable and scary for you, do **NOT** stop taking Vitamin D. The best thing that you can do is to realize that you are probably much **MORE** deficient than the average person. Stopping vitamin d treatment because of the increased pain will leave you where you are right now- still in pain with no way out. The pain will likely last between a few days to a few weeks and getting to the 'other side' of the pain by continuing your vitamin d, being gentle with yourself and taking other pain relievers as needed is the **BEST** thing that you can do.

Magnesium

If the increased pain that you experience is a cramping pain or muscular pain, it is likely due to a provoked **MAGNESIUM DEFICIENCY**. If you **ALSO** follow the instructions in the Magnesium section that follows, then you will eliminate the chance that you will experience magnesium deficiency symptoms that commonly occur when taking Vitamin D. Be safe and take Magnesium Supplements with your Vitamin D Supplements. To do yourself one better, take [Beyond Any Multiple](#), one of the highest quality supplements that I know of and contains 500 mg of magnesium in 6 tablets. It's a great combination.

Medical Conditions

If you have diabetes or high blood pressure, these conditions **COULD** improve while you are on Vitamin D therapy- particularly if you are taking the vitamin d with magnesium (outlined in the next section) as you should be. Pay extra attention to your blood pressure and blood sugar levels and contact your doctor to possibly decrease your medications if necessary.

Anxiety disorders, constipation problems or headaches could be **WORSENERD** while you are using vitamin d. These are **NOT** problems, they are symptoms that you need more **MAGNESIUM**. These symptoms are likely to be eliminated if you take Magnesium with your vitamin d as recommended below.

Summary of Vitamin D and Pain

Now you know a lot about vitamin D and pain and you are well on your way to resolving any vitamin D deficiency that you most probably have. It is almost for sure that you have vitamin D deficiency. And if you do, you will be happy to find that you either have less pain or need less pain medicine to manage the pain that you **DO** have. Those are the odds. So, here are the major points that we covered.

- Vitamin D Deficiency can cause pain
- Nearly 100% of patients going to pain clinics have vitamin D deficiency
- Correcting vitamin D deficiency often decreases or eliminates pain
- The RDA of Vitamin D is ridiculously low and you could still be severely deficient even if you take the 2 to 3 times the RDA of vitamin D
- You MUST get a vitamin D level before taking vitamin d
- ONLY take Vitamin D 3 – also called Cholecalciferol
- Prescription vitamin D is NOT vitamin D3- Do not take it
- Your Vitamin D level MUST be between 50 to 80 ng/ml for maximum benefit
- Get a level 2 to 3 months after you start taking vitamin D and every 3 months until your level has been stabilized- then once a year thereafter.

Vitamin D Resources

Vitamin D Resources	
Purchase Vitamin D3 Supplements	High Quality 5000 IU Vitamin D Supplements
Comprehensive Vitamin D Reports. Excellent resources for doctors or for those who want to know the 'technical details' and science.	'Vitamin D- a Neglected Analgesic' - Report about Vitamin D and its use for pain. 'The Use of Vitamin D in Clinical Practice' – A teaching paper by doctors for doctors. Very detailed information about Vitamin D.
Vitamin D Testing without your doctor	Vitamin D Council's Blood Spot Testing
Get Your Questions Answered about Vitamin D	Easy Immune Health Website

II. Magnesium for Pain

The second pain relief strategy that your doctor is not likely to tell you about is the therapeutic use of magnesium. Magnesium is required for every single muscular contraction, thought and electrical impulse that occurs in the body.

There are many symptoms that we could discuss that can indicate magnesium deficiency, but since you are most interested in knowing whether magnesium could help with your pain, then I'll stick to the pain conditions that magnesium deficiency can cause. These conditions can be anything that has to do with tenseness, tightness or stress and can look like:

- Muscle Cramps
- Migraines and tension headaches
- Low Back Pain
- Unexplained Muscle Pain

Magnesium also seems to be particularly beneficial for 'Tendonitis' type pain that includes:

- Carpal Tunnel Syndrome
- Tennis Elbow
- Plantar Fasciitis
- Repetitive Strain Injury

If you have even one of these and have any other symptoms of magnesium deficiency like heart palpitations, constipation, insomnia, anxiety, tension or chronic fatigue- then it's likely that you have magnesium deficiency and you could potentially benefit from a higher intake of magnesium.

How Magnesium Works

Magnesium is vital in allowing muscles to relax. It is in direct opposition to calcium- which makes muscles contract. But for some reason, society has decided that it is extremely important to get 'Calcium For Bones' while shortchanging our need for magnesium- which is **AT LEAST** as important as calcium. In fact, it is probable MORE important because western diets tend to have plenty of calcium and little magnesium.

When you have plenty of calcium and not enough magnesium, you can get in a constant state of tension. Most people have been taught to perceive this state as 'Feeling Stressed', but in many cases it is simply a chronic state of muscular tension from lack of magnesium! Many people have been able to retrain themselves to perceive that muscular tension as a need for more magnesium. When you do this, you can simply take a magnesium supplement to improve this 'stressed out' condition.

How to Know if Magnesium Might Work for You

If you have had blood tests at the doctor's office, it's possible that you may have had a magnesium level done. These are extremely common lab tests that are done regularly for many different conditions. The availability and wide use of these tests make many, including doctors, believe that they are accurate and useful. Unfortunately, this is not the case at all because 99% of the magnesium in your body is not **IN** your blood but inside your cells- so a magnesium blood level is next to useless. If you have had a level and it is normal, then ignore it.

"...the reason patients with symptoms of magnesium (Mg) deficiency do not get Mg therapy is acceptance of an inappropriate lower limit of the reference values for serum Mg concentration."

Unless you have a **HIGH** magnesium level or kidney disease, then a magnesium blood level is not useful! But there is an easy accurate way to test for magnesium deficiency. If you have any of the symptoms mentioned above, then try taking magnesium for a week or two. If your symptoms improve or go away entirely, then they were caused by magnesium deficiency!

The Best Forms of Magnesium

Magnesium supplements come in many different forms. Some are able to be absorbed well and others are not. You want to **Avoid Magnesium Oxide** because it is the least absorbable form as well as the least expensive and most common. Almost every other form of magnesium sold is much more available and absorbable to the body. Some of these forms have names like:

- Magnesium Citrate
- Magnesium Glycinate
- Chelated Magnesium
- Magnesium Aspartate
- Magnesium Malate

And the list goes on and on. The majority of these are fairly well absorbed and you may want to try out different formulations to see if any of them act better in your body than any others. Some people notice a difference with different formulations and others don't. Some come in powders, liquids, creams, gels and oils. You also want to **AVOID** any combined preparations with other multivitamins, particularly the

very common 'Calcium and Magnesium' preparations. You may be taking quite high dosages of magnesium and any combined preparation could get you dosages of the other supplements that are too high and could cause harm. Get a preparation that is **JUST** magnesium and nothing else.

Getting the Right Magnesium Dosage

The dosage for magnesium varies **WIDELY** from person to person. If you do not have any of the symptoms mentioned, then it's possible that you are getting all of the magnesium that you need from your food and do not need to supplement at all. But if you, like most people reading this, have one or more magnesium deficiency symptoms, then you are not likely to be meeting your needs and you may want to consider supplementation.

If you are choosing to supplement, it's best to buy capsules, tablets or powders that come in dosages of between 100 to 200 milligrams (mg). This is because you can start at a low dose of about 200 to 300 mg per day in 2 to 3 divided doses and increase your dosage by 100 or 200 mg per day until you either:

- Get relief or improvement in your symptoms
- You get loose stools or diarrhea
- Or you reach approximately 900 to 1000 mg per day

If you get loose stools without relief of your symptoms- and some people who are **VERY** deficient get loose stools almost immediately- there are a few tricks that you can do to get more magnesium without this problem.

- 1) Take the same dosage of magnesium that caused you to get loose stools more **FREQUENTLY** throughout the day. Magnesium should be taken **AT LEAST** twice a day. But you can increase the absorption of magnesium by taking it up to 6 times per day if that is how often you need to take it to avoid gastrointestinal problems like loose stools.
- 2) Buy a big bag of Epsom Salt at the local grocery store or drug store. This is not 'salt', but magnesium! You can put a pound in the bathtub in warm water and soak in it. The magnesium will actually absorb right through your skin and give you an extra magnesium supplement. If you don't have a bath, you can just use a foot soak for similar results. Taking an Epsom salt bath or foot soak at night is often **EXTREMELY** helpful for those who have insomnia or increased pain during the night.
- 3) You can get a product called [Transdermal Magnesium Gel](#) and rub it directly into the painful area. This non-oily oil is also great to just rub all over your body after a bath or shower.

**** Special Note to Tendonitis Sufferers:** anyone with carpal tunnel syndrome, plantar fasciitis, tennis elbow, etc. [Transdermal Magnesium Gel](#) is fantastic to rub directly into painful areas and many see relief of symptoms quickly using it this way.

Cautions about Magnesium

Who Should NOT Take Magnesium

There are only a few reasons that you should **NOT** take magnesium without the express direction of your doctor. These conditions are:

- Kidney Failure
- High magnesium blood levels
- Myasthenia Gravis
- Excessively Slow Heart Rate
- A Heart Condition called Atrial Fibrillation
- Severe chronic constipation or a 'Too Slow' digestive tract

If you have any of these problems, then you **MUST** not take magnesium without getting the OK from your doctor. But for the vast majority of people, magnesium supplements are extremely safe at doses up to 1000 mg. There is little to no danger of getting too much magnesium (as long as you have healthy kidneys) because get your body will simply rid of the rest in your urine and stool. The vast majority of people will notice symptom relief or gastrointestinal problems before this dosage anyway. But there **HAVE** been cases of overdoses on magnesium. You should familiarize yourself with the incidences and symptoms of [Magnesium Overdose](#), and simply stop taking magnesium if you notice any of the symptoms or if you begin to feel worse.

Magnesium and Medical Conditions

If you have either high blood pressure or diabetes, the same cautions for vitamin d (since you should be taking both) are repeated here. Be extremely mindful of your blood sugar and blood pressure while you are taking magnesium and/or vitamin d as they could **IMPROVE** these conditions. This **COULD** cause problems if you are on medication for these conditions and you need to be in contact with your physician if you begin to have low blood sugar, low blood pressure or any adverse symptoms. When you notify your doctor, let him know that your medication may need to be reduced.

Magnesium Summary

- Most people don't get enough magnesium in foods and are very deficient
- Magnesium may help to relieve pain due to tightness, cramping and tension
- Determine your need for magnesium based on symptoms and not lab tests
- Take magnesium in small doses frequently throughout the day
- Increase your dose until you get relief or get loose stools
- Instead of, or in addition to supplements you can take Epsom Salt baths or use magnesium oil rubbed into your skin
- Be aware of the cautions and possibility (however remote) of overdose
- Take magnesium when you take Vitamin D to prevent cramping, anxiety and constipation

Magnesium Resources	
Magnesium Supplements	<p>Excellent High Quality Multivitamin Supplement Beyond any Multiple gives you 500 mg of high quality ABSORBABLE Magnesium per day (when you take 2 servings a day). A fantastic daily supplement for those with painful conditions of any kind.</p> <p>Topical Magnesium- magnesium for the skin. Just rub it in and absorb it. Also called:</p> <ul style="list-style-type: none"> • Magnesium Oil • Magnesium Cream • Magnesium Gel
For Further Reading About Magnesium	<ul style="list-style-type: none"> • Magnesium Medicine – Downloadable Ebook will astound you with how much information you DON'T know about Magnesium • Magnesium – The Ultimate Heart Medicine. Goes more in depth about magnesium for the heart.
More Information and Have Your Questions Answered	<p>Easy Immune Health Website</p>

III. Omega 3 Fatty Acids for Pain

Another great strategy for those with chronic pain is a strategy that **EVERYONE** should consider incorporating into their healthy lifestyle- whether they have pain or not. In study after study, Omega 3 fatty acids have not only been shown to decrease various types of pain, but to reduce inflammation and to even reduce heart disease risk as well. If you consider that one of the major causes of disease, as well as pain, is from inflammation- then you can see how a natural anti-inflammatory agent could be of use for pain and for general health.

Omega 3 fatty acids are substances that are naturally present in small quantities in some vegetables as well as many seafoods and free range meats. In the days when humans were hunter-gatherers, we ate large quantities of Omega 3 fatty acids in the free range game meats, seafoods, nuts and vegetables that were dietary staples. However, in modern days, the grain-fed feed-lot animals and processed foods that the vast majority of people eat today have almost no Omega 3 fatty acids. And this lack could very well be contributing to the epidemic of inflammatory chronic illnesses that most first world countries are experiencing.

What Pain Conditions Can Omega 3 Fatty Acids Help

Studies have shown improvement in many different painful conditions. Pain seems to be able to be reduced in even some of the most painful conditions such as:

- Inflammatory bowel disease
- Sickle cell disease
- Rheumatoid arthritis
- Joint Pain
- Menstrual Pain

So, this substance is no slouch in the reduction of pain if it can reduce the pain of Rheumatoid Arthritis and sickle cell disease- both of which are extremely painful chronic conditions. But don't think that Omega 3 fatty acids work like Tylenol because they don't. These are substances that need to be taken daily over long periods of time in order to be effective. Popping a pill when you get an 'attack' will **NOT** help you, and this is likely why Omega 3 fatty acids have not become the popular pain relievers that drugs like Tylenol and narcotic drugs are. The effects, while quite powerful, come on gradually and are more subtle in their effects. Nevertheless, the studies do show that many pain conditions can be improved with consistent use of Omega 3 fatty acids. And consistency is the key word.

Dosage and Forms of Omega 3 Fatty Acids

The studies that use Omega 3 fatty acids to reduce pain tend to use between 2.5 to 3 grams of omega 3 fatty acids per day. That is 2500 to 3000 milligrams per day. There are several types of omega 3 fatty acids:

- EPA (eicosapentaenoic acid)
- DHA (docosahexaenoic acid)
- Alpha-linolenic acid
- Alpha-linoleic acid

EPA and DHA generally come from meat sources and ALA come from vegetarian sources. While EPA and DHA are able to be used by the body, ALA must be converted into a usable form, and the conversion is not always efficient. This gives a net result of needing a much higher amount of ALA. In terms of getting pain relief, the vast majority of the studies have been done using animal sourced EPA and DHA, much fewer studies have been done using vegetarian sources of Omega 3's.

So, from the availability of research, recommending EPA and DHA is the only reasonable suggestion. And the three forms of Omega 3 fatty acids that are widely available are:

- Fish Oil (NOT cod liver oil)
- Krill Oil (a type of plankton)
- Green lipped mussels

If you are a vegetarian and refuse to eat animal sources of Omega 3's, then Chia and Flax seeds are the most concentrated sources of Omega 3's. And since **SOME** Omega 3 fatty acids are better than none, adding one of these seed sources on a regular basis could be beneficial for pain- and their excellent fiber content may have other benefits aside from their Omega 3 content.

Cautions

You should discuss taking omega 3 fatty acids with your doctor if you have any history of thin blood or if you are on blood thinners like Coumadin, Warfarin, Plavix or Aspirin. Otherwise, omega 3's in the dosage of 2500 to 3000 IU's has been shown to be remarkably safe in studies.

Summary

- Omega 3 fatty acids can help control pain in certain painful conditions
- A dosage of 2500 to 3000 mg are the dosage shown effective in most studies
- Improvement occurs ONLY with consistent and continued use over a period of months to years. You will not see results by popping a pill on occasion.
- Check with your doctor before supplementation if you have thin blood, bleeding problems or are on blood thinners

Omega 3 Fatty Acid Resources

Omega 3 Fatty Acid Resources	
Purchase Omega 3 Fatty Acid Supplements	Icelandic Health Fish Oil Supplements -One full GRAM of Omega 3 Fatty Acids per capsule
More Information and Have Your Questions Answered	Easy Immune Health Website

IV. The B Vitamins

For Painful Conditions

B Vitamins, and in particular Vitamin B12, are another strategy for pain relief. While the vast majority of pain patients, from whatever cause, are generally both vitamin D and magnesium deficient; problems with B vitamins are less common. They are also less understood and therefore overlooked as a remedy for pain even more frequently than Vitamin D and Magnesium are.

While the B vitamins are vital for good health, symptoms of deficiency are often subtle and non-specific. The most common symptom of B vitamin deficiency, however, is fatigue. And since most people who are in pain are also fatigued, the following strategies using B vitamins might be helpful for your fatigue- even if they are not helpful for your pain.

There are several B vitamins, and since they almost always occur together in nature, they are often known as the B-Complex. Each B vitamin could be discussed individually, but as you likely want to get the most benefit from this book in the shortest amount of time, I'm going to discuss all of the B vitamins as if they were **ONE** vitamin- except for Vitamin B12, which I will discuss on its own merits. Mainly this is because Vitamin B12 has exceptional qualities that set it apart from the other B vitamins and because its dosing is quite unique.

What do the B Vitamins Do

The B vitamins have a whole lot of functions. They keep the immune system working; they help to form blood cells and much more. But one of their main functions- particularly of vitamin b12- is to maintain the health of the nervous system. The brain, spinal cord and nerves are all dependent upon a healthy supply of Vitamin B12. In fact, without vitamin b12, you can get symptoms that resemble both Alzheimer's Disease and even multiple sclerosis, complete with a degenerating spinal cord on medical imaging!

That's how important Vitamin B12 is for the nervous system.

But Vitamin B12 is responsible for the health of ALL nerves, not **JUST** the brain and the spinal cord. And you have nerves that run throughout your body to nearly every part of the body that has sensation. It is the health of these nerves that we are concerned with when it comes to pain.

What Pain Conditions can B Vitamins Help

Since we just discussed how the B vitamins, and more specifically vitamin B12, is responsible for the health of the nervous system, that leads into what type of pain Vitamin B12 could possibly be of benefit for.

Nerve Pain is the main type of pain that the B vitamins seem to help for. Even more specifically, a condition called Neuropathy. Neuropathies or neuralgias are a type of nerve pain that is an 'umbrella' term for many different types of nerve pains that are **USUALLY** (but not always) accompanied by decreased touch sensation. These neuropathies go by many different names and all may possibly be improved with B vitamins. These conditions are:

- Peripheral Neuropathy
- Idiopathic Neuropathy
- Burning Mouth Syndrome
- Burning Feet Syndrome
- Diabetic Neuropathy
- Trigeminal Neuralgia

If you are unsure if your pain is a nerve pain or a neuropathy, then you **MUST** see your doctor and get a diagnosis because neuropathies could be due to circulation problems as well, and putting off treatment for circulation problems could cause many more problems down the line.

Nerve pains are not be the only pains that might be improved with B vitamin administration, however. Back pain has also been improved with B vitamins, and people with lower vitamin B12 levels, particularly the elderly, seem to simply have more pain from any cause. Several studies also showed that some people are able to use less pain medication, when they are taking B vitamins. So, even if you do not have neuropathy or neuralgia, you could still see some benefits from taking B vitamins.

Testing for B Vitamin Deficiencies

There **ARE** tests for several different B vitamin deficiencies. Unfortunately, they are either almost never used or an inaccurate test is recommended that does **NOT** give good information about the B vitamin status of the person. Vitamin B1 (Thiamine) has an accurate test that is never ever used by doctors because it seems that doctors believe that people living in western countries can't **POSSIBLY** have a Thiamine deficiency, despite studies showing that Thiamine deficiency does occur regularly in western countries.

Vitamin B12 deficiencies are relatively common and a vitamin B12 blood test is done in hospitals and doctor's offices quite frequently. Unfortunately, a vitamin b12 blood test is **WORTHLESS** and, like magnesium blood tests, are often **WORSE** than worthless because the frequent normal levels give you and your doctor a false sense of security that there is **NO** deficiency even when there might be.

A more accurate test for Vitamin B12 is called a Methylmalonic Acid test. It can be done on either blood or urine and is widely available to your doctor, yet doctors almost never order them- using the phrase that they are 'not indicated'. But if you can get your doctor to order a Methylmalonic Acid test, then you can determine if Vitamin B12 Deficiency really is contributing to your problems. Alternatively if your doctor is not helpful in your quest for discovering any nutritional deficiencies, you can order an in-home urine test that will test for all of your B vitamin levels, carnitine, coenzyme Q10 levels and includes a Methylmalonic Acid test as well. It is sent right to your home and you send it back to the laboratory- very easy. You can find this test, called The Organix Profile, under the Resources area of this section.

Dosage

B Complex Vitamins

While each B vitamin has its own specific dose that it works best at, generally B vitamins come with most of the vitamins in approximately the same dosage and will often be labeled as:

- B Complex 25
- OR
- B Complex 50

This means that most of the B vitamins will be in a dose of either 25 mg or 50 mg. An excellent dosage to try for a 'B Complex Vitamin' is a B Complex 50 mg taken twice daily. That will give you about 100 mg per day of most of the B vitamins. You will need a specific B Complex Vitamin to get either 50 mg or 100 mg per day as the vast majority of multivitamins just simply do not come with a B complex at dosages of this level.

Vitamin B12, even if it is already in the B complex vitamin, should be added as a separate vitamin at a different dosage- you **CAN** take both the B complex that included Vitamin B12 **AND** take a separate Vitamin B12 if you are trying out B vitamin therapy for the potential of getting pain relief.

Vitamin B12

If you are using Vitamin B12 in order to help relieve pain, the best **FORMULATION** of Vitamin B12 is called **Methylcobalamin**. Vitamin B12 comes in other forms, with the most common being:

- Cyanocobalamin
- And
- Hydroxocobalamin

While these other formulations are more widely used and are less expensive, methylcobalamin is really the best choice. So just look on the back of your bottle of Vitamin B12 and make sure that it says Methylcobalamin and that it is designed to be taken 'Sublingually'- meaning that it is taken under the tongue where it can be absorbed more efficiently. While the dosage of Methylcobalamin is controversial and there are many different opinions on the best dosage to use, most studies show that Vitamin B12 blood levels are increased to normal range when only 1000 micrograms (that's ONE milligram or mg) is used per day.

HOWEVER, there are many, many studies showing greater benefits- while still being **EXTREMELY** safe- at dosages up to 40 milligrams per day. But taking 40 milligrams per day is often expensive as well as being unnecessary for most painful conditions and a dosage of between 5 to 10 milligrams per day seemed to give people in studies a 'Maximum sense of well-being'. However, much higher dosages have been very safely and if you have extensive nerve pain that is not relieved at lower dosages, then it is safe to try dosages of 20 to 40 milligrams per day for several weeks in order to see if that **COULD** help your pain.

Watch out for the dosage of Vitamin B12 on the bottle. The dosage **UNITS** are usually measured in **MICROGRAMS (mcg)**, while the dosage recommendations from these studies are in units of **MILLIGRAMS (mg)**. Tablets will generally come in dosages of between 500 to 1000 micrograms. This means that if you were to take 10 milligrams per day out of a bottle where each tablet is 500 micrograms (mcg), you would need to take 20 tablets per day!! So watch out for these dosages!

Of course, be sure that you are **ALSO** taking Vitamin D, magnesium and B Complex vitamins at the same time for the best chance at eliminating your pain.

Cautions about taking B vitamins

There are almost no cautions with using B vitamins. They are all water soluble vitamins that the body will get rid of if you don't need it. High dosages of vitamin b6 and folate are not recommended for long periods of time, but a twice daily B Complex 50 does not fall into the 'high dose' range. And methylcobalamin should probably not be taken at dosages of 50 mg or more per day for long periods of time because nervous system symptoms could become worse.

Otherwise, B vitamins are remarkably safe, have been effective for nervous system disorders in many studies and the best part is that they could very well help to relieve some of the fatigue that is such a problem with people who have chronic pain.

Summary

- B Vitamins have been used to improve back pain and nerve pains
- Taking a B Complex Vitamin 50 mg twice daily is safe
- Vitamin B12 should be taken separately and in the form of Methylcobalamin B12
- Methylcobalamin should always be taken 'sublingually' or under the tongue
- A dose of between 5 to 40 milligrams of Methylcobalamin can be taken every day with between 5 to 10 milligrams (mg) usually being adequate
- Methylcobalamin can also improve sleep cycle disturbances. Often sleep cycle disturbances can lead to pain- which leads to worse sleep- which leads to worse pain. When sleep cycle disturbances are improved, then pain can be reduced due to improved sleep.

B Vitamin Resources

B Vitamin Resources	
Purchase Methylcobalamin Vitamin B12	Methylcobalamin Vitamin B12 Supplements
Accurate Vitamin B12 Testing	Urinary Methylmalonic Acid is an accurate way to detect Vitamin B12 Deficiency. You can get this as a test done right in your home. Also tests for all B Vitamins, Carnitine, Coq10 and more: The Organix Profile
For More Information and to Get Your Questions Answered	Easy Immune Health Website

V. A Gluten Free Diet For Pain Relief

This next strategy to reduce pain may sound unusual, maybe even unlikely, but this could actually be one of the most powerful ways to reduce several different types of pain- and for many, it could just very well be the underlying cause of all of your problems. This unusual and powerful pain relief strategy is to eat a Gluten Free Diet.

What is gluten? Gluten is the protein portion in some grains such as wheat, rye barley and other grains. It is one of the top reasons for inflammatory processes in the body, and where there is inflammation, there is often pain. For those who are sensitive to it, going on a gluten-free diet could **RADICALLY** change your health in so many ways.

To understand better how and why a gluten-free diet can relieve pain, you need to understand that those who are sensitive to gluten actually don't digest this protein, and the undigested protein that is 'gluey' (hence the name 'gluten') will stick to the upper portion of the intestines where it is supposed to be digested. Instead, this undigested gunk that is stuck to the intestines triggers the immune system to get rid of this 'foreign' substance that is stuck to the intestinal wall. In the process, the intestines become inflamed and there is a continual immune system response that happens in the body.

"The causal relationship of C[eliac] D[isease] and arthritis is supported by the absence of other disease and by the striking response to a gluten-free diet."

While many doctors don't believe that intolerance to gluten can have symptoms other than digestive tract symptoms, if you can imagine what it feels like to have an immune response like a cold or the flu, you know that you can have headaches, joint aches and even muscle aches and pains. Well, an immune response in your digestive tract can cause the same symptoms- but on a much more mild scale. So, if you can imagine having a low grade cold or flu constantly, then you can probably imagine what it might feel like to experience the effects of being gluten intolerance. And if you are reading this, it just may very well feel like what you are feeling like right now!

Seriously, if you are experiencing chronic pain and have not found the answer to your problems, eating gluten-free could just be the answer that you have been looking for. Don't dismiss this strategy because of intellectual, emotional or fear-based reasons. Try it out first and, if you do not get better, then you can feel free to think that it was stupid to try it out. But there will be SOME who get such improvement from it that it is absolutely worth giving it a try.

What Types of Pain Could Eating a Gluten Free Diet Help

The most obvious type of pain that a gluten free diet can help is any sort of chronic abdominal pain. There are some people who are gluten sensitive that have experienced mild to moderate abdominal pain for so much of their lives that they don't even realize that they are experiencing it! While this is an extreme case, if you experience **Abdominal Pain**, stomach cramping, bloating, or problems with digestion on a regular basis, then you really owe it to yourself to give a gluten-free diet a try.

But other conditions that could benefit from a gluten-free diet are:

- Migraines and other headaches
- All over body pains, fibromyalgia
- Joint pains, arthritis, rheumatoid arthritis

Pain associated with gluten intolerance is usually not localized but is rather experienced as either all over pain, abdominal or joint pain that has often occurred for years. If you can ever think back to a time that you were unable to eat for a few days or did a water or juice fast and your pain improved, then it is likely due to gluten (or other food) intolerance.

Laboratory Testing for Gluten Intolerance

There are **MANY** laboratory tests for gluten intolerance that you could ask your doctor for. These laboratory tests will actually be testing for the most advanced form of gluten intolerance called Celiac Disease. Unfortunately, there are many 'shades of grey' for problems of gluten intolerance tests can only determine whether you have Celiac Disease or you do not. Negative testing for **CELIAC DISEASE** does not necessarily mean that you are not intolerant to gluten!

Unfortunately, the medical community believes that the only people who can benefit from a gluten free diet are those with Celiac Disease- but that is not the case at all. And testing for Celiac Disease is **NOT** very accurate in mild to moderate sensitivities -and for a **VERY REAL** condition called 'Non Celiac Gluten Intolerance'. Research also shows that undiagnosed Celiac Disease is as epidemic as the disease itself is, and that it takes **ON AVERAGE** ten years for a person suffering from Celiac Disease to get diagnosed. How long have **YOU** been suffering from chronic pain? Are you **STILL** willing to listen to a medical community who can't recognize the symptoms of this disease until someone has suffered with symptoms for a **DECADE?!**

How to Eat Gluten-Free

So, really the BEST way to see if you will benefit from a gluten-free diet is to try it! A gluten-free diet is somewhat complicated and definitely **NOT** intuitive. There is gluten in nearly every pre-packaged or pre-prepared food that you might purchase. Therefore, going into the details of a gluten-free diet is beyond the scope of this ebook. There are many books and websites that are dedicated to teaching about a gluten-free diet and it is worth your while to get one of them before you attempt to start your gluten-free experience.

Once you begin your gluten free diet, give it 1 to 2 months of being **Completely 100% Gluten-Free** in order to see if it improves your pain. Some people can feel better within days of their new diet, but for others it can take up to 2 months to heal the digestive tract and to really notice a difference in their pain. After 2 months, if you have not noticed an obvious difference in your pain (or even if you have noticed improvement), then plan a specific day where you allow yourself to eat gluten in large amounts throughout the day- pancakes for breakfast, spaghetti for lunch, etc and observe your body for 2 to 3 days to see how you feel.

After your 'gluten challenge', depending upon how you feel, you will have to decide whether to eat gluten again and, over time, to determine how much you are able to eat without having your symptoms return.

Cautions

A gluten-free diet is completely safe. The human race existed with virtually no gluten in our diets for thousands of years. Societies that were hunter-gatherers or who lived in the extreme North lived without gluten until extremely recently- the mid 1900's in some cases. The only reason that a caution is even **MENTIONED** is because there will be people who think that you are going to damage yourself somehow by not eating bread and cereal grains. This is simply not true and just shows a lack of nutritional education on their part.

The other caution for gluten-free eating is the '**Rookie's Mistake**' of replacing all of the unhealthy breads, pastas and pastries that you are eating now with unhealthy gluten-free breads, pastas and pastries. This is a big mistake. If you are trying to get rid of your pain and you truly are gluten sensitive, then you need to heal the extensive damage that has been done to your digestive tract over many years. The best way to heal this damage is to stop eating processed and 'non' foods; the vast majority of your 'old' gluten containing foods and your 'new' gluten-free pastas, pastries, etc. are still processed junk food that are not beneficial to your health in the long run and are best avoided anyway. Good riddance to those foods and good luck trying out your new diet.

Gluten Free Eating Resources

Gluten Free Eating Resources	
Comprehensive research studies on Gluten Sensitivity and Celiac Disease	The Arthritis of Celiac Disease Celiac Disease, the Great Imitator
Gluten Free Eating: Recommended Eating Guides and Recipe Books	The Essential Gluten Free Guide The Healthy Urban Kitchen The Gluten Free Cookbook
For More Information and to Get Your Questions Answered	Easy Immune Health Website

VI. Anti-Inflammatory Diets and Getting Your Nutrients From Your Food

If you would prefer **NOT** to take supplements, but prefer to get the nutrients discussed here from your food instead, this is not a realistic expectation. I would **NEVER** discourage anyone from improving their eating, and I sincerely hope that those of you who are in pain are now realizing the role that the nutrients have in relationship to pain. But for the vast majority of you, if you are in pain in part or in whole due to nutritional deficiencies, usually those nutritional deficiencies are too great to be remedied by food alone.

Some of the biggest challenges to correcting these deficiencies with food are:

- **Vitamin B12**- If a Vitamin B12 Deficiency is causing your pain, the **MINIMUM** amount that will help to relieve deficiency (which may not even improve your pain) is 500 micrograms per day. 3 ounces of steak, which has a relatively large amount of vitamin b12 in the food world, has only 3 micrograms. You would need to eat over **100 times** that in order to get the **LOWEST** amount recommended for treatment of deficiency.
- **Vitamin D**- Sun dried mushrooms are the **ONLY** vegetarian source of Vitamin D and, contrary to popular opinion, milk is a **POOR** source of Vitamin D. The **ONLY** worthwhile food source of Vitamin D is fatty fish like salmon. And even if you wanted to eat only salmon to treat your deficiency, you would need to eat **AT LEAST 28 OUNCES** of **WILD** (not farmed) Sockeye Salmon per day. Getting your Vitamin D in food is an unrealistic way to meet your vitamin d needs if you are in pain from a deficiency.

You can get upwards of 10,000 IU's per day from the sun but if you live North of 37 degrees latitude (San Francisco or Boston) then you get **ZERO** vitamin d from October through March. During summer months, you need to bare the **MAJORITY** of your skin in the midday sun until just **BEFORE** the point of burning to get 10,000 IU's. But if you are older, have little oil on your skin or you take a shower every day- then even getting midday summer sun may not allow you to get enough Vitamin d every day.

So, you can see the problem here. It would be a near physical impossibility to get the levels of nutrients that are recommended here from your foods. Having said that, there are tens of thousands, if not millions of people who claim to have remedied their health problems with food alone; without the help of supplements. There are even well-designed studies that show the reversal of diseases, such as diabetes and heart disease that have been accomplished completely with diet. So, while I believe that you **CAN** improve and even completely heal a wide range of problems using diet alone, you must be extremely motivated and consistent in order to do so.

Western Diets are Inflammatory

Substances like trans-fats, white flour, processed foods and sugar are very **INFLAMMATORY** and can contribute to painful conditions. Even supposedly 'Healthy' foods like milk and whole grains are often highly allergenic to many people and can contribute to overall inflammation. This is one of the reasons that most of the strategies in this book can help to decrease pain- they

While foods such as vegetables, fruits, beans, legumes, fish and wild game meats are generally more anti-inflammatory and less allergenic for the vast majority of people. Even if you **THINK** you have a 'great' diet or know that you have a lot of room for improvement, consider changing to a low allergenic anti-inflammatory diet in order to maximize your results from this program. While there are thousands of 'diet plans' out there, few are designed to be anti-inflammatory and healing. If you are **NOT** on an anti-inflammatory diet or don't know what that is, this book recommends the two plans below.

The first choice will be much more familiar to those who have previously been eating a western diet. It included healthy meats and fish, while the second choice is vegetarian/vegan and mostly raw. It is for those who have previously cleaned up their diet but feel that they can do better, or for those who are ready for a deep and serious lifestyle change.

- 1) **For the 'Average Joe'**- I highly recommend that you get [The Healthy Urban Kitchen](#). It is a common sense approach to eating whole, healthy foods in ways that it's likely your grandparents ate. It is mostly gluten free and can also help you to transition to the gluten free diet that I recommend in the previous chapter. While it is **NOT** a comprehensive **GUIDE** to gluten free eating, it definitely discusses the concept and gives you some guidelines. All of the recipes and meal plans that come with the program **ARE** gluten free. If you follow the book's guidelines and recipes, you will be eating gluten free without even thinking about it!
- 2) **For the Highly Motivated**: For those of you who really want to heal yourself deeply and more quickly than simply 'improving' your diet can do- and you are ready and willing to jump into a solid whole food eating program that gives you the best chance of healing in the shortest amount of time, then David Wolfe's [Longevity Now Program](#) is for you. David is the expert on healing with food, and his comprehensive program gives you everything that you need to know to heal with food the **RIGHT** way- it's even guaranteed!

Section TWO: Drugs

VII. The Problem with Drugs

None of these strategies for pain relief are designed to **REPLACE** your current pain relieving drugs. As I said earlier, you need to do whatever it is that you need to do to get you through the day and if it takes over the counter or properly prescribed prescription drugs to do that, then that is exactly what you need to do. But these strategies are designed to gradually help you require fewer and fewer drugs to control your pain. And this is important because pain relieving drugs were designed for short-term usage. When these drugs are taken for long periods of time they can have detrimental effects on the body.

And these detrimental effects are not 'Theoretical'. They are well-known and fairly common side effects that not only cause problems, but lead to emergency room visits and even death. Even over-the-counter drugs are not 'Safe' just because they are 'Common' and easily available. Some of the most common and most detrimental effects that these drugs can have on the body are:

Liver Problems

One of the most well-known, but most often forgotten side effects of many pain relieving drugs like:

- Tylenol
- Acetaminophen
- Many narcotic pain relievers (particularly if they contain Tylenol)

Is liver toxicity. Liver toxicity with the use of Tylenol is HUGE. In fact, it is one of the top reasons for liver toxicity in the US. While some of these are from overdoses, many are from 'Unintentional Overdoses'. Presumably, the vast majority of these unintentional overdoses were from people who attempting to relieve chronic pain. Also, if you drink alcohol- even casually and even when you are not taking Tylenol WHILE you are drinking alcohol- then you increase the odds of liver toxicity from Tylenol.

But for those 'Chronic' Tylenol users, they don't go from 'Perfectly Healthy Liver' to liver toxicity and in the hospital overnight. The chronic use causes gradual damage to the liver that is not likely to be noticed- even by your doctor. And decreased liver functioning can lead to problems like:

- Inability to detoxify foreign chemicals and toxins in your body
- Less effective immune system functioning
- Fatigue

NOT problems that you need when you ALREADY have chronic pain. Now you may be beginning to see why people with chronic pain seem to be in a perpetual 'downward spiral' of problems. While the best

prevention for all of this is to not take Tylenol, if you feel that you **MUST**, then you can reduce the damage and support your liver with several different substances. The most powerful of these natural substances is also a pharmaceutical drug called Mucomyst that is used to protect the liver during a Tylenol overdose in emergency rooms. Outside of the hospital, it is called N-acetylcysteine or NAC. NAC and another form called L-Cysteine are readily available in health food stores and on the internet. If you feel that you **MUST** take Tylenol or Tylenol-containing drugs then taking NAC or L-Cysteine on a daily basis is highly recommended.

Other liver support and antioxidant nutrients that can be taken with Tylenol are:

- Magnesium
- Selenium
- Turmeric

Taking a [High Quality Multivitamin with Magnesium and Selenium](#) is an excellent place to start to support your liver- and one that I recommend for **EVERYONE** who has chronic pain conditions anyway. Turmeric is discussed as a pain reliever and liver support product in the next section.

Bleeding Ulcers

Both Aspirin and Ibuprofen containing products can lead to stomach ulcers and stomach bleeding. This bleeding can be severe enough to send you to the hospital- and even cause death. These are not 'rare' events, but common side effects of these 'not so safe' drugs that don't even require a prescription. If you choose to take these products, there is just no prevention for the bleeding. Your best bet is to simply not take these drugs.

Constipation

As you might know if you have taken narcotic pain relievers, constipation can be a **BIG** problem! Not only is constipation a problem in and of itself, but it can lead to bloating, gas, abdominal pain and back pain. Taking medication that makes you constipated and increases your pain is **NOT** a great idea when you are already in pain! Constipation can lead to other problems, too, like the decreased ability to remove toxins (when that ability is already decreased by a sluggish liver) and bowel inflammation. Taking magnesium as outlined above in that section, as well as taking a fiber supplement can really help to prevent this uncomfortable narcotic side effect.

Increased Intestinal Permeability

Also called 'Leaky Gut Syndrome', this lesser known and less understood side effect of Non-Steroidal Anti-Inflammatory Drugs, is a big problem that is usually completely ignored by most doctors. These NSAIDS like:

- Ibuprofen
- Motrin
- Alleve

May be 'anti-inflammatory' temporarily in your back or your joint where you are hurting, but overall, they can lead to increased all-over inflammation that begins in the digestive tract. You see, the digestive tract is only **ONE CELL THICK** where it comes closest to the bloodstream in order to deliver nutrients. When NSAIDS come into contact with this amazingly fragile layer, then it causes microscopic gaps between the cells that can allow food particles to 'leak' into the bloodstream. Leaky gut syndrome has been implicated in food allergies, nutrient deficiencies and even autoimmune disorders.

VII. Drug Alternatives You Should Know

Again, suggesting that drugs have safety problems that are best avoided, in no way puts a moral judgment on you if you choose to take drugs. The intention of this section is to give you information so that you are better able choose whether the 'risk to benefit' ratio is worth it is you. This is not likely something that someone has done before.

You are given these drugs and assume that they are safe, but there are some major risks to taking pain relieving drugs. So now that you are aware of those risks, you can also be made aware that there ARE alternatives to these drugs that often relieve pain just as well- or better than- pain relievers. In many occasions these alternatives have **SOUND** peer-reviewed studies that have been published in major medical journals. Just like the nutrients that we discussed above, they have been shown to work- but your doctor just chooses to ignore these studies in favor of writing you a prescription.

This is really too bad, too, because many of these alternatives can actually decrease inflammation, heal leaky gut syndrome and provide antioxidants to help your liver and your immune system! We'll focus on these alternatives next and provide you resources to get these substances in the resource box at the bottom of the section.

Turmeric and Ginger

While turmeric and ginger are distinctly different substances, they are related and have similar effects and will be discussed together simply so that information is not repeated. Both turmeric and ginger have long histories as being consumed as spices or condiments safely in large quantities in traditional cultures like India and Japan. Both have also been used extensively by the ancient traditional system of medicine in India called Ayurveda with incredible safety.

The main traditional usages of both Turmeric and Ginger are for pain and inflammation. There have not been extensive research studies done on these substances using the 'Double-Blind Placebo-Controlled' trials that are required for the western medical system to embrace new substances. But the controlled trials that **HAVE** been done are definitely confirming what these traditional uses have said for thousands of years- turmeric and ginger are safe and effective for relief of pain and inflammation.

When used regularly, these two substances have been shown to be particularly useful in joint pain and for digestive system disturbances. Turmeric, too, has been shown to be able to:

- Reduce the liver toxicity that can occur from acetaminophen-containing products
- Reduce the intestinal inflammation that can occur with Ibuprofen-containing products

If you are attempting to reduce the use of drug based pain relievers or reduce some of the problems that can occur from their long-term use, then turmeric and ginger preparations are certainly worth a trial.

It is extremely important to get high quality Organic turmeric and ginger products as some lower quality products have been found to be contaminated with pesticides and heavy metals like lead. This book recommends Organic India products. [Organic India's Turmeric Formula](#) contains both Turmeric and Ginger and is Certified Organic.

Enzymes

While it would seem that digestive enzymes would not be considered pain relievers, they actually have a very long usage as such starting with the training of Olympic Athletes in the Eastern bloc countries in the 1950's and 1960's where they were extensively researched in actual usage by athletes who still use them today. Enzymes such as bromelain, papain and 'proteolytic' enzymes are used by athletes around the world to have faster recovery from the common complaints of sore muscles and injuries.

These observations have been backed up by hundreds of research studies, many of them the high quality randomized controlled studies that western doctors and scientists consider 'valid'. Not only have

these enzymes been shown to relieve pain and inflammation, but they- too- can help to decrease the intestinal inflammation that occurs with use of aspirin and/or 'anti-inflammatory' drugs.

For a serious ONE-TWO punch for serious pain relief, turmeric, ginger and 'digestive enzymes' can all be combined safely for a 'synergistic' effect that may not be able to be obtained with any one of the substances by themselves. Again, of course, all enzymes are not created equal and it's important to get high quality enzymes that will actually be able to make a difference in your pain. This book recommends a product called [Heal and Soothe](#) that contains turmeric, ginger proteolytic enzymes and more. You can even get a [Free Trial of Heal and Soothe here](#).

Section Three

Specific Pain Conditions

This section is designed to guide you in the strategies that are the **MOST LIKELY** to help you with your specific pain condition. The **CORE RECOMMENDATIONS** from Section 1 are, of course, recommended for **ALL** painful conditions. But the following charts are designed to help those with limited resources or limited time to choose the strategies that are the **MOST LIKELY** to work most effectively in the shortest time possible and to give you **SPECIFIC RESOURCES** for further help with specific pain conditions.

Remember that these are not a substitute for the **CORE RECOMMENDATIONS** at the beginning of this book. Implementing **ALL** of the core recommendations is going to help the **MOST PEOPLE** for the **MOST CONDITIONS**. Not taking short-cuts, having patience and not expecting **ONE STRATEGY** to 'fix' you is going to give you the highest degree of success.

1. Tendonitis Pain

<p>Conditions like:</p> <p style="padding-left: 40px;">Carpal Tunnel Syndrome Tennis Elbow Wrist Tendonitis Plantar Fasciitis Wrist Tendonitis</p>	<ul style="list-style-type: none"> • Following the Vitamin D and Magnesium Protocols are an absolute MUST for Tendonitis Sufferers. • Particularly useful for Tendonitis is rubbing Transdermal Magnesium Gel directly into the affected part of the body. • Herbal Remedies like Heal and Soothe with turmeric ginger and enzymes for reduction of pain and inflammation.
<p>Don't Underestimate the Power of An Anti-inflammatory Diet</p>	<ul style="list-style-type: none"> • The Healthy Urban Kitchen- Gluten Free Eating the RIGHT way. Don't make the 'Rookie Mistake' of eating gluten-free junk food! • Longevity Now Program- "The most precise and comprehensive program ever for achieving total health..."
<p>Further Tendonitis Resources</p>	<ul style="list-style-type: none"> • Visit The Tendonitis Expert to learn about the power of Ice Dipping and other techniques that you have probably never thought of before • Tendonitis Relief DVD's Choose between : <ul style="list-style-type: none"> * The Carpal Tunnel Treatment that Works * The Plantar Fasciitis Treatment that Works or * The Tennis Elbow Treatment that Works

2. Back Pain

<p>For Conditions like:</p> <ul style="list-style-type: none">Back PainNeck PainSciaticaHerniated Disk	<ul style="list-style-type: none">• Following the Vitamin D and Magnesium Protocols are an absolute MUST for Back Pain sufferers.• Herbal Remedies like Heal and Soothe with turmeric ginger and enzymes for reduction of pain and inflammation.• Particularly useful is rubbing Transdermal Magnesium Gel directly into the low back or neck.• A trial of Vitamin B12 and B vitamins has been very useful in several studies
<p>An Anti-inflammatory Diet Is a MUST to reduce inflammation</p>	<ul style="list-style-type: none">• The Healthy Urban Kitchen- Gluten Free Eating the RIGHT way. Don't make the 'Rookie Mistake' of eating gluten-free junk food!• Longevity Now Program- "The most precise and comprehensive program ever for achieving total health..."
<p>Recommended Resources</p>	<p>The Healthy Back Institute- There is way too much that you can do about your back pain to be covered in this small guide. Get information from the experts in back pain and get a FREE GUIDE.</p>

3. Neuropathy and Diabetic Neuropathy

<p>Conditions like:</p> <p>Peripheral Neuropathy Diabetic Neuropathy Idiopathic Neuropathy Trigeminal Neuralgia Any 'Nerve Pain'</p>	<p>Neuropathy Relief ESSENTIAL Strategies</p> <ul style="list-style-type: none"> • If you do NOTHING ELSE, your FIRST strategy should be to get on a High Quality Food Based Multivitamin • Following the Vitamin D and Magnesium Protocols • High Dose B Vitamin and Vitamin B12 Trial
<p>You MUST eliminate ALL sugar, artificial sweeteners and processed foods. A gluten free, high nutritionally dense diet is ABSOLUTELY ESSENTIAL..</p>	<ul style="list-style-type: none"> • The Healthy Urban Kitchen- Gluten Free Eating the RIGHT way. Don't make the 'Rookie Mistake' of eating gluten-free junk food! • Longevity Now Program- "The most precise and comprehensive program ever for achieving total health..." HIGHLY RECOMMENDED for those with Diabetes and Diabetic Neuropathy
<p>More Nutritional Strategies for Neuropathic Pain</p>	<p>Treatment for Peripheral Neuropathy Outlines more nutritional strategies for neuropathy such as:</p> <ul style="list-style-type: none"> • Carnitine • Lipoic Acid • And More

4. Fibromyalgia and 'All Over' Pain

<p>Conditions like:</p> <ul style="list-style-type: none"> Fibromyalgia Chronic Fatigue with Pain 'All Over' pain 'Bone Pain' Any General Pain 	<p style="text-align: center;">Fibromyalgia and 'All Over' Pain ESSENTIAL Strategies</p> <ul style="list-style-type: none"> • If you do NOTHING ELSE, your FIRST strategy should be to get on a High Quality Food Based Multivitamin • Following the Vitamin D and Magnesium Protocols • High Dose B Vitamin and Vitamin B12 Trial • Omega 3 Fatty Acids
<p>You MUST eliminate ALL sugar, artificial sweeteners and processed foods. A gluten free, dairy free, corn free, soy free diet is a MUST!!</p>	<ul style="list-style-type: none"> • The Healthy Urban Kitchen- Gluten Free Eating the RIGHT way. Don't make the 'Rookie Mistake' of eating gluten-free junk food! Highly recommended as those with Fibromyalgia tend to need more protein than a vegetarian diet can provide. • Longevity Now Program- "The most precise and comprehensive program ever for achieving total health..." Vegetarian and Vegan diet.
<p>More Strategies For Fibromyalgia</p>	<ul style="list-style-type: none"> • Get plenty of sleep and rest • EXERCISE. Many fibromyalgia sufferers have exercise intolerance. But getting mild to moderate exercise has been shown to improve Fibromyalgia Pain • Sauna Therapy. Gives you some of the benefits of exercise. MANY people report improvement with regular sauna therapy. Studies PROVE this! • Carnitine Therapy. Really can help improve fatigue

5. Arthritis and Rheumatoid Arthritis

<p>Conditions like:</p> <p style="padding-left: 40px;">Arthritis Arthralgia Rheumatoid Arthritis Any Unexplained Joint Pain or 'Autoimmune' Joint Disease</p>	<p style="text-align: center;">Arthritis Relief ESSENTIAL Strategies</p> <ul style="list-style-type: none"> • If you do NOTHING ELSE, your FIRST strategy should be to do a GLUTEN FREE DIET choosing one of the strategies below. • Follow the Vitamin D and Magnesium Protocols • Omega 3 Fatty Acids
<p>You MUST eliminate ALL sugar, artificial sweeteners and processed foods. A gluten free, corn free, soy free, dairy free diet is really essential.</p>	<ul style="list-style-type: none"> • The Healthy Urban Kitchen- Gluten Free Eating the RIGHT way. Don't make the 'Rookie Mistake' of eating gluten-free junk food! • Longevity Now Program- "The most precise and comprehensive program ever for achieving total health..." HIGHLY RECOMMENDED for those with Diabetes and Diabetic Neuropathy
<p>Essential Rheumatoid Arthritis Resource</p>	<p>The Arthritis Trust They see Rheumatoid Arthritis in a VERY different light and claim to have an 85% CURE rate for RA. Take a look at their protocol.</p>

6. Headaches and Migraine Headaches

<p>Conditions including:</p> <p>Headaches Tension Headaches Migraine Headaches</p>	<p>The FIRST thing to try for ANY headache is the Magnesium Protocol. That may be the ONLY thing that you need.</p> <ul style="list-style-type: none">• At the first sign of a headache, soak in a warm Epsom Salt (magnesium) bath and/or rub Transdermal Magnesium Gel into your temples and neck.• Drink adequate fluids as many headaches are due to dehydration.• If these don't solve your chronic headache issues by themselves, then follow the Vitamin D Protocol. <p>Continue on to the Mastering Migraine program below if the above doesn't solve your problem.</p>
<p>Migraine Headache Resource</p>	<p>The Mastering Migraines Program Their motto is, "Give me just 3-weeks and I'll help you get rid of Migraines and Headache for good — Guaranteed!"</p>

7. Chronic Abdominal Pain

<p>Conditions like*: Crohn's Disease Irritable Bowel Any chronic stomach problems that your doctor has cleared you from a blockage, surgical or emergent condition.</p> <p>*You must have had a full workup by a gastroenterologist with no emergency conditions before following these recommendations</p>	<p>The VAST MAJORITY of people with chronic abdominal pain of any kind are gluten intolerant. You must get off of gluten and dairy immediately. Choose one of the programs below.</p> <ul style="list-style-type: none"> • The Healthy Urban Kitchen- Gluten Free Eating the RIGHT way. Don't make the 'Rookie Mistake' of eating gluten-free junk food! • Longevity Now Program- "The most precise and comprehensive program ever for achieving total health..." Vegetarian/Raw Vegan
<p>Heal your digestive tract and decrease the inflammation</p>	<ul style="list-style-type: none"> • Omega 3 Fatty Acid Supplements • Stabilized Rice Bran Fiber with Inulin- Can help to regulate bowel function and help 'Good Bacteria' to proliferate.
<p>Many People with Chronic Digestive Issues Have Undiagnosed Intestinal Infections.</p> <p>Get a Comprehensive In-Home Intestinal Infection Test</p>	<p>Comprehensive Intestinal Pathogen Test</p> <ul style="list-style-type: none"> • Sent to your home in the mail • You perform the test at home • You mail it to lab • You are called by a health practitioner to discuss your results and your options
<p>Gallbladder Pain- is VERY specialized and is beyond the scope of this book. See the resource provided</p>	<ul style="list-style-type: none"> • The Gallbladder Guide to Natural Health

8. Chronic Chest Pain/Angina/Palpitations

<p>Conditions like:</p> <p>Chest Pain Angina Heart Palpitations</p> <p>*You MUST have had a full examination by a cardiologist and have NO emergency conditions before following these recommendations.</p>	<p>Follow the Magnesium and Vitamin D Protocols.</p> <p>Most people with these conditions are very magnesium deficient and taking extra magnesium may be all that you need.</p> <p>Ignore any normal magnesium levels. They are not accurate unless they are high (in which case, do not take magnesium).</p> <ul style="list-style-type: none">• Magnesium, The Ultimate Heart Medicine Excellent Ebook about Magnesium and the Heart.
<p>It is very useful to also replace trace elements that you may be deficient in</p>	<p>Beyond Any Multiple High Quality Multivitamin</p>
<p>A supplement called D Ribose has been shown to be helpful for some people with angina pain</p>	<p>D Ribose Supplement- Bio EnerC contains D Ribose with Vitamin C for improved utilization of the D Ribose.</p>

9. Dental Pain

<p>Chronic Dental Conditions such as:</p> <ul style="list-style-type: none"> Cavities Periodontal Disease Receding Gums Sensitive Teeth Chronic Stable Dental Pain <p>*Will NOT work for Impacted Wisdom Teeth, Tooth Abscesses or Infections. Please see a dentist for these conditions</p>	<p>Treating these problems is too detailed for this book and following the Core Recommendations is not likely to work. I suggest getting the book below.</p> <ul style="list-style-type: none"> • Money by the Mouthful- Written by Dr. Nara, a dentist who believes that you CAN heal cavities, receding gums and periodontal disease. He's a dentist that helps you keep your teeth.
<p>Replacing Vitamins is useful to help remineralize teeth, but is not likely to help any current pain.</p>	<ul style="list-style-type: none"> • Beyond Any Multiple High Quality Multivitamin

10. Chronic Sinus Pain and Pressure

<p>Conditions such as:</p> <ul style="list-style-type: none"> Chronic Sinusitis Chronic Sinus Pain/Pressure Chronic Sinus Infections 	<ul style="list-style-type: none"> • NOT usually caused by bacteria, so antibiotics are most often useless and will cause more harm than good. Stop taking antibiotics. • FIRST thing to do, is find a device called a Nasal Irrigator or 'Neti Pot' and follow the instructions DAILY.
<p>Besides Improper drainage of the sinuses, the Immune System is the biggest problem and needs to be strengthened.</p>	<ul style="list-style-type: none"> • Food allergies are ALWAYS suspect. Eliminate Gluten, Corn, Dairy, Soy • Vitamin D and Magnesium Protocol • High Quality Whole Food Multivitamin

Closing and Summary

Well, that is it for the '*Essential Guide to Lasting Pain Relief*'. While these strategies may SEEM simple, they are really powerful techniques that should help the vast majority of you to, at the very least, **REDUCE** your pain- while others may find almost complete elimination of their pain. Every person is different and unique, but many of the underlying reasons that people are in pain are **NOT** unique. And in fact the underlying causes of chronic pain, in many many cases, are nutritional.

While this is NOT what you have been taught by the medical establishment, I'll ask you one question, "Has the medical establishment alleviated your pain?"

Most likely the answer is "No"- and so, if the 'conventional treatments' have not worked for you, then it's time to step outside of the box and try something new that just might work to help relieve your pain.

For those of you that ARE helped OR are not helped and would like to see if there are any other strategies that might work for you, please visit [Easy Immune Health.com](http://www.easy-immune-health.com) and ask your question or say how you were helped by this book. It would be greatly appreciated and you may just help others in pain by taking a few minutes to share your experiences, questions, confusions or grievances.

Thank you and good luck!

Kerri Knox, RN

Functional Medicine Practitioner

Providing Chronic Illness Solutions

<http://www.easy-immune-health.com>

Lasting Pain Relief Resources

Lasting Pain Relief Resources	
Purchasing Supplements	<ul style="list-style-type: none"> • 5000 IU Vitamin D3 Supplements • Vitamin B12 Methylcobalamin Supplements • Omega 3 Fatty Acid Supplements • Beyond Any Multiple: One of the best multivitamins on the market. Contains super absorbable forms of vitamins along with an excellent dose of magnesium and selenium.
Getting Tested	<ul style="list-style-type: none"> • In Home Vitamin D Blood Spot Testing • Comprehensive In Home Nutrient Testing: Test For Vitamin B12, B Vitamins, CoQ10, Carnitine and more • Accurate Magnesium Test (For Dr's Offices) • In-Home Intestinal Pathogen Testing
Further Your Quest for Pain - Free Good Health	<ul style="list-style-type: none"> • The Healthy Urban Kitchen- Gluten Free Eating the RIGHT way. Don't make the 'Rookie Mistake' of eating gluten-free junk food! • Longevity Now Program- "The most precise and comprehensive program ever for achieving total health..."
Comments or questions about this Ebook? Get your questions answered, please visit...	<ul style="list-style-type: none"> • Easy Immune Health Website

This E Book is Intended for FREE Distribution

Courtesy of Easy-Immune-Health.com

Individuals or Businesses May Redistribute for any Purpose

As Long as the book is not: Sold, Copied, Changed or Altered in Any Way

Please Forward This Book to Anyone You Know Who is in Pain

Copyright 2010 by Kerri Knox, RN and Easy Immune Health

All Rights Reserved



Kerri Knox is a longtime Registered Nurse who worked in hospital emergency rooms and intensive care units for 15 years- until she realized that she was not actually helping anyone get well. So she decided to take matters into her own hands and teach people strategies to actually get well and stay well.

Every strategy outlined in this book has been researched extensively from peer reviewed studies. The same types of studies that doctors say are the only type that they use before they will recommend a therapy to patients. Many of these strategies have the weight of MORE and BETTER research and the weight of decades and sometimes even hundreds of years of safe use for the relief of painful conditions.

Kerri is thrilled to be able to share these effective strategies in order to help people get out of pain and stay out of pain. She lives in the San Francisco Bay Area with her husband Joshua Tucker who is also relieving pain through his website [The Tendonitis Expert.com](http://TheTendonitisExpert.com). She hopes that you take advantage of this opportunity to use these simple, yet incredibly effective strategies that can actually make a HUGE difference in your life- and that you get out of pain as soon as possible.

Essential Guide to Lasting Pain Relief
Safe and Effective Pain Relief Strategies
Your Doctor Will Never Tell You About

This book is intended for FREE distribution. It may be used or redistributed for any purpose as long as the book is left in its entirety and is not changed or altered in any way.

All information contained in this book is copyright © 2010
by Kerri Knox, RN and Easy Immune Health. All rights reserved.

No information contained in this publication may be copied, published, broadcast, posted on the internet, or otherwise used for any purpose whatsoever without the prior written consent of Kerri Knox, RN and Easy Immune Health. It may, however, be distributed in print or on the internet as long as it is kept intact in pdf form with all links and credits intact. All persons violating this will be prosecuted within the fullest extent of the law. All rights reserved, including without limitation, the right to reproduce this material or parts thereof in any form.

Published by

Kerri Knox, RN and Easy Immune Health
2443 Fillmore St. #259 San Francisco, Ca 94115

Disclaimer

The use of this material is not a substitute for legal, health or professional services. It may NOT be constituted as medical advice in any way. Kerri Knox, RN is not a doctor and can, in no way, know your individual health status. This book has been provided to you ONLY in order for you to have knowledge of therapies that you may not have been previous made aware of.

Consult competent professionals to answer your specific questions. The information presented in this work is in no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Your physician should be aware of all medical conditions that you may have, as well as the medications or supplements you may be taking. If you are pregnant or nursing, please consult with your doctor.

The author and publisher specifically disclaim all responsibility for any liability, loss, or risk, personal or otherwise, that is incurred as a consequence, directly or indirectly, of the use and application of any of the contents in this publication.

**PLEASE FORWARD AND DISTRIBUTE THIS REPORT
IN ITS ENTIRETY TO ANYONE IN PAIN**

**This Book is Provided Free of Charge
If You Paid for This Book
Please Contact the Person You Paid to receive a Refund
And Report this to www.easy-immune-health.com**