



Nutritional Support for Pain & Inflammation



Fighting pain and inflammation using natural products can be very effective although it is not as easy as popping a few painkillers. There are many reasons why people have pain and inflammation and everyone is different. You must find what works for you. There are several components to a successful nutritional program that can reduce or even eliminate your pain and inflammation.

First address the cause.

Do you have arthritis, backaches, fibromyalgia, headaches or some other form of pain? Why do you have pain? Some causes of pain are damaged tissue. You may have damage to cartilage, tendons or muscles, nerves, etc. You need to first support the body with the nutrition and lifestyle factors that will provide the building blocks to repair damaged tissue. Each type of tissue in your body needs different nutrients. Provide those specific support nutrients as the first step in healing. This is where vitamin, minerals and other nutritional factors can provide potent support.

Provide anti-inflammatory nutritional support.

There are three major ways to reduce pain and inflammation in the body. Once you have addressed the nutritional needs in the previous step then it is appropriate to build an anti-inflammatory program based on these three areas: omega 3 oils, herbs and enzymes. There are different nutrients in each of these areas and each provides a unique benefit for the body fighting to reduce inflammation.

Omega 3 Oils

There are numerous sources of omega-3 oils, both vegetable and animal. Flax oil and fish oil are the most well known. However there are other sources and other types of omega fatty acids. Fatty acids such as cetyl myristolate and others are being investigated and found to provide potent anti-inflammatory benefits. Don't be afraid to experiment with different oils. Some of the new fatty acid formulas are very powerful and you might find that one works better for you. Some of these newer oils are hemp oil, perilla oil, krill oil and green lipped mussel oil.

My personal recommendation is therapeutic doses of high quality fish oil. A therapeutic dose is above 3000 milligram of EPA and DHA

combined. Fish oil rather than flax oil for this particular purpose.

Herbs

Herbs from around the world have been used to reduce pain and inflammation for thousands of years. You can try whole herbs, standardized extracts or liquid tinctures to see what works best for you. Most people prefer standardized herbal extracts as these usually offer the strongest and most consistent dosage. Using single herbs will give you the strongest potency for that herb, but an herbal combination may offer a broader range of effects. Some of the most well known anti-inflammatory herbs are ginger, turmeric, devil's claw, boswellia and white willow.

Enzymes

The use of enzymes to reduce pain and inflammation has been used around the world for at least 50 years. When using enzymes to fight inflammation, we are basically referring to the protein digesting enzymes known as proteases. In order for enzymes to be effective for fighting inflammation you must take the enzymes on an empty stomach between meals. This is so you don't use the enzymes to digest your food. Bromelain from pineapple is perhaps the most well known proteolytic enzyme but there are certainly others. You can find both vegetable and animal enzymes and either is acceptable. The more challenging your pain is the more of these nutrients you may need. Try different formulas until you find the ones that work best for you. Quality nutrients taken consistently over time will improve your health. Take these nutrients for 8 weeks along with your medication. When you see improvement, discuss with your doctor about reducing your pain medication.

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