



Health Talk Inc

Creating a Health Conscious Community

PAIN

Many people have experienced pain one way or another. The pain could be headache, injury pain, cancer pain, stomachache, back pain, chest pain, joint pain or psychological etc, but the truth about pain is that there is something definitely wrong with your body that needs to be addressed. When people begin to experience pain as they grow older, they attribute the pain to the aging process, but I would like to assure you that pain is NOT part of the growing process!

What then is pain?

There are many definitions given by various experts on pain, but my favorite is the one given by the American Pain Society, which defines pain as an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage. There is no scientific test to measure pain. It is an individual experience. In simple terms, pain is an individual experience of discomfort signifying that there is something wrong with the body.

So many people resort to pills when dealing with pain without necessarily attempting to figure out the underlying cause of the apparent discomfort. Whether your pain is chronic or just occurred suddenly, there is always an underlying cause. The pain did not just happen.

What are some of the causes of pain?

Injury or trauma to any portion of the body such as the leg, heart; spasms of the blood vessels in the head (headache) and heart (chest pain), stress, and dehydration which can cause dyspeptic (stomach pain, heart burn) and arthritic pain, tumors as in some cancers and abnormalities of the arteries of the brain, to name a few.

Some foods like Dairy products, Corn, Meats, Wheat, oats, rye, Eggs, Citrus fruits, Potatoes, Tomatoes, Nuts and Coffee have been known to trigger pain in arthritis. It is therefore very important to study yourself and find out if any of these very popular foods might simply be causing you pain.

What are some signs of pain?

Both adults and children do experience pain but the expression of pain could be quite different in these two groups.

Grimacing, limping, tachycardia (heart racing) restlessness, coiling the body and holding on to the affected part of the body are some of the common signs for adults. A child in pain may just be crying or refusing to eat or play.

How are some of the pain caused?

Let us examine dyspeptic pain (gastritis – inflammation of the stomach, duodenitis – inflammation of the duodenum which is the first part of the small intestine and heart burn) and arthritis of the joint – osteoarthritis. The pain associated with the stomach and arthritis of the joint is becoming so common that many individuals have developed serious complications that jeopardize their quality of life.

According to Batmanghelidj, MD, the pain associated with dyspepsia or arthritis are local signs of chronic dehydration and he has at least treated over 3000 cases of dyspeptic pain with just plain old water! Simply put, chronic dehydration causes cell shrinkage and local tissue damage. When this happens, the brain releases histamine and its subordinate water intake and distribution regulators (prostaglandins, kinins) into the blood stream and these cause pain when they come into contact with pain-sensing nerves in the associated tissues or organs - stomach and in the joints as in arthritis.

How can you prevent dyspeptic and arthritic pain?

One can prevent localized and pain interpretation stemming from the brain, by drinking at least 8 glasses of water daily.

Antacids and acid blockers or histamine blockers and other medications which only work for a while, have proven to be ineffective and above all have serious sides effects. It is therefore extremely important to stick to natural ways of living when dealing with any of the above problems.

If you have an acute crippling pain it is always wise to see your healthcare provider to establish the cause. But if your chronic pain is not from injury or from an infection or some tumor, then you are possibly seriously dehydrated and you need to drink more water.

Consume more Brown rice, cooked or dried fruits, Lots of vegetables and modest amount of unprocessed sea salt for these foods do not trigger arthritic pain.

Call Health Talk Inc at **703 822 7471** for more details on the above subject.