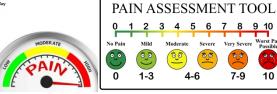


Helpful Tips for Managing Pain

By Renee Lea-Currie, Ph.D. October 6, 2018









Matthew 4:23-24 (NIV)

²³ Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people. ²⁴ News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering **severe pain**, the demon-possessed, those having seizures, and the paralyzed; and he healed them.

Everyone knows someone dealing with chronic pain. Nerve pain usually stems from nerve damage due to diabetes, injury, chemotherapy after surgery or side effects of certain medicines. When he walked this earth, Jesus healed severe nerve issues such as severe pain (called "torments" in KJV), seizures, pain from mental trauma and paralysis. Today we have access to an array of pain management options to deal with the results of our sin damaged world. If you are in pain, do not give up on finding a solution.

After severe tendonitis for the past 5 years and a broken foot earlier this year, God led me to a topical treatment for my persistent severe tendonitis in my feet and ankles that has changed my life. Magnesium chloride lotion (Life-Flo brand) used topically means I no longer need to use ibuprofen or other NSAIDS to help manage my pain. Twice daily massage application has enabled me to walk without pain, to not need to use NSAIDS, to increase my mobility and to exercise without stabbing foot and ankle pain. I started using Life-Flo Magnesium lotion as well as my daily massage with the foot roller and wearing only orthotic support shoes or supports and am now ready for the gym or skating rink.

A magnesium deficiency can rear its ugly head and lead to pain/afflictions such as muscle weakness, tremors, numbness and tingling, severe fatigue or confusion, irregular heartbeat, and seizures. Consuming an adequate diet is great but some medication side effects hinder magnesium absorption.

<u>Disclaimer: ALWAYS consult with your physician and /or pharmacist before initiating new treatments as</u>
<u>some dietary and natural remedies may interfere with your medical treatment. DO NOT stop taking medicines</u>
<u>without knowledge of your medical care professional. Magnesium self-supplementation can interference with</u>
some high blood pressure medicines and some antibiotics and some thyroid medications.

Chronic Inflammation is the source of many pain issues including rheumatoid arthritis, tendonitis, cancer, asthma, allergies, gastrointestinal (GI) problems and hypertension. I would like to share some other complimentary natural remedies that might also help you or someone you know.

Condition	Topical Options	Dietary/Lifestyle			
Tendonitis	Black seed oil, Epsom Salts magnesium	Turmeric, garlic and ginger in foods or			
Rheumatoid arthritis	chloride, raw shea butter, olive oil,	smoothies, turmeric tea, ginger tea or			
	physical therapy, physical activity, yoga-	REAL ginger ale (Reed's Ginger and			
	like stretching exercises; massage	Extra Ginger Ale, Bruce Cost Ginger			
	therapy, acupuncture, clove oil, hyssop	Ale), avoid junk food; hyssop tea; nuts			
	oil, heat OR ice, EMU oil, Helichrysum	& seeds			
	oil, topical capsaicin creams, arnica				
Heartburn and/or	Ginger, peppermint, charcoal tablets	Peppermint tea, Ginger tea, avoid late			
excessive gas	Ask your doctor for alternatives to your	night eating, chew food, eat smaller			
	medicines that may cause this side effect	portions, REAL ginger ale (Reed's			
		Ginger and Extra Ginger Ale), avoid			
		junk food			
Migraine Headaches	Peppermint essential oil (or pure	Avoid artificial sweeteners, avoid			
	peppermint extract) on a cool wet cloth	trigger foods/cosmetics (dairy or gluten			
	placed at back of neck; biofeedback,	or artificial colors); avoid artificial colors			

	acupuncture					
Allergies, asthma,	Turmeric tea, hyssop oil in diffuser Keep	Turmeric tea, hyssop tea, avoid trigger				
psoriasis & other skin	food diary to find & avoid trigger	foods, avoid junk foods, avoid artificial				
inflammation conditions	foods/cosmetics	colors				
Dental pain/sensitivity	Clove oil or use ground cloves from spice	Massage ground clove or clove oil until				
	section grocery store for short term	dental aid can be received; eat soft				
	emergency but SEE a DENTIST ASAP.	and/or bland foods to avoid further				
	Charcoal coconut oil toothpaste daily	irritation; avoid carbonated beverages				
Muscle spasms	Magnesium chloride topical OR in pill	Eat foods high in magnesium and				
	form, valerian root, massage therapy	potassium (nuts, seeds, oranges, non-				
		GMO tofu/soy				
Guilt/Stress/Depression	Prayer, meditation, Seek support from	Do things you find fun				
	medical and spiritual professionals JUST	Learn to say :No"				
	SAY NO: reduce stress	Set limits- get - accountability partner				
	ASK GOD FOR FORGIVENESS	Eat more fruits and vegetables;				
		consume more omega-3 fats (fish oil,				
		flax seed); Limit junk foods				

I	J	S	Ρ	E	R	С	L	L	G	Α	С	В	D	С
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F	I	F	G	L	0	Α	В	M	E	M	R	Α	G	L
N	L	N	L	С	Α	Α	S	M	I	С	E	С	Α	R
U	I	Α	R	Α	L	S	0	S	V	N	M	K	V	Α
G	F	Α	Χ	M	M	Т	M	Η	Α	M	R	S	0	G
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С	L	N	Τ	E	E	F	Α	I	S	L	Т	E	Α	J
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ALMONDS **AVOCADO BLACK SEED OIL** CANCER **CASHEWS** CHARCOAL CHEMOTHERAPY CUMIN **EPSOMSALTS** FLAXSEED **FORGIVENESS GARLIC GINGER** GOD **INFLAMMATION JESUS MASSAGE** PAIN **PRAY STEROIDS** TOFU **TURMERIC**

HEY! DID YOU KNOW?

- Epsom salts = Magnesium Sulfate
- Magnesium chloride has much better skin absorption for faster pain relief.
- Did you know the mineral magnesium can be found in foods such as avocados, bananas, almonds, cashews, dark leafy vegetables (kale), whole grains, fish oil, flax oil, non-GMO soy/tofu
- NSAID= Non-Steroidal Anti-inflammatory are over the counter aspirin, ibuprofen, and naproxen
- Turmeric can reduce symptoms of chemotherapy and radiation including dermatitis, swelling, diarrhea, sore throat, fatigue, swallowing problems.

References:

Panahi Y, Saadat A, Beiraghdar F, Sahebkar A. *Phytother Res.* 2014 Mar 19. <u>Phytother Res.</u> 2014 Oct;28(10):1461-7. doi: 10.1002/ptr.5149. Epub 2014 Mar 19.