



Take Back Your Health
Take Back the Love
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A Health Ministry of the Philadelphia 7th Day
Adventist Church - Burlington, NC

Helpful Tips for Managing Pain

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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.

Disclaimer: ALWAYS consult with your physician and /or pharmacist before initiating new treatments as some dietary and natural remedies may interfere with your medical treatment. DO NOT stop taking medicines without knowledge of your medical care professional. Magnesium self-supplementation can interfere with 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 Rheumatoid arthritis	Black seed oil, Epsom Salts magnesium chloride, raw shea butter, olive oil, physical therapy, physical activity, yoga-like stretching exercises; massage therapy, acupuncture, clove oil, hyssop oil, heat OR ice, EMU oil, Helichrysum oil, topical capsaicin creams, arnica	Turmeric, garlic and ginger in foods or smoothies, turmeric tea, ginger tea or REAL ginger ale (Reed’s Ginger and Extra Ginger Ale, Bruce Cost Ginger Ale), avoid junk food; hyssop tea; nuts & seeds
Heartburn and/or excessive gas	Ginger, peppermint, charcoal tablets Ask your doctor for alternatives to your medicines that may cause this side effect	Peppermint tea, Ginger tea, avoid late night eating, chew food, eat smaller portions, REAL ginger ale (Reed’s Ginger and Extra Ginger Ale), avoid junk food
Migraine Headaches	Peppermint essential oil (or pure peppermint extract) on a cool wet cloth placed at back of neck; biofeedback,	Avoid artificial sweeteners, avoid trigger foods/cosmetics (dairy or gluten or artificial colors); avoid artificial colors

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

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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. *Phytother Res.* 2014 Oct;28(10):1461-7. doi: 10.1002/ptr.5149. Epub 2014 Mar 19.