

nuclearfusionfarmer

Pain is our body telling us something is wrong. Shouldn't we be focusing primarily on addressing the underlying cause rather than eliminating the sensation, especially chronic pain?

Posted On 08/03/2017

Krofter

Agreed. Lactic acid buildup, overexertion, inactivity, or consuming excessive amounts of carbs and not enough good fats can all cause pain to develop. Although I enjoyed the services of one of Mao's finest barefoot doctors to treat my IBS with acupuncture, it's easier to deal with those issues than to track down a really good acupuncturist.

Posted On 08/03/2017

iamblessediam

Diet is one half the mind/body equation. However, if both aren't in sync, no amount of proper nutrition will preclude any disease process from happening - think stress impact on epigenetics. What's fascinating to me is the "potential" that the "meridian energy system" - now identified as the primo vascular system [PVS] or "third" circulatory system - has on maximizing/maintaining one's optimal health pursuit. The role the PVS plays in human physiology is just now beginning to be researched. Wait until researchers "discover" the role tensor rings and ORMUS plays in the PVS functionality - I'm convinced one day they'll make that discovery! In the meantime - been there, done that and will continue doing so;-)))! Be well! LBP!

Posted On 08/03/2017

kroyals

nuclear- I doubt if you ever had a chronic pain condition? I can tell you that even though you are correct in addressing the underlying cause, getting out of pain overwhelms your everyday life. I personally found acupuncture a miracle therapy...and yes I believe it not only relived pain but somehow also addressed the underlying cause.

Posted On 08/03/2017

teaahuru

And what about people that have had a traumatic accident, my man had a tree fall on him shattered T1 to C7 vertebra he been wired fused spent months in hospital and in plaster I managed to get him off opiates early in the piece thank goodness, so tell me how do we address the cause??? do you have no idea what it is like to live with chronic pain, we have tried pretty much all that is listed here and more, every one seems to think it is so easy, its not,and other thing that is not easy is the cost, Krofter below points out that it is all so easy, hay just change your diet the way you live and it will all go away,I'd like to see some of you people cope with chronic pain and by the way we have our own organic farm havant had a chemical on the farm or in the house for over 35 years, some times you just cant always fix whats broke with a bit of cayenne cream, CMO tried it all, I am also a home herbalist you name it I have tried to make it for him, you could eat pineapple to the cows come home it will still do diddly *** for chronic pain.

Posted On 08/03/2017

grulla

The 2nd paragraph reads in part, "... acupuncture aims to eliminate the root cause of your problem..." which sounds all well and fine for folks in pain. But then the 6th article subtitle reads, "Acupuncture Reduces Pain by Shutting Down Certain Brain Regions", must be a symptomatic treatment and an apparent contradiction to the above, possibly sweeping the real underlying problem "under the rug", and not (necessarily) being a cure of the root cause of the pain.

All that I'm suggesting is that I can empathize the need for one's pain relief, especially with NON pharma junk, but let's not lose sight of the real root cause of the pain with just a euphoric acupuncture treatment. Even acupuncturists COULD be prone to relying (\$\$\$) on too many patient return visits. If, OTOH, the acupuncturist can clearly address the real root cause of the pain, then bravo and kudos!

Posted On 08/03/2017

seg

Good to see the groo yah digging...Dig well (deep subject) and dig deep, you might git lucky and find the "root." Just don't call an Aussie a "root", you might git uprooted and or placed waay down under LOL..

Posted On 08/03/2017

iamblessediam

Yo grulla...learn reflexology foot massage - that way you'll stay well-rooted and not make that Aussie trip down under - of course there's always vegemite sandwich - maybe even avoid them tights: [\[www.youtube.com/watch\]](http://www.youtube.com/watch). Be well! LBP!

Posted On 08/03/2017

TammieP

grulla, in some cases an initial injury or inflammation triggers a pain signaling loop that continues long after the actual source of the pain is gone. This causes chronic pain with no current underlying source still in existence. Part of that loop is in the brain, so actually shutting down those regions temporarily could truly take care of the source of the problem. Once the brain part of the loop is calmed down, then the pain should theoretically go away for good. Of course, there are other types of pain that still have an underlying source, and in those cases, you're right, that source needs to be taken care of.

Posted On 08/03/2017

grulla

Aussie??? Awright you two guys, you both must've been on HH this morning, lol!
www.hawkeshealth.net/.../showthread.php

Posted On 08/03/2017

farmercist

Unfortunately insurance doesn't normally pay for non-drug things that work.

Posted On 08/03/2017

therealjones

That's true, so you just have to pay for it. Put it in your budget like everything else.

Posted On 08/03/2017

grulla

My integrative MD/ND gets certain aspects (such as consultation) covered by Medicare Insurance, but insists on full payment when leaving the office. Then his admins will fill out and submit a specific Medicare (UHC provider) refund form, and a refund check for those permissible specific items is mailed to me. There are many different Medicare providers as well as Medicare direct, each with their own forms, so one needs to inquire at the doctors office, if applicable.

Posted On 08/03/2017

UnFoodCop

Even though we Canadians are privileged to have universal 'health' care (cough, choke), I've relied on a Naturopathic Doctor and mostly Chiropractors and a wonderful Chinese Medicine Doctor/Herbalist/Acupuncturist (who was not Chinese btw) over the years. The cost of these services are not covered under our system so it's all come out of my own pocket. Wouldn't have done it any differently. It just irks me that I don't get any credit for not (or rarely) using the mainstream medical system... but I'm funding the many who do because of their poor diet and life-style. As a senior, the Ontario government's program to pay for medications should be some assistance. The only medication that I take is 'Thyroid' (like Armour) and this program has just recently taken it off their list. But... if I wanted to take the synthetic stuff, that would be covered. I took Synthroid for 40 years before I was able to convince my Nurse Practitioner to go on the 'Thyroid' journey with me. I wouldn't go back.

Just like everything else that I pay for to maintain good health (good food, supplements, natural salves, etc), these costs are budgeted for. What I don't spend much on are things like portable technology (cell phone etc), cigarettes, booze, medications, Un-Food, cosmetics, etc. My health is one of the most precious things that I have and I'll do whatever it takes to keep it. I have looked into getting private insurance coverage for the services that I use but the premiums cost more than I spend anyway.

Posted On 08/03/2017

queenoftheworld

Many acupuncturists and other healers work on sliding scale. Least expensive acupuncture in my area are the ones that have "group" acupuncture. Several people all are treated in one room, conversations with practitioner are whispered and private. There's something about group energy dynamics that is said to be a positive effect. It can be less expensive than co-pays on medications.

Posted On 08/03/2017

forbiddenhealing

Pain is inflammation somewhere...Load on Vit C/baking soda, all the polyphenols (like ginger, turmeric, cayenne, cannabinoids)...or go to your Vet>>>Woof Woof..pulsed laser....Acupuncture is real, so are Chi breath techniques...Then there is always red red wine.

Posted On 08/03/2017

seg

And better yet take charge of your vetting, become yer own vet...Don't forget to load up on that good liquid gold (olive oil), she's loaded with Polyphenols, Oleocanthal, hydroxytyrosol etc.. then sit down and relax with a nice glass of that good nectar of the gods..

Posted On 08/03/2017

iamblessediam

Pull on your think cap real tight and ponder this - pain is gender specific - so is EVERY disease process - WHY - think hormones [genes too]. Bet yah didn't see that one coming;-))))! Here's the shortest explanation I can find on "the hows" hormones effect pain and disease - and it's not presented by any "single hanger" either - ENJOY: [organixx.com/interview-ty-bollinger-balance-hormones/?utm_campaign=int..]. be well! LBP!

Posted On 08/03/2017

iamblessediam

First time I've read one's subtle energy - life force - referred to as "da qi" - funny;-))))! Anywho, glad to read Doc Mercola is highlighting the body energy meridian system - now identified as the primo vascular system [PVS] or the "third" circulatory system: [www.slideshare.net/thorntonstreeter/primo-vascularmeridian-system-2016]. The PVS is the baseline interface between one's mind and their body. The PVS also interfaces with the autonomic nervous system: [www.hindawi.com/.../303769]. Ongoing research indicates the PVS may also influence the Endocannabinoid System functionality: [www.science.gov/.../primo+vascular+structures.html]. The PVS is found in the lymph system: [www.hindawi.com/.../472704]. The PVS has been observed in brain tissue - in fact, in every major organ system: [www.sciencedirect.com/.../S2005290113002082]. The PVS is also being researched for it's role in any disease process: [www.nature.com/.../2863]. Modern day medical science is now finally catching up to what millennial medical traditions like CTM and Ayurveda has known for thousands of years: [upliftconnect.com/science-proves-meridians-exist]. If it appears I've done a little bit of PVS research - you'd be right - here's why. The PVS will lay to rest such words as "placebo" and "miracles" when clinicians learn how to fully utilize PVS potential. Dr. Joe Dispenza is documenting PVS potential through his work in mind/body integration techniques - so are many other clinicians exploring neuroscience research. The PVS is the physical "doorway" to the quantum world of energy potential sometimes called fractals. Really, life is nothing more than a series of energy information exchanges. Our thoughts, beliefs and emotions have an immediate impact on how our DNA expresses: [www.drstagg.com/toxic-thoughts-destroy-health-dna-connection]. Be we

iamblessediam

Yo seg...thanks for the completion...I wasn't about to do a CONT'D comment - I posted enough links to keep a person busy for awhile;-)))! The more people "know" their energy systems function, the more they'll be inclined to undertake practices that maximizes their energy potential...well...hopefully anywho;-)))! About that jail thingy - enumerate if you will - thanks in advance. Be well my friend! LBP!

Posted On 08/03/2017

EmpoweredHealthAdvocate

Avoiding high lectin containing foods especially the nightshades, grains, legumes and nuts really help alleviate pain and prevent chronic disease. Stay mindful of posture and repetitive movements. Avoid sugar...it not only feeds cancer but causes systemic inflammation via multiple pathways. Sleep deprivation will also manifest chronic aches and pains as a result of impaired detox and repair. It's much easier to live in such a way where you don't even need to consider how to rid your body of pain but if you do, please see a seasoned and properly trained acupuncturist and not someone who just got certified in a month long program.

Posted On 08/03/2017

InderVohra

Acupressure that is foot reflexology is also helpful in managing body pains. It is simple in learning and can be done by our own hands.

www.drweil.com/health-wellness/balanced-living/wellness-therapies/refl..

Posted On 08/03/2017

skygazer1

I've always gone barefoot a lot. Walking across something like 2 inch sharp gravel puts intense pressure on small areas of my feet, especially felt in the arch where it's more tender. I can easily feel some sort of strong feelings that reach up through my body all the way, kind of a mixed pleasure and pain feeling that leaves no doubt about a connection between my feet and my insides. I've always thought it is a healing stimulus, after the initial shock I often go back and do it again!

Posted On 08/03/2017

Almond

I had to give it a try. I started with 20 and found it very easy. However, I do not go real low on he squats due to an injury. (For now, I am just grateful to be walking again and able to sit on a toilet--small luxuries indeed!) I am sure with persistence, the squats will come easier, too. I will have to keep the link to this video handy, though, until I remember the exercises and order. Actually, it felt more like a good limbering up exercise.

Posted On 08/03/2017

Suzubick

Acupuncture is expensive and time-consuming. It isn't a one-off; regular treatments are needed. For a working person, it's not feasible to disappear for a couple of hours each day for an acupuncture session. Added to that, acupuncture is not often covered by health insurance, or carries a high co-pay. In San Francisco, it's around \$80 per session. Acupuncture did not work for my chronic migraine. I found the procedure very relaxing, and slept beautifully for an hour with each session, but it did nothing for the pain. The acupuncturist admitted defeat.

Posted On 08/03/2017

UFOalienabduction

Find the cause and you'll find the cure

Posted On 08/03/2017

iamblessediam

Yo Suzubick...just a suggeston...research biophoton therapy. Be well! LBP!

Posted On 08/03/2017

grulla

Yeah "UFO", "The truth is out there." :-) www.boston.com/culture/tv/2017/04/20/the-truth-is-out-there-the-x-file..

Posted On 08/03/2017

UnFoodCop

My acupuncturist was a Traditional Chinese Medicine Doctor (but she wasn't Chinese). Applying only one technique (acupuncture) is much like taking a pain pill. It doesn't address the cause of the condition. A TCM doctor also uses herbs and food to help the body heal.

Posted On 08/03/2017

queenoftheworld

My experience with acupuncture is that there are many ways to approach any issue. A different acupuncturist might have approached the problem differently and given you better results. And, I've never found continual treatment necessary.

Posted On 08/03/2017

Suzubick

@UFO: my migraines are triggered by nuts, legumes, bright flashing lights, hormonal swings, exhaustion, some scents (sitting on a bus with somebody using hairspray can set off a doozy, as can the reek of marijuana), sudden turns of the head, severe emotional stress, anything that causes sinus congestion , rapid changes in barometric pressure, wine preserved with sulphites...

I'm 58. I was diagnosed with migraine when I was 6 years old. Since I was 16, I've worked at understanding and controlling migraine. If there's a "natural remedy" out there, I've very likely tried it. Please don't assume that I have no understanding of my condition, or that I have not done my due diligence.

For me, the single most effective strategy in reducing the frequency and severity of the attacks has been hormonal therapy: estradiol. Now that I'm well into menopause, I'm phasing off it. For the pain, 5mg naratriptan plus 375mg naproxen gives me relief. For milder pain, one dose may be all it takes. For the three-day humdingers, I often get 24 hours of relief from one dose.

Posted On 08/04/2017

Roseib

Suzubick, have you hear of the People's Organization for Community Acupuncture?

(<https://www.pocacoop.com/>) They are a non-profit providing acupuncture at an affordable cost. I go to a clinic in Portland that starts at \$10-15 sliding scale. They provide free treatment to some patients in the Oregon Health Plans what struggle with pain/drug addiction. They have clinics all over the US and are growing. I highly recommend them!

Posted On 08/05/2017

skygazer1

Oil painting for pain relief. Stronger than opioids. Sounds strange, but I recently started plein air oil painting and found that it totally absorbed my attention, so much so that I become unaware of any bodily discomfort. Perhaps many can find other new activities (music or?) that work for them. I don't have to buy the process, just the art supplies. I wish I could post an image of the painting I'm working on now. I have improved unbelievably. I started by painting the features in front of me, and now focus as much on the space (distance) and atmosphere that the features occupy.

I think medical cannabis works like magic, and I have prescription oxycodone (stage 4 cancer). I just got a new 90 day supply - works well when used properly. Exercise really helps my body to be more vital. But I've found that having my mind absorbed by painting is more powerful than all of them, it seems that my body disappears from my awareness. When I get home I can spend days filling in details that I had to skip when outdoors, so I get absorbed again! I get enough nurses sticking me with needles that acupuncture does not appeal to me. I tried Dr. Mercola's new NO warm up and liked it, hope to use it more often. Edit: Just did the NO dump workout again and must say I appreciate that the doctor went all the way through it in real time so I can just follow along! Thank you Doctor!

Posted On 08/03/2017

Luvvy

Brilliant Skygazer! One of my favorites, Eckhart Tolle, always encourages people to focus on the present moment. Which you're doing with creativity. It would be fun to see your paintings. Thanks for sharing. :)

Posted On 08/04/2017

stanleybecker

my experience of acupuncture and moxabustion has been good and relieving - the skill of the acupuncturist must be a factor in this ancient approach to energy flow within the organism

Posted On 08/03/2017

ahh9413

Acupuncture works, no question. The Elephant in the room is, ' after you complete your first Prescription of opioid painkillers following strictly following your MD's instruction, you are now addicted to opioids' so pain is no longer the problem, 'opioid addiction is' This a far worse problem that is resulting in the early death of thousands of people per month while Big Pharma makes millions! and communities are destroyed, a liberal wet dream.

Posted On 08/03/2017

sarnott2

FYI - kratom is illegal in Australia.

Posted On 08/02/2017

smithmatthew02

Moxa (or moxibustion) is also extremely effective for pain relief. I saw a spectrograph recently which indicated that moxa has a significant proportion of near-infrared light emitted, and mid and far infrared, which I believe in addition to the heating effect, also has specific healing properties. It can be done locally, or on specific moxa points, and also on specific acupuncture points.

Posted On 08/02/2017

NA

Excellent article Dr.Mercola as always what like the most is the exercises of three minutes and the meditation . we must practice immediately. And these recommendation we must never forget it . thank you very much Dr. Mercola.

Posted On 08/03/2017

Catryna

Sure wish acupuncture worked for me, but cannot stand those needles.

Posted On 08/03/2017

stanleybecker

with the moxa there is not even a pinprick- not like an injection at all

Posted On 08/03/2017

Catryna

Stanleybecker i think I'll stick with acupressure and massage

Posted On 08/03/2017

Catryna

cwjakesteel Acupuncture via ultrasound? Now, that sounds creepy as hell.

Posted On 08/04/2017

iamblessediam

Actually Catryna, there's been research done on acupuncture ultrasound - some call it sonopuncture - no needles involved: www.drmanik.com/chap8.htm]. The benefis:

[\[www.ncbi.nlm.nih.gov/.../23140058\]](http://www.ncbi.nlm.nih.gov/.../23140058) and:

[\[www.uam.es/departamentos/medicina/anesnet/journals/ija/vol2n4/articles..\]](http://www.uam.es/departamentos/medicina/anesnet/journals/ija/vol2n4/articles..). Have you heard of zero balance massage: [\[http://www.zerobalancing.com/\]](http://www.zerobalancing.com/). Be well! LBP!

Posted On 08/04/2017

Catryna

iamblessediam Yes, I understand how it works, thus why I say creepy. I, personally, have never felt comfortable about ultrasound. They used to think x-rays were safe, but we know different, now.

Posted On 08/04/2017

paulcarter

The nitric oxide connection and acupuncture is very interesting indeed. There's more information about how acupuncture works here: paulcarter.ca/.../how-does-acupuncture-work

Posted On 12/15/2018

gym654

I'm a bit surprised that under "Other Non-Drug Solutions for Pain Relief" non-invasive vagus nerve stimulation (nVNS) wasn't mentioned.

Specifically, noteworthy is the recently FDA-approved gammaCore device (<https://gammacore.com/about/>), developed by electroCore (<http://www.electrocore.com/>).

Although the FDA approved gammaCore for relief of cluster headaches, patients in group studies for other indications and off-label usage report highly encouraging results.

This device fits Dr. Mercola's bill of being non-invasive, non-toxic, non-pharma and non-surgical.

Posted On 08/17/2017

PainDoc2014

Here is a recent article published in Pain Medicine News.

www.painmedicineneeds.com/Complementary-and-Alternative/Article/08-16/S..

Posted On 08/04/2017

Liz Smith

Twenty years ago at college our Chinese lecturers were pushing their medicines and they told us that if we had a suspected heart attack or stroke to get an acupuncturist as soon as you could. I had a TIA and found my acupuncturist in 4 days. The medical profession were not happy about it but I did say he was treating me without loading me up with drugs neither had he taken me off any of those the doctors had given me. I feel fit as a flea and can walk the dog up to 4 miles a day. A big bonus was the 44lbs of weight I lost. Once he had defined my energy METAL he removed all the metal food I should not be eating. The weight just dropped off. Getting old now too but love the acupuncture.

Posted On 08/03/2017

Barbara Charis

It was agony and I could not lift my arms above my shoulders. Checked my food journal to see what I was eating to bring this on. Noted that my neighbor who worked in a deli had started giving me different types of bread...and I had been eating two slices daily during the previous few months. Immediately stopped the bread and the pain and stiffness continued for another two weeks, then no more pain. I did not use any pain killers, because I wanted to see if I could get rid of the pain by eliminating the bread. . A few months later I deliberately started eating the bread again and within two weeks, couldn't lift my arms and experienced the same excruciating pain. I had wanted to see, if the bread was truly the cause. When the pain came... stopped the bread forever. It took another two weeks, before the pain was totally gone. Needless to say, I don't eat grains.

Posted On 08/03/2017

TammieP

Interesting article, but now I am wondering about something...in some illnesses, esp certain autoimmune and neurological ones, it has been shown that there is too much nitric oxide. There is a cycle called the NO/ONOO Cycle that seems to perpetuate many of the symptoms in the illnesses, including inflammation and pain. Part of that cycle involves increased amounts of NO. I realize that there is more involved in this cycle than just the nitric oxide, but if having too much of it can cause pain & inflammation (& other symptoms) then I don't understand how increasing it via acupuncture can also relieve pain.

Posted On 08/03/2017

Brandolino

Great article on acupuncture. Another great therapy, that works in a similar manner (without needles) is Jin Shin Jyutsu. see [jsjvideo](#)

Posted On 08/03/2017

Darzoum

Don't forget reflexology, a phenomenally effective way to open the body's mysterious channels of healing energy, provided you find a reflexologist who really knows their stuff. (Fortunately for me, I happen to live next door to one of the very best.)

Posted On 08/03/2017

Reverend Alan

"However, following massive outrage from kratom users who say opioids are their only alternative, the agency reversed its decision." Who are these scumbags who believe they have a right to rule over us?

Posted On 08/03/2017

dougringwald

Most pain is caused directly by contracture muscle fibers (trigger points) in skeletal muscle. This is completely overlooked by most doctors even though allopathic doctors published extensive research on this and doctors Janet Travel and David Simons exhaustively documented this in 2 books. At Coaching The Body Institute we train body workers to effectively treat chronic and acute pain, often in one 90 minute session. thaibodywork.com/.../trigger-points

Posted On 08/03/2017

Guillermou

Chronic pain seriously affects physical and mental health and is the main source of human suffering and disability and is a major public health problem worldwide, affecting 28% of adults worldwide and approximately 20% of Americans with moderate to severe chronic pain. Due to its complex pathophysiology, chronic pain is often combined with anxiety, depression, insomnia and other mental illnesses, making pharmacological treatment ineffective. Opioids have serious side effects, including respiratory depression, tolerance, physiological dependence, and increased mortality due to accidental overdose and cardiovascular adverse events.

Acupuncture, the most popular complementary alternative therapy, has been widely used to treat various types of pain. There is abundant evidence that acupuncture can relieve nonspecific musculoskeletal pain, osteoarthritis, chronic headache, and shoulder pain, and may lead to a reduction in opioid use. A high-quality clinical study has found that among patients with migraine without aura, true acupuncture (TA) may be associated with a long-term reduction in migraine recurrence compared with sham acupuncture (SA) or assignment to a waiting list.

The development of neuroimaging techniques has also provided new methods for the study of the central mechanisms of acupuncture analgesia. For example, it was reported that acupuncture can achieve its therapeutic effect on knee osteoarthritis (KOA) pain by modulating functional connectivity between the right frontoparietal network, the executive control network (ECN), and the descending pain modulatory pathway.

Posted On 03/01/2024

Guillermou

This study was based on the WOS database and a comprehensive analysis of studies on acupuncture for chronic pain from 2011 to 2022 was performed using bibliometric methods. The main findings are as follows: Current research on acupuncture for chronic pain is developing rapidly. China is the main producer, with essential contributions from the United States, Korea and England, but collaboration between countries still needs to be strengthened. Keyword cluster analysis showed that neuropathic pain, KOA and chronic low back pain were diseases hot topics, and acupuncture, electroacupuncture, acupressure, moxibustion, and bee venom acupuncture were the primary interventions.

Through burst analysis, neuroimaging studies, anxiety and depression were found to be the frontiers of research in acupuncture for chronic pain. www.sciencedirect.com/.../S096522992300002X (2023).--- Acupuncture is recommended for the treatment of 77 diseases. And 16 of these diseases are related to inflammatory pain. As a combination of traditional acupuncture and modern electrotherapy, electroacupuncture (EA) has satisfactory analgesic effects on various acute and chronic pains. Due to its good analgesic effects and lack of side effects, acupuncture has been widely accepted throughout the world.

The mechanisms of action on inflammatory pain from two levels: peripheral and central. Includes the mechanisms of acupuncture in the periphery (immune cells and neurons, purinergic pathway, nociceptive ion channel, cannabinoid receptor and endogenous opioid peptide system) and central nervous system (TPRV1, glutamate and its receptors, glial cells, GABAergic interneurons and signaling molecules).). In this review, recent relevant studies are compiled to systematically explain the mechanisms of acupuncture in the treatment of inflammatory pain. journals.sagepub.com/.../17448069231202882 (2023).--

Posted On 03/01/2024

cedricpermaculture

Agmatine is safe and natural way to lower inflammation and pain e.g sciatica. Pain can be increased by higher histamine . Methylation/vit.B, copper/DAO, SAME, vit.C, quercetine,bee venom therapy can diminish that level. Cortisol lowers inflammation but eventually lowers selenium and starts worsening. Blocking/fighting endotoxin can support pain management. PEA(natural or supplement) and d-phenylalanine increase endogenous opiates-endorphins/enkefalins. Sauna/infrared, physical exercises, CO2, massages support endorphins release. Capsaicin helps pain management, lowers bradykinin. Inosine increases ATP, methylation.

Some pains attack during low urate,or by Herpes infection-inosine/lysine, vitamin C -to the rescue.. Cryotherapy /brown adipose tissue works on thermogenesis. Melatonin/salicylate fightsinflammation. Alkalization/pyruvate dehydrogenase diminishes lactate. Potassium/magnesium/Epsom relaxes muscle spasm. Lavender calms nerves. L-theanine, tibethan bells lower cortisol. Progesterone/phytoprogestosterone(apigenin) increase pain tolerance, lower depression, fights endotoxin. Nicotine are highest in aubergine, "Fried Green Tomatoes", capsicum without promoting smoking.

Posted On 03/01/2024

cedricpermaculture

Sun bathing/POMC support lowering inflammation, pain, obesity.

en.wikipedia.org/.../Proopiomelanocortin " The large molecule of POMC is the source of several important biologically active substances . POMC can be cleaved enzymatically into the following peptides: N-Terminal Peptide of Proopiomelanocortin (NPP, or pro--MSH) -Melanotropin (-Melanocyte-Stimulating Hormone, or -MSH) -Melanotropin (-MSH) -Melanotropin (-MSH) -Melanocyte-Stimulating Hormone (-MSH, present in sharks[10]) -Melanocyte-Stimulating Hormone (-MSH, present in some teleosts [11]) Corticotropin (Adrenocorticotropic Hormone, or ACTH) Corticotropin-like Intermediate Peptide (CLIP) -Lipotropin (-LPH) Gamma Lipotropin (-LPH) -Endorphin [Met]Enkephalin"

Posted On 03/01/2024

JoshG_

You wrote "Americans use 80% of all the opioids sold worldwide – a testament to the pervasiveness of pain in this country." Perhaps it's also (or more so) a testament to the power of Big Pharma in the US.

Posted On 02/29/2024

Pjmont

Regarding the legal hemp sold in smoke shops in the USA with higher thc-a/delta-9. I have always known the indica strain is best for pain relief but with hemp version it does not interfere with dream activity as the high thc version which always seemed to prevent any dreaming. I think that when the plant is other high thc version and people use it regularly it also is way too strong vs. 30 years ago and like a high on steroids with regular use throughout the day and is zips right past the high into headaches and paranoid or psychotic reactions that are just negative. THus the Farm Bill has totally worked for me a guy who does not really drink alcohol much at all and who has always felt empowered by the indica or sativa which gives a fight or flight response that allows me to get lots of things done super efficiently in life. A real companion it has been for me as long as I take regular breaks and respect the herb to make it a lifelong enjoyment.

Posted On 03/01/2024

versatile

The most amazing thing about acupuncture is that so many people believe it doesn't work.

Posted On 03/01/2024

CroisMoi

I am an acupuncturist. Several points in this article are incorrect. You do not have to get the Qi for the pain relief to work. You do one quick twist of the needle that you will not even feel or notice. Acupuncture relaxes tight muscles, which improves blood flow and tissue oxygenation. It also breaks down scar tissue and tight fascia. We also use the meridian system to relieve pain. Treating knee pain, for example, would be done by using point on the Spleen and Stomach meridians, which go on either side of the kneecap. This restores meridian circulation.

Posted On 03/01/2024

jls2nd

The recently discovered (1960s) 'primo vascular system' underlies the TCM meridians and is the physical mechanism for the action of acupuncture: www.degruyter.com/.../html
www.ncbi.nlm.nih.gov/.../PMC4561979 www.ncbi.nlm.nih.gov/.../PMC4562093

Posted On 03/01/2024

cralef

Hypnotherapy is also a good option for pain management, but! Pain is nature's way of telling you that something is wrong. If you just cover up the pain, you are likely to do more damage.

Posted On 03/01/2024

Catz21

To put it in perspective, the US uses 80% of all opioids, while being only 4% of the world population.

Posted On 03/01/2024

wonderfu2

Wonder why no mention of homeopathy? Arnica Montana after surgery kept many family members off ALL pain meds, even Tylenol/Advil. Amazing stuff. My husband has been using black pepper and or turmeric essential oil on knee pain from running injury. Many SAFE alternatives are out there.

Posted On 03/02/2024

pjucla

Great article

Posted On 03/01/2024
