

November 2011

HomeCures

That Work

.COM

WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

PAIN MANAGEMENT

4 Effective Tips to End Suffering

No Pain, No Gain?
The Best Natural Relief

Pain Management:
No Laughing Matter -
Or Is It?

Medicinal Foods To
Relieve Aches and Pains



GRANDMA'S CURE CORNER
PAIN CURES THAT WORK

Table of Contents

(Click on Title to Link to Article)

[Ask-an-MD with Dr. Scott Saunders, M.D.: Effective Pain Management - 4 Tips to End the Suffering](#)

[The Health and Wellness Ladder: No Pain, No Gain? The Best Natural Pain Relief](#)

[Spiritual Dimensions of Wellness: Pain Management - No Laughing Matter...Or Is It?](#)

[Healthy Recipes and Eating Ideas: Medicinal Foods - How Certain "Good Eats" Can Relieve Your Aches and Pains](#)

[Grandma's Cure Corner: Pain Cures That Work](#)

[Living to 120: Anti-Aging Breakthroughs: Are You Standing On Your Pain Cure?](#)

[Celebrity Health Watch: Stallone Hopes Hindu Herbs Will Help Ease Chronic Knee Pain](#)

[Weight Loss Corner: Stress and Anxiety Reducing Tools](#)

[Product Recommendation: Heal-n-Soothe - Are Your Cells Starving For Oxygen?](#)

[Product Review: Turmeric - The Golden Goddess](#)

[Free Remedy Report: Joint Pain](#)

Disclaimer: Please consult your primary care physician before beginning any program of nutrition, exercise, or remedy. The symptoms and conditions for each person are unique to individual histories, physical conditioning, body type, and the specifics of the actual health and diet of the individual. Success will vary.

©2011 Home Cures That Work. All Rights Reserved.
Email: support@homecuresthatwork.com
Toll Free: 1.888.356.1146 | Outside US: +1.617.603.0085
Phone Support is available Mon-Fri 9:00 AM to 5:00 PM EST
PO Box 50, Brandon, SD 57005 USA



Effective Pain Management: 4 Tips To End The Suffering

by Dr. Scott Saunders, M.D.

Tim was in pain for as long as he could remember. His back began hurting years ago and never went away. He had seen multiple doctors who only prescribed him narcotic pain medications, which didn't really work, or they suggested surgery, which rarely works. When he came into my office, I tried a different method for getting rid of his pain: I gave him a book.

The book *Healing Back Pain*, by John Sarno, MD, explains Tension Myositis Syndrome (TMS) and how to get rid of it. Tim has now been pain-free for several years!



Why Do You Have Pain?

Most physicians treat pain without trying to find out the root cause. There is *always* a reason. I will repeat that...There is *always* a reason for pain! We may not be able to always *find* the reason for your pain, but most of the time, it is possible.

There are four primary reasons for pain:

1. Inflammation
2. Poor circulation
3. Muscle spasm
4. Nerve pain

Each of these primary pain triggers has a different set of reasons for causing pain and, therefore, different ways of treating it effectively.

Pain From Inflammation

The repair mechanism of the body contains hormones that act as “inflammatory mediators,” which switch on the four signs of inflammation:

- Redness
- Heat
- Swelling
- Pain

If there is some injury to the body, these reactions are essential for fighting infection, preventing excessive blood loss and repairing any damage. However, when there is no injury and these mediators are activated, they can actually do a great deal of harm. These are all the “-itis” diseases:

- Arthritis
- Tendonitis
- Myositis
- Bursitis
- Arteritis
- Pneumonitis

The first part in the disease name describes a location and the second part, or the “-itis” describes inflammation. For example, “Arth-“ refers to joints and “-itis” means inflammation, so “arthritis” is inflammation in the joints.

Inflammation Pain Treatment

The best treatment for inflammation is to get rid of it. If there is an infection, then it must be treated first. If there is an injury, it must be given two months to heal. Otherwise, excessive inflammation comes from our daily habits:

1. Forgive everyone. Don't hold on to anger. Let go of the past. Live in the present.
2. Eat “alkaline” foods. “Acid” foods induce inflammation. Moreover, avoid foods that trigger inflammation in you. Common foods that cause a reaction may be wheat, milk or nightshades, for example.
3. Use REAL spices *not* flavorings) in your meals every day. Turmeric, cinnamon, ginger, oregano, pepper and many other spices have beneficial anti-inflammatory properties that can be harnessed in foods.
4. Exercise daily. Do more than just a walk: sweat a little and increase your routine periodically.
5. Try the following natural anti-inflammatories:
 - Curcumin: 2,000mg per day
 - Fish oil: 5 grams per day
 - MSM: 1,000mg 3 times per day



Pain From Poor Circulation

When a particular area in your body becomes limited in blood supply, the cells start using “anaerobic respiration” and they begin making energy without oxygen. This builds up organic acids and toxins that can lead to fatigue, spasms, cramps and inflammation. Examples of pain from poor circulation include:

- Migraines
- Fibromyalgia
- Chronic back pain
- Irritable bowel syndrome
- Raynaud's disease

Many of the syndromes associated with inflammation are really circulatory problems. People with fibromyalgia are often told they don't really have any particular health problem because their tests for inflammation always return normal. Since the core pain problem is circulatory, the cause of their pain isn't detectable in blood tests for inflammation.

Circulation Pain Treatment

The brain is in control of circulation to every inch of the body, except the brain. Specifically, the autonomic nervous system controls circulation. In the above example of Tim, he learned why his autonomic nervous system was being hyper stimulated and causing years of pain. Sometimes it is that easy, but other times it is very complex. Let me give you some ideas:

1. Let go of all fear, anxiety and worry.
2. Eat raw foods. Avoid foods that you may be sensitive to. It has been demonstrated that 80% of people with migraines can be cured by avoiding “trigger foods.”
3. Take digestive enzymes such as serrapeptidase.
4. Take magnesium at night, about 400mg.
5. Use salt on your foods.
6. Exercise to sweat every day. Use different exercises every day. This provides the most consistent benefit.
7. Adrenal adaptagens and/or glandulars are often helpful, as well.
8. DLPA is often a life-saver for those who can find no reason for their pain.



Pain From Spasm

There are two nerve tracts going up the spinal cord. One is for pain and temperature, the other is for pressure and position. Most of our pain medications only work on the “pain” tract and, therefore, don’t work on the other set of nerves. For example, if I stand on your foot and it hurts, I could tell you to take morphine for the pain, but it won’t work. The pain will not go away until the pressure is relieved.

Examples of pressure pain are:

- Spams of the back
- Cramps
- Tension headaches
- Childbirth/labor
- Kidney stones

When pain comes and goes quickly, is excruciating and then goes away completely, it is most likely cramps. Cramps are the worst pain human beings experience. Getting cut with a knife isn’t nearly as painful as the labor and delivery of a child. In addition, arthritis isn’t nearly as painful as a kidney stone.

Spasms or cramps may happen for many different reasons. The key is to find the reason and remove it. Consider these culprits:

1. Inflammation
2. Poor circulation
3. Electrolyte (salt) abnormalities
4. Nutritional deficiencies
5. Hormone imbalances

Per the usual course, the first issue is to find the cause of the spasm or cramp and, as a result, the treatment will become obvious. This may not be as easy as it sounds. What I often do in my office for these kinds of problems is to do “in-vivo” testing. This means to become the “guinea pig” and start trying things.

Spasm Pain Treatment

Those treatments that relieve spasm include:

1. Heat
2. Ice
3. Massage
4. Acupuncture
5. Balms – menthol creams
6. Magnesium, 400mg twice per day

Nerve Pain

Lars was 72 years young and a very active entrepreneur. He had several businesses and kept busy all the time. However, he had begun noticing pain in his hands that would turn to numbness and tingling at night. This had been going on in his feet for some time, but he thought it would go away. Now, he was unable to function well because of his hands. Just from his history it was easy to tell he had a neuropathy, or nerve pain. So, without any testing, we started him on a program of hyperbaric oxygen, vitamin B-12 shots and folic acid supplements, which completely relieved the nerve pain in both his hands and feet.



Nerve pain happens when the nerves don't have enough energy because of:

1. Toxins, such as heavy metals
2. Vitamin/mineral deficiencies
3. Poor circulation such as in diabetes, blockages in the arteries or varicose veins

Nerve Pain Treatment

Nerve pain is also treated according to the cause. I have often found the hyperbaric oxygen and B-vitamin shots helpful. If heavy metals are present, they must be removed first and then some program of nerve regeneration could be started. This can all be done conveniently at home.

Detoxification can be accomplished by:

1. Avoiding the offending toxin.
2. Eating lots of raw vegetables, especially green (Cilantro is a better chelator of mercury than even the IV treatment).
3. Drink only water.
4. Take a trace-mineral supplement. Having sufficient essential minerals helps to excrete the toxic ones.

Other treatments include those above for inflammation and spasm. However, those with chronic nerve pain often need the help of a knowledgeable physician or chiropractor.

The Conclusion To Pain

As you can see, pain management can be quite complex, until you find the trigger and cause of the inflammation, poor circulation, muscle spasm or nerve pain problem. Once the cause is known, it can be eliminated with the proper treatments. You may want to skip the harmful pain medications and investigate natural options for pain relief.

***What has helped you find yourself again when chronic pain is a daily struggle?
Your life doesn't have to be ruined with help [HERE](#).***



Dr. Scott D. Saunders, M.D. (Ask-an-MD) is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at <http://drsaundersmd.com/>



No Pain, No Gain? The Best Natural Relief

By Amanda Box, N.D.

I decided to watch a bit of the Ironman competition the other night. They began to feature a man named Lew Hollander. He looked around 65 years old and they said he was about to complete his 21st Ironman competition. That in itself was shocking, but then they went on to say that he was not 65 as I thought, but 80 years old! My jaw dropped. Lew Hollander is truly a testimony of what our bodies are capable of doing.



Many people believe that pain, discomfort and lack of physical fitness come with age. They believe there is nothing you can do about it and you just have to “survive” the best you can. This is not true! Our bodies are amazing creations and made to function without pain and discomfort well into our “old age.”

If we experience pain and discomfort, then our body is giving us a message: something is out of balance. Instead of taking medication to dull the pain, the key is to find the cause of the imbalance and correct it.

Inflammatory Pain

The #1 cause of pain is inflammation. Whether you are dealing with fibromyalgia, rheumatoid arthritis or just over-all aches and pains, inflammation is the likely culprit.

Many things can cause inflammation in the body:

- Injury or trauma
- Infection
- Autoimmune disorders
- Allergic reactions
- Stress

Inflammation was not meant to be the “bad guy.” It is actually designed to help heal. It clears damaged and dysfunctional tissue from area and creates an increased blood flow causing swelling. This swelling allows repair cells and protein-rich plasma to gather around the wound to help heal it.

But when inflammation becomes ongoing, it can start causing more harm than good. In fact, chronic inflammation is a disease. This type of inflammation can cause serious conditions, including:

Grandma's Tips

When your body starts to kill the natural defense system instead of protecting it, chronic inflammation becomes a problem. To start your healing, begin at the end of the fork. Sodas, French fries, chips and burgers are the real weapons of mass destruction.



- Heart disease
- Cancer
- Diabetes
- Arthritis
- And more

Anti-Inflammatory Drugs = Terrible Side-Effects

Once inflammation becomes problematic, doctors typically prescribe some sort of anti-inflammatory or steroid. These drugs may work, but long-term use is harsh on the body. Steroids actually weaken your immune system and put you at greater risk for infections. Long-term use of steroids can cause many harmful side-effects, including:

- Loss of calcium in the bones (increases risk of osteoporosis)
- Cataracts
- Weakened adrenal gland function
- Fluid retention
- High blood pressure
- Weight gain

The list goes on and on. Prolonged usage can actually increase damage and can hamper healing.



Prescription Non-Steroidal Anti-Inflammatories COX-2 inhibitors (NSAIDs) boast even greater side-effects. Drugs like Celebrex have been linked to heart attacks and strokes. Celebrex has now been given the black box warning, which is the most dangerous warning for prescription drugs. The drugs Vioxx and Bextra, which work similar to Celebrex, caused around 27,000 heart attacks and sudden cardiac deaths before it was pulled off the market. These prescription drugs should not be taken lightly and you should be fully aware of their possible dangerous side-effects.

Over the counter NSAIDs like ibuprofen can also cause problems if taken long term. Long-term ibuprofen use can damage the kidneys, as well as the GI system, causing ulcers and bleeding. I have read statistics that attribute ibuprofen to around 16,000 deaths a year! Just because you can buy something straight off the shelf, does not mean that it is 100% safe!

Single Herb Anti-Inflammatories and Painkillers

There is great news for those who suffer from chronic pain and inflammation! Natural remedies without harmful side-effects do exist — and they work, even if you are going to do an Ironman like Lew Hollander for years to come! I am going to highlight some of the ones I have seen work very well for people. Below are four of what I believe to be the best single herb pain relievers and anti-inflammatories.



Turmeric

Turmeric is the spice that gives curries and most Indian food its bright golden color. It has been used throughout the centuries in Ayurvedic medicine to treat a plethora of ailments including. The beneficial compound in turmeric is called curcumin.

Unfortunately, there is not enough curcumin present in turmeric powder to truly achieve anti-inflammatory benefits. This is why many supplement companies have begun to extract this potent compound allowing us to get the amount we need in order to feel its benefits. Curcumin has matched and even surpassed cortisone pain and anti-inflammatory research. It contains natural COX-2 inhibitors. COX-2 is a prostaglandins enzyme that causes swelling and inflammation. Turmeric blocks COX-2, thereby preventing and treating inflammation, but without the harmful side-effects!

Boswellia

[Boswellia](#) is another natural anti-inflammatory that has its roots in Ayurvedic medicine. It works extremely well at reducing inflammation and has helped many find relief from rheumatoid arthritis and fibromyalgia. It is a 5-LOX inhibitor, which like COX-2, is an inflammatory enzyme. Boswellia can also relieve headaches by opening up the blood vessels that are constricting and causing pain. Find your source of Boswellia through our Home Cures That Work Amazon store [HERE](#).



Ginger

Ginger is yet another cooking spice used in Ayurvedic medicine. This pain-alleviating herb has undergone extensive research for its therapeutic properties. Studies have shown that ginger, taken daily, greatly improved pain, swelling and morning stiffness. Not only does ginger act as an anti-inflammatory, it also helps to break down the acidity in the fluid within the joints. Combine ginger with turmeric and you have a great source for joint pain. Try [Nature's Life Turmeric & Ginger Joint Ease](#) from our Home Cures That Work Amazon store [HERE](#).



White Willow Bark

Did you know that chronic aspirin users have less cancer? This is because COX-2 enzymes surround cancer cells and aspirin is a COX-2 inhibitor. The downside is that aspirin is also a COX-1 inhibitor, and blocking COX-1 can disrupt the lining of your digestive tract and blood vessels. This can cause ulcers and leaky blood vessels, which is why I do not recommend the “aspirin a day” that so many doctors promote.

[White willow bark](#) is nature’s aspirin. In fact, aspirin used to be made from the salicin in white willow bark, but in today’s world it is chemically synthesized. White willow bark has all the benefits of aspirin, without the harmful side-effects like stomach bleeding. It can take longer to work than aspirin, but it tends to last longer. It can be used for acute issues like a headache or menstrual cramps, but it can also target chronic pain issues.



When buying white willow bark, make sure it contains 40 mg of salicin. Taking a total of 80-120 mgs of white willow in divided doses through the day will bring great relief. White willow bark is easily available in our Home Cures That Work Amazon store so pain relief can be fast and easy, [HERE](#).

#1 Natural Pain Relieving Combo

Most of the single herbs I mentioned can work well, but can be greatly enhanced when taken together with other supplements. Buying each herb separately can be spendy. Luckily, supplement companies have taken what they believe are the best combinations and put them all together in one pill.

Working in the natural health industry gives me access to many testimonies of what works and what does not. I have seen the formula below literally change peoples lives. From knee pain, to fibromyalgia, and even rheumatoid arthritis, I have heard people swear by these this formula's effectiveness.

Curamin

“The miracle pill. The magic pill. Magic in a bottle.” These are just a few of the names I have heard people call curamin. Curamin is an award winning pain relieving supplement by the company [EuroPharma](#).

I was really skeptical of curamin in the beginning, but then I saw it flying off the shelf and began asking others if it worked. From those who tried curamin, I always got a resounding, “Yes, and it has changed my life!”

This is when I began recommending it to my clients. Hearing their testimonies has solidified my belief that this is the #1 natural pain relieving combo on the market.

[Curamin](#) is a blend of 4 natural pain and inflammation relievers.



- Curcumin - Curamin contains a scientifically isolated curcuminoid complex that is 7 times more bioavailable than other turmeric and curcumin on the market. This allows for optimal absorption and, therefore, noticeable chronic pain relief!
- Boswellia - Boswellia is a powerful anti-inflammatory that blocks the 5-LOX enzyme. Combining boswellia with curcumin blocks two of the most significant pain pathways, COX-2 and 5-LOX.
- DLPA (d, l-phenylalanine) - These two forms of phenylalanine are great pain relievers. L-phenylalanine boosts the mood elevating chemicals in the brain like dopamine, epinephrine and norepinephrine. D-phenylalanine works by blocking a nervous system enzyme that intensifies pain signals.
- Nattokinase - This natural enzyme is added because of its positive effects on circulation. It allows the other ingredients to travel to where they are needed most.

Dosage is Key

The common strain throughout my curamin success stories was dosage. You must take more than just 2-3 pills a day in the beginning to see the results. I like to explain it like this:

If you think of inflammation like a blazing fire, throwing one bucket of water on it is not going to do much. But throwing several gallons could potentially put the fire out. Once the fire is out, it does not take much water to prevent it from firing up again.

This is similar to how these supplements work. Starting out with 6-8 pills a day for a week or so can put the fire of inflammation out. Once the pain has subsided, you can slowly back down to the recommended 2-3 pills a day. One man that suffered severe knee pain told me now only needs one pill a day to remain pain free. Buy your own "miracle in a bottle" curamin from our Home Cures That work Amazon store [HERE](#).

From Pain to Freedom

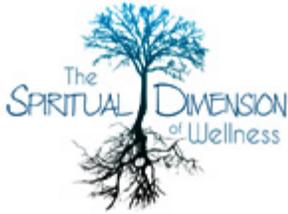
You do not have to let chronic pain slow you down any longer! Inside of all of us is a Lew Hollander. We all have the potential to be fit and pain free into our 80s and beyond. You may have no desire to complete in the Ironman, but I am sure you would love to keep up with your kids and grandkids!

Natural pain relief and inflammation relievers can make that a reality. You have many options to choose from: turmeric, boswellia, ginger, white willow bark and curamin. Step out of pain and into freedom! You deserve it!

Pain and inflammation is a double-edged sword. Crucial when you have an injury to help fight infection and clear damaged tissue. A chronic problem if your body fails to shut off this reaction or activates it when there is no trigger. Before you start taking NSAIDS, which naturally safe alternatives to pain relief do you consider? Share your helpful tips [HERE](#).



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person - mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.



Pain Management, No Laughing Matter... Or Is It?

by Michael Tyrrell

Without a doubt, pain management has become the hot topic in today's health care arena. It is estimated that over 85 million Americans suffer from some type of chronic pain. Pharmaceutical companies have developed powerful drugs to bring "relief" to those suffering with chronic pain. The problem is these powerful narcotics merely "mask" the symptoms and once the effect wears off, the pain returns. Is it any wonder that people suffering from debilitating pain would become addicted to these drugs?



Oxycontin, a highly addictive narcotic (opiate) "pain killer," has captured the tabloids with countless stories of celebrity addictions, sting operations, prominent doctors being arrested for "back door" illegal drug sales and the closing of several pain clinics in Florida and other states.

As a "natural" health advocate, my heart breaks for anyone experiencing pain or disease. However, I am in favor of a non-narcotic, non-steroidal approach to pain management with the emphasis on finding a cure instead of a crutch. The following supplements have all shown promise in alleviating chronic pain at a fraction of the cost of prescription drugs.

- Glucosamine, Chondroitin and Methylsulfonylmethane
- Nopal Cactus
- Diatomaceous Earth (Organic Silica)
- Collagen Type 2
- Coral calcium
- Guggul

Along with supplementation, there are some tried and true methods of therapy that I highly recommend:

- Chiropractic care
- Acupuncture
- Massage
- Cupping
- Hydro Therapy
- Infrared Sauna

By this time you may be thinking, "I've tried every one of these suggestions and I don't feel any different." Well, read on. I have a couple more methods up my sleeve that won't fail!



MUSIC THERAPY

As a professional musician and songwriter, I have first hand experienced of the powerful effect music has upon the soul (thought, will and emotions). One single note can bring someone to tears or provoke them to anger.

Since the beginning of recorded history, music has been an integral part of culture. From wars to worship, we find music playing a major role in history. Truth be told, you would be hard pressed to find to many places without it!

Music sings in elevators and fills the ears of procrastinators. Face it, whether you are a hacker, a slacker or a Green Bay packer, music is the soundtrack of your life.

Music is so important to us that once Apple (thanks, Steve Jobs) created the iPod, it quickly became the best selling device of all time, with the iPad right on its heels. Why the popularity?

Convenience. People want to have a world of entertainment in a hand held device. When polled, what did Americans say was most important to them? Their music!

I have seen people completely healed after being exposed to music. I am happy to report that doctors and health care practitioners alike are beginning to sing the praises of music therapy.

When I did my research, I realized that some practitioners used music as the sole modality for healing, while others combined it with other types of treatment. Here are just a few of the benefits practitioners saw when music therapy was applied:

- Anxiety and stress reduction
- Non-pharmacological management of pain and discomfort
- Positive changes in mood and emotional states
- Active and positive patient participation in treatment
- Decreased length of treatment when music was added

I cannot stress the importance of music therapy. If you investigate the medicines often prescribed in most pain management protocols, you will be horrified by the list of side-effects. If you investigate music therapy, you will be delighted by its side-effects:healing, happiness and hope!

When I was asked to write on the topic “pain management,” I was both excited and concerned. I was excited because I have a vast knowledge of the condition and the myriad of treatments available. Concerned because I have a vast knowledge of the condition and the myriad of treatments available! I can only “scratch the surface” in this article. Perhaps, a book may follow!

Why does music therapy work? Music is frequency and everything has a resonant frequency. For example, the musical note “A” is actually 440hz. 440hz has a sound generated by frequency, the note A!

Every cell, organ and atom responds and resonates when a note or combination of notes with a corresponding frequency are played. Thus, when subjected to music, our physiology is affected both internally and externally. That’s right, music affects us inside and out!

We are just now beginning to discover the amazing benefits of music therapy, yet music has been with us since the beginning of time. The Bible, for example, often speaks of music.

Let's examine a verse from the Old Testament, 1 Chronicles 15:16,

"Then David spoke to the chief of the Levites to appoint their relatives, the singers, with instruments of music, harps, lyres, high sounding cymbals, to raise sounds of joy."

This is King David, the primary author of the greatest songbook ever compiled, the Book of Psalms. It is interesting to note that even *reading* the Bible's Book of Psalms (songs) has a therapeutic effect on the body. The most common effect reported is joy and peace instead of depression and anxiety.

It is also noteworthy to mention here that Bible history tells us (1 Samuel 16:14) that when King Saul was tormented, David was asked to play psalms upon his 10 stringed harp. The result? David's music brought peace to the King and an end to his torment. I will be sharing much more on this subject in the future, so stay tuned.

LAUGHTER THERAPY

Try to recall the last time you had a really good laugh...I mean a rip-snorting, gut-busting kind of a laugh. How did you feel afterwards? That's an easy one! YOU FELT GREAT! Laughter therapy is quickly becoming a commonly accepted modality in modern health care. Here are just a few benefits of laughter therapy:

- Laughter triggers the release of endorphins, the body's "feel good" chemicals. Endorphins promote an overall sense of well-being, as well as relieving pain.
- Laughter decreases cortisol, a powerful stress hormone, as well as increasing infection-fighting antibodies, thus bolstering the immune system.
- Laughter calms the body, relieving stress and relaxing muscles. After a good laugh, the effect can linger up to 45 minutes!
- Laughter strengthens the heart by increasing blood flow and improving the integrity of blood vessels, thus decreasing the probability of a heart attack or other cardiovascular issues.



I think you will find the following "factoid" extremely interesting: People who laugh are much healthier than those who don't.

Dr. Lee Berk at the Loma Linda School of public health in California found that laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds have it best; they laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.

Let's do the math! If at age six you laugh 300 times a day and your immune system is at its peak, then you grow into adulthood with a compromised immune system and you only laugh 15 to 100 times a day. What is the solution? Laughter! Uproarious, side-splitting laughter!

We have greatly underestimated the healing power of laughter. Part of the reason that laughter was ignored for years in the medical field is simple: it is free! Plus, you don't have to be trained to administer the therapy.

My favorite “side-effect” of laughter is its contagious nature. Even if you are in the foulest of moods, someone laughing next to you can immediately flip your switch and send you into hysterical laughter! But once again, laughter therapy is nothing new, just sadly overlooked.

If we look at the Bible once more, we will find scriptures that confirm a childlike nature, like Matthew 18:2,

“For an answer Jesus called over a child, whom he stood in the middle of the room, and said, ‘I’m telling you, once and for all, that unless you return to square one and start over like children, you’re not even going to get a look at the kingdom, let alone get in. Whoever becomes simple and elemental again, like this child, will rank high in God’s kingdom.’”

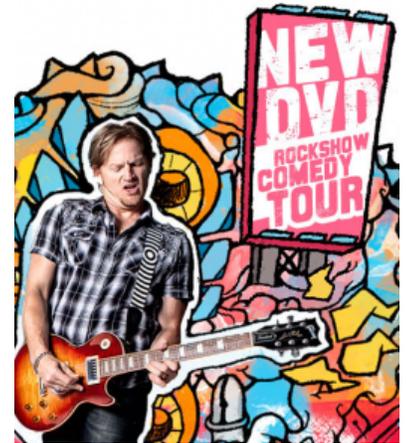
Children are simple and they laugh a lot. Adults are complex and they take things a little too serious. I would much rather be a healthy simpleton than a sickly genius! Is laughter therapy mentioned in the Bible? You bet. Proverbs 17:22,

“A joyful heart is good medicine, but a broken spirit dries up the bones.”

The title of this article is, “Pain Management, No Laughing Matter... Or Is It?” Maybe now you know why. People who laugh a lot, live a lot. The Bible puts it best: 3 John 1:2,

“Dear friend, I pray that you may enjoy good health and prosperity, even as your soul prospers.”

That is my prayer for you today, dear reader. I am sure I can speak for everyone at Barton publishing when I say there are three things you can do to immediately begin the healing process: live, love and laugh... a lot!



By the way, since my two favorite modalities for healing are music and laughter, someone who does both would have quite a gift indeed.

If you need a jumpstart right now, I highly recommend Tim Hawkins. You can find him on youtube.com and at: www.timhawkins.net

Cheers!

What music do you turn to cheer you up? How do you get your laughs going? Let the healing begin HERE!



Michael Tyrrell, www.michaeltyrrell.com is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer <http://michaeltyrrell.wordpress.com> music producer and well known musician.



Medicinal Foods: How Certain “Good Eats” Can Relieve Your Aches and Pains

by Jeff Saunders

New studies show some healthy foods have the ability to reduce the stings that go ouch in the night...and day

Comfort food has long been heralded as just what the name implies: gratification through nourishment. Yet, there is another synonym for comfort that is of particular interest to us here at *Home Cures That Work*: relief.

In fact, this little word that means so much has inspired this month's issue. But is there any truth in the ability to relieve pain naturally by eating? Glad you asked! Because that's just what we're going to find out – right here, right now.

Today, we are going beyond chocolate donuts, mashed potatoes and gravy, and cookies. They are all comfort foods, no doubt, but they have little value on your health outside of a quick boost in serotonin. Sure it makes you feel good, but carbs and starches can pack on the pounds too.

What we are talking about is actual pain relief from certain foods that are not usually associated with comfort. These are healthy food eats that appear to have some proven benefits in knocking out inflammation – even if it's just through a mood change.

Chewing On The Possibilities – Is Soy A Breakthrough In Pain Management?

Jill Tall, PhD at Youngstown State University in Ohio, says we should not expect a prescription of tofu for pain just yet, but recognizes the potential. “I do believe that as an adjunct to traditional therapies, there are some possibilities,” Dr. Tall said. A couple of the possibilities she is talking about are soy and cherries.

A study conducted with 135 men and women has shown soy has the power to reduce pain from osteoarthritis. The control group consumed 40 grams of soy protein each day for a period of 3 months. Those taking the soy saw a reduction in the arthritic aches and pains, as well as enjoying an improved range of motion in affected joints. Men saw the greatest improvement. Though they are still not sure why soy is so effective, the basic idea is that soy contains isoflavones that have anti-

Grandma's Tips

Comfort food makes us feel safe, calm and cared for. It's a combination of memory, history and brain chemistry. Most of us are soothed by the soft, sweet, smooth, salty and unctuous — the specifics are highly personal.



inflammatory properties.

Based on the study, a practical thought comes from Srinivasa N. Raja, MD, a pain management specialist at Johns Hopkins University School of Medicine. He said you would have to eat an unrealistic amount of edamame to hit 40 grams of soy protein, so you are better off mixing a shake with soy protein powder.

Now take a closer look at cherries. Anthocyanins, which give cherries their deep, red color, are also anti-inflammatory substances. They may even be a hair better than the power of aspirin, according to Muraleedharan Nair, PhD, a food-safety researcher at Michigan State University. They do not know what the most effective dosage is, but they encourage folks to eat them at will because, pain management aside, they are good for you!



But Wait – There Is More!

In addition to soy and cherries, here are some additional healthy foods that can reduce pain:

- *Grapes*: The skin of grapes contains resveratrol, a compound proven in lab experiments to fight cancer, lower blood sugar levels and yes, reduce cell inflammation. Its benefits have been compared to a COX-2 inhibitor like Vioxx, but *unlike* Vioxx, there are ZERO dangerous side effects. No lawsuits have been filed and no risk of heart attack ever went up from eating too many grapes!
- *Olive Oil*: Popeye loved her – and for good reason. Adding olive oil to your diet is a great way to get the same benefit of NSAIDS (non-steroidal anti-inflammatory drugs). It comes from an ingredient called oleocanthal that is known to keep messenger molecules called prostaglandins from causing inflammation and pain.
- *Physic Nut*: No, I am not talking about someone who is crazy for matter and its movement through the space-time continuum. This is another name for an evergreen shrub that lives in Central America and Mexico. An extract from the leaves of the physic nut – or *Jatropha curcas* – is a powerful pain reliever and has been used as traditional medicine for years in many parts of the world. At 200 – 400 mg doses, this extract is as successful in reducing pain as aspirin.
- *Omega-3s*: What *aren't* they good for? Get them in healthy food servings of cold water fish. Also, flax seeds, pumpkin seeds, and canola oil are rich in omega-3 fatty acids.
- *Whole Foods*: If not already, fruits, berries, and vegetables need to become part of your diet. For so many reasons, but 5 or more servings of green and bright colored vegetables, whole fruits, and mixed berries can specifically help reduce pain by lifting your mood.

In addition to certain anti-inflammatory effects of raw foods, feeding your body right and training it to crave the right stuff will give you the same serotonin rush that certain fattening comfort foods give you – only it will last longer. An improved mood has been shown to lower pain because feeling happy makes everything feel better!

What To Avoid

You knew this was coming...

In addition to doing the right thing to put a freeze on your pain, you should also know what not to do. If you are taking the proper, natural steps to feel better, you do not want to make your job harder by doing things that serve to exacerbate your condition.

There is nothing new here either. We have been telling you to avoid these things for years and now you have another compelling reason.

The following items can cause your aches and pains to worsen:

- Only get your protein from lean meats. Fish, skinless chicken and turkey are ideal. If you must have red meat, then make sure it is very lean.
- Keep clear of junk food: high fat meats, processed foods and sugar. These will make the pain worse and increase inflammation – not to mention your waste-line.
- Knock added sugar out of your diet by stopping with the soda – or pop. (The two names can conjure up very different images depending on where you're from. See, I was born in Cleveland and we moved to Florida when I was 9. To my delight our new neighbors offered my brother and me a soda, which to us was a couple scoops of ice cream, flavored syrup and carbonated water: a real treat. What they handed us was a can of Coke – and *that* was pop. But, I digress...)
- No more pastries, candy, or presweetened cereals. These can bring on the pain, too.
- Here is something you may not really think too much about, but enriched, refined white flour is your enemy. When buying pastas or other products that contain flour, shop for 100% whole grain, and unbleached, non-enriched wheat with no high fructose corn syrup used in the making of your breads.
- Oh, and sorry – no deep fried *anything!*



While we are on the subject of foods that hurt and things that might not occur to you, there are some plant foods to avoid. These are part of a family called “nightshades” and they can be as menacing as they sound because they can kick your inflammation, fibromyalgia, and even chronic fatigue syndrome up a notch or two. What are these pain-inducing foods, you ask?

- Potatoes (but not yams)
- Eggplant
- Tomatoes
- Sweet/hot peppers
- Goji berries
- Ground cherries – not regular cherries. These are small orange fruits that are more like a small tomato.

So, if you are trying to be healthier and pain-free by eating eggplant, tomato products, or bell peppers but your pain persists, you might try cutting any of the above from your diet and see how it goes. Not everybody reacts to nightshade plants, but you won't know without experimenting with pain management.

The Meal Deals*

Now here are a couple healthy comfort food recipes for you that may just naturally ease your aches and pains – and make you less reliant or get you off dangerous anti-inflammatory drugs. Here is a delicious meal in 3 courses with no Nightshades. First course: soup.

Grilled Ginger Tofu

- 1 lb. extra-firm tofu, cut into 1/2 inch slices (drain before cutting)
- 1 tablespoon minced fresh ginger
- 1/2 tablespoon minced fresh garlic
- 1/2 tablespoon curcumin
- 1 tablespoon sesame oil
- Soy sauce or tamari

Directions

- Wrap the sliced tofu in paper towels and squeeze it gently.
- Heat sesame oil in a wok or a sauce pan over medium heat. Stir in ginger, garlic and curcumin for about 1 minute.
- Add tofu and grill the pieces until they are browned. This should take about 5 minutes. Add soy sauce (or tamari) and grill them on the other side for 5 minutes.
- Serve immediately.

Serves 4.



Egyptian Spinach Soup

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 1/4 teaspoon turmeric
- 4 cups chicken stock, preferably homemade and salt-free
- 3 -4 scallions, finely chopped
- 1/3 cup basmati rice
- Salt and pepper
- 1 lb spinach (well washed, large stems removed)
- 2 cups plain yogurt
- 2 garlic cloves, crushed



Directions:

- Heat the olive oil in a large saucepan and sauté the onion until soft.
- Add the turmeric and cook a further minute to let the spice warm through.
- Add the stock, scallions, rice, salt and pepper.
- Simmer gently for approximately 15 minutes until the rice is cooked.
- Do not overcook.
- Cut the spinach into chiffonade, add to pan and cook for another five minutes.
- To serve hot: Beat yogurt and garlic into the soup, and reheat gently so the yogurt does not curdle.
- To serve cold: Allow soup to cool, add yogurt and garlic and puree.
- NOTE: 1/4 to 1/2 teaspoon Madras curry powder can be substituted for the turmeric, depending on how fragrant you want your soup to be.

Serves 6.

Next course: chicken...

Tunisian Baked Chicken

- 2 whole chicken breasts, split
- 1 1/2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 tablespoons vegetable oil
- 1 cup onions, chopped
- 1 garlic cloves, minced
- 1/4 teaspoon paprika
- 1/4 teaspoon cumin
- 1 pinch cayenne pepper
- 1/4 cup chicken broth
- 1 lemon, juice of, small – use the juice from half; slice the other half thinly
- Pimiento, stuffed green olives, halved
- 1/2 tablespoon chopped fresh parsley



Directions:

- Wash and pat chicken dry. Combine flour, salt and pepper on wax paper. Turn chicken into flour mixture, coat evenly. Shake off excess.
- Sauté chicken, a few pieces at a time, in oil in a large skillet. Remove the pieces to a 13 x 9 x 2-inch baking dish as they brown, arranging them in a single layer.
- Preheat oven to 375 degrees. Add onion, garlic, cumin, paprika and cayenne to skillet. Sauté until onion is slightly softened.
- Stir in chicken broth and lemon juice, scraping up any browned bits. Bring to a boil and pour over chicken.
- Arrange lemon slices on top. Cover. Bake in preheated oven 30 minutes. Uncover, sprinkle with olives.
- Bake, uncovered, 3 minutes.
- Sprinkle with parsley and serve.

Serves 4.

Finally, dessert!

Warm Berry Topping for Ice Cream

- 2/3 cup brown sugar
- 2/3 cup butter (melted)
- 2/3 cup minute quick oatmeal
- 16 ounces strawberries (slices)
- 2 tablespoons key lime juice
- 2 tablespoons honey
- 10 ounces raspberry preserves
- 1 cup pecan halves



Directions:

- Preheat oven to 375°F.
- Lightly grease an 8x8 baking dish.
- Add sliced strawberries and pecan halves.
- In a medium sauce pan, simmer raspberry preserves, honey, key lime juice, and 1/2 cup sugar for 5 minutes over medium heat.
- Pour Raspberry preserve mixture over strawberries and pecans.
- Mix until evenly blended.
- In a separate bowl mix together butter, oatmeal, and brown sugar. Spread evenly over strawberry mixture.
- Bake for 45 minutes.

Serves 12.

In The End

Living with aches and pains is certainly optional with anti-inflammatory drugs. But, why risk the side effects of taking chemicals to manage a condition that you can subside naturally? As we've seen here, there are many diet choices in healthy foods that taste good and have the same anti-inflammatory properties of drugs – even aspirin and Ibuprofen.

Will all these pain management remedies work for everyone? Maybe not. But eating good nutritious food is never a bad idea. Just like my grandma used to say when we asked if her famous chicken soup would cure our cold, “Ehh, it couldn't hurt.”

Indeed, healthy comfort food eating couldn't hurt!

Which comfort foods allow you to be comfortable in your “skinny jeans,” are low-calorie foods, yet full of flavor and make you feel your best?! Let other know your secrets [HERE](#).

*Courtesy www.optiderma.com...and from www.food.com



Grandma's Cure Corner: Pain Cures That Work

by Grandma Barton

Chronic pain affects millions and millions of people, many of whom live in silence.

It is strange because it kind of creeps up on you. It subtly takes over you life and you don't really realize you are having a problem until you have an acute flare-up. Body parts degenerate after time. It may take a while to fall apart.

You may not do the things you used to be able to do and maybe even baby yourself a little. Your life becomes smaller and you loose your sense of adventure. There are things you are afraid to do and you don't feel yourself. You may not even recognize this departure to self until you are restored to self. You may be feeling so bad you don't know what the first step to take might be.



Pain is inevitable. But, you can lessen the suffering. Although pain and suffering are often used synonymously, pain is the signal from you body and suffering is the interpretation of that signal.

Suffering is optional. Sometimes, when the anticipation of pain expectation is lowered, the brain is less responsive to the incoming pain signal. Separate pain from suffering. Pain is a sensation. Suffering is the emotional attachment to it: depression and stories you tell yourself can mount the pain and intensity.

Accepting the Unacceptable Reality of Depression

Depression, according to John Hopkins Hospital, can exacerbate chronic pain. Who wouldn't be depressed knowing that every moment to come would be tainted by pain? Depressed by the thought of no relief, not a day, an hour even a minute from driving pain. Pain can eclipse everything as the quality of life diminishes. It can hold you hostage with inability to cope with chronic pain.

But the answer to this mental state is simple: acceptance. The fact is you may feel pain today. But, the past does not predict the future.



Rather than giving in to passivity and complete helplessness, or continuing with unsuccessful attempts to fight your depression, acceptance allows you to face reality and tell yourself, “All right. This is how things are right now, right in this instant. What actions can I take in this moment to take care of myself even while I’m feeling depressed?”

Pain can destroy happiness, causing to remove yourself from joyous events, which can also be self-fulfilling. By refusing to engage in life, a self-loathing can take place and pain can sharply increase. If you want to alleviate the pain you are in, a good step is accepting your condition without self-pity.

Illness can magnify with the sense that everything in life is tainted by pain. You cannot afford that sense if you want to experience life again.

How Would You Answer: “If I Lived in a World with Less Pain, I Could...”

What is your goal? Could be as easy as picking your child, going dancing with your husband, or get to work without pain. You can decide what to do with your life.

Set small attainable ambitions for yourself, and lots of them. In the process of meeting your goals, you can experience the fullness of life, both pain and pleasure. Maybe over the years you didn’t even notice that you lost the ability to feel pleasure. You only felt pain.

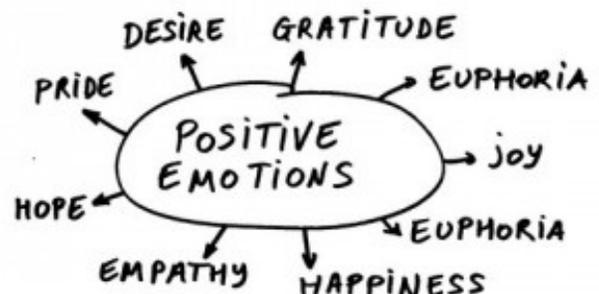
Today can be a joy. You may still have chronic pain, but you can have life away from the usual pharmacological tools that remove pain as much as they also remove pleasure.

There are plenty of folks who experience injury and a wide variety of injury. As a result, many are addicted to painkillers. Essentially, the injury – whatever great or small that may be – becomes their life. Separate yourself from the injury, get on the right track and get definitive treatment.

Don’t take pain laying down, with a depression cocktail or playing the bad memory tapes in your head on “repeat.” If life is getting smaller and smaller and you don’t feel like yourself anymore, do something about it!

A Quick Summary Of What To Do To Get Better*

- Accept that life has changed, and that it is your responsibility to make the most of what you are.
- Believe in God and pray for help. Thank God for a shot at a new and different life.
- Build a team of medical supporters who know you, know what you want and take their advice.
- Good days and bad days just happen.
- Look at the big problem, break it into smaller component problems then solve for these smaller problems. The big problem then starts to fix itself.
- Do something positive and different every day-- even if it's tiny. Remember any plan attempted today is better than a great plan scheduled for tomorrow.
- Stop feeling sorry for yourself, and look at how life has changed all of those lives around you.



- You are no saint, but do the best you can, even if you screw-up more often than you are successful. All you can do you my best.

Once you get great help, you'll begin to realize how much of life you were missing. There is always a solution to improve the quality of your life!

What has been your experience with depression and chronic pain? Share your thoughts [HERE](#).



Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.

*** Taken from http://jackbauerdeclassified.typepad.com/chronic_pain_lifestyle/acceptance/page/2/**

*Anti-Aging
Care*



Are You Standing On Your Pain Cure?

By David Kekich

In recent decades, the incidence of chronic pain and diseases, allergies, insomnia and auto-immune conditions has skyrocketed in modern societies. One overlooked reason is the immune system began functioning less efficiently as humans increasingly separated themselves from the earth's energy.

The human immune system evolved over millions of years. All that time, we were in virtually constant barefoot contact with the earth. In our modern society, humans no longer walk barefoot. We wear shoes and live in buildings that insulate us from the earth's energy.



What Exactly Is Earthing?

Earthing is among the most natural and safest forms of prevention and anti-aging you can do. It is extremely low tech, and it works. Earthing (grounding) refers to the process of establishing conductive contact between the surface of the earth and the surface of the human body. This allows electrons to flow from the earth and maintain the body at earth potential.

A ground is defined as a conductive object that makes a direct electrical connection to earth and has the ability to absorb or dissipate an electrical charge. In effect, an electrical ground drains away any unwanted buildup of electrical charge.

We know earthing allows a transfer of electrons (the earth's energy, natural and subtle) into the body. We know inflammation is caused by free radicals, and free radicals are neutralized with electrons from any source. Electrons are the source of the neutralizing power of antioxidants.

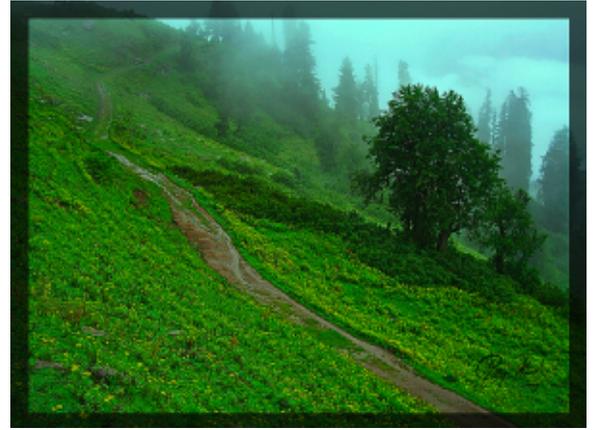
Inflammation, sickness and chronic pain, at least in some part, result from an electron deficiency. The ground may represent the biggest and best natural antioxidant and anti-inflammatory that exists.

Earthing refers to the process of connecting by walking barefoot outside, as humans have done throughout history, or sitting, working or sleeping grounded indoors. Modern lifestyles, in addition to separating us from the earth, have also provided us with a simple way to stay grounded, even as you sleep, with very basic grounding devices.

Earthing Benefits

For more than a decade, thousands of people around the world — men, women, children and athletes — have incorporated earthing into their daily routines and report that earthing:

- Reduces inflammation (the underlying cause of more than 80 chronic illnesses)
- Thins blood
- Improves blood pressure
- Lets you sleep better
- Relieves chronic pain, muscle tension, headaches and stress
- Gives you faster recovery from trauma and intense physical activity
- Reduces or eliminates jet lag
- Energizes you
- Lessens hormonal and menstrual symptoms
- Protects your body against electro magnetic fields (EMFs)
- Helps circulation
- Promotes normal cardiovascular, respiratory, digestive and immune systems



Earthing is natural, simple and it affects every aspect of human physiology. When you ground yourself, your entire body readjusts to a new level of functioning and energy. That level, in fact, seems to have been designed throughout evolution.

Anyone can try this. If you don't feel well, for whatever reason, just make barefoot contact with the earth, or swim or wade in the ocean and see what happens. Of course, if you have a medical problem, you should also see a doctor.

Everybody seems to benefit in some way, but we are all different. The results can come quickly and dramatically, such as less chronic pain and better sleep, or subtly and gradually over time. Often people who are very ill feel the difference most profoundly.

Some part of your body needs to be in direct contact with the earth in order for you to get the full benefit. The easy way to do this is to get a special earthing pad or bed sheet that plugs into the ground (3rd hole) in one of your electrical outlets. I use the pad. Go to our [Home Cures That Work Amazon Store](#) for more information on the [Earthing Universal Mat and Cover](#).

Maybe while on vacation and walking barefoot on a sandy beach, have you felt some tingling or some warmth in your feet, or a sense of well-being? Do a wealth of good and share [HERE](#).



David Kekich (Living Healthy to 120: Anti-Aging Breakthroughs) is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: www.MaxLife.org. David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.

Stallone Hopes Hindu Herbs Will Ease Chronic Knee Pain

Few figures are as iconic and meaningful to American than Sylvester Stallone. He, and others such as Schwarzenegger and Willis, set the standard for manliness through their epic films featuring death and destruction, delivering witty quips for us all. Of those three, the only one who's managed to stay in natural rocking shape is Sylvester Stallone.

At the age of 62, Stallone's go-to workout has remained basically unchanged since his first days of Rambo. As a result, he may have bounded up the stairs during everyone's favorite *Rocky* scene, but these days persistent knee pain has Sylvester Stallone moving at a slower pace.



To relieve his achy joints, the action man has embraced ayurveda, the ancient system of medicine of India, after befriending alternative medicine experts as he prepared for Bollywood movie *Unfortunate Love* in Los Angeles.

He has not been Sly about his enthusiasm for the effectiveness of this Eastern practice. The herbal-based ayurveda regulates the imbalance of three bodily energies - pitta (bile), kapha (phlegm) and vata (wind). This balance can be recreated by changing person's diet, thoughts and habits.

"Sly is the most disciplined man that you'll ever meet in any walk of life," says his personal bodyguard Gary Compton. "He doesn't eat real late, he doesn't snack, and he doesn't eat much. Pasta? Yes, but not too often, and only when it's made with a special flour. Fish and brown rice are staples. He even eats fish for breakfast. He drinks little alcohol, but occasionally enjoys champagne. Quick energy? Would you believe oatmeal cookies? Of course, without processed sugar or preservatives."

The ayurvedic form of treatment in recent past is fast gaining popularity in helping people suffering from chronic pain, celebrity or not. It improves the blood circulation in joints, removing unwanted toxins and other waste products. These are safe herbal medicines to cure joint pains and other musculo-skeletal problems naturally. You can try the following:

- Turmeric, a member of ginger family, has great medicinal properties and heals inflammation and mild joint pain. Ayurvedic experts are of the opinion that turmeric reduces joint pain to a great extent.

- Feverfew capsules, taken once or twice a day, help due to its anti-inflammatory effect.
- Ginger being an anti-inflammatory herb is considered as effective in chronic pain relief.
- Six drops each of chamomile essential oil can be added to four ounces of carrier oil such as soybean, sesame, avocado or almond. These can be added to warm bath and the painful area can be soaked for a few minutes.
- Shallaki is the herbal anti-inflammatory and natural pain-killer that restores movement and reconstructs the shape of the joint by recreating cartilage and fluid.



There you have it. If a 62-year old man such as Sylvester Stallone can cure chronic pain with ayurveda, then so can you!

Weight

LOSS

Corner

Stress and Anxiety Reducing Tools

In an unstable world, a stable mind, a fit and strong body, as well as an unshakable spirit, constitute an impenetrable shield against the devastating effects of stress and anxiety. The following tools for relaxing can help you build that shield.



Breathing

Simple deep breaths can do wonders for reducing stress and anxiety. Take time out for twenty seconds to release tension when things get rough. To relax, breathe in slowly and deeply through the nose and breathe out through the nose. Do this three to four times.

Visualization

By using mental pictures, you can change attitudes and behaviors. Improve your organization by imagining what your office would look like when it is in order or improve your posture by imagining puppet strings attached to the top of your head and shoulders. Professional athletes are very successful in improving their performances using visualization training.

Mental Imagery

During or after the final stretch of your workout or anytime during your work day, clear your mind and focus on one single image. This could be a shape, a color, your favorite place or anything you associate with quiet and peace. It is simply a “mental vacation.” It takes practice to avoid letting your mind wander to other things or let stress and anxiety trigger panic images. Combine this technique with slow, deep breathing.

Progressive Relaxation

Progressive relaxation trains your muscles to release tension as it builds up instead of storing it throughout the day. Lie in a comfortable position (on your back or on your side with bent knees are best). Close your eyes. Start by taking several slow, deep breaths. Now, as you breath in, you are going to tense a muscle or a muscle group, as you exhale let the muscle relax.

Follow this sequence:

- Inhale, flex your right foot.
- Exhale, let it relax.
- Inhale, flex your left foot.
- Exhale, let it go.

Repeat with the following contractions, inhaling and exhaling each time.

- Tighten both legs and press them together.
- Tighten the thighs.
- Tighten the buttocks.
- Pull in the abdominal area and flatten the back.
- Tense the chest and shrug the shoulders.
- Clench your fists and press your arms into the floor.
- Close your eyes tight and contract your facial muscles.

If you still feel tension, stress or anxiety in an area, continue contracting and relaxing until the tightness disappears. Don't forget how beneficial deep breathing can be.

***When stress, anxiety and fatigue hits you, how do you wind down and relax?
Time to enjoy life [HERE](#).***



Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book *Mind Over Body: The Key to Lasting Weight Loss is All in Your Head!* He offers world-class advice on health and fitness, inner balance and stress management, and achieving one's full potential the inner keys to extraordinary performance. An inspiring message of hope and achievement, based on his own extraordinary story. For more information, visit: www.NordineZ.com



Product Recommendation: Are Your Cells Starving For Oxygen?

Have you ever taken Tylenol or Advil to help with headaches and those everyday nagging pains?

Your doctor will probably never tell you this, but when you take common pain relievers you are creating a new problem...

You are cutting off oxygen to your cells.

Pain pills like Advil and Tylenol work by reducing the inflammation that causes your pain, but they do it by hi-jacking your body's natural ability to heal.

Instead of letting your body isolate the injured area with scar tissue and allowing your body's natural inflammation fighters to go to work, pain pills short-circuit the process and force your body to put down layer after layer of scar tissue.

It is all the extra scar tissue that blocks blood flow and chokes off the red blood cells that deliver oxygen. Take enough of these pills and you starve your cells for oxygen.

Sounds frightening, doesn't it?

But, you can wipe out pain and inflammation naturally... *without drugs.*

You can get that same "back to normal" feeling no matter what is causing your pain. You can relieve everyday pains as easily as more serious problems like chronic joint pain and arthritis pain.

Here is the kicker: This natural pain reliever is something your body already makes on its own. Let me explain.

Years ago, a medical doctor from Columbia University discovered that when the body was reacting to pain, the bodies of younger adults responded by flooding the painful area with something called "proteolytic enzymes."

That is why your body was so strong and resilient back in your 20s... and more to the point, PAIN FREE.

But, here is the problem. As you get older, your body's supply of these inflammation-fighting enzymes drops dramatically.



That means the older you get, the harder it is to get rid of your pain.

Now, here is the good news. You can take more of these “proteolytic enzymes”

They work just as well as pain pills... and in some cases, even better.

My friend and colleague, Jesse Cannone, is the founder of the Healthy Back. Over 165,000 people in 85 countries get lasting pain relief without drugs. Through my research on these pain-fighting enzymes, I was impressed.

Proteolytic enzymes have a natural anti-inflammatory effect and silence pains, all the way up to the more stubborn pain you get from arthritis, back problems.

It is a safe option, too. *You never face the risk of side-effects.*

Enzymes are well researched and have a long-standing track record. Here are just a few of the published results:

- A study published in the *Journal of Medicine, Science, Sports and Exercise* found that “Proteolytic enzymes have therapeutic effects in the treatment of inflammation and soft tissue injuries.”
- Another study from the Institute of Cancer Research in Vienna found that, “A combination of proteolytic enzymes and herbs were effective in treating rheumatoid arthritis.”

When I talked to Jesse, he told me stories of his clients getting fast, effective relief from his enzyme formula called Heal-n-Soothe™. Here are a few of their letters:

“As effective as prescription drugs, but MUCH SAFER...”

“As a pharmacist with a keen interest in natural supplements I can safely say I have seen it all. But for patients with pain who are looking for an answer outside of dangerous prescription medications, I have only a handful of recommendations. Heal-n-Soothe™ is on that short list.

It is not only as effective as prescription anti-inflammatories, but is much safer. Unlike other supplements on the market, Heal-n-Soothe™ really is free of any fillers or colorants. It truly is all-natural.

The point is this: if you're sitting on the fence about other options to treat your pain you owe it to yourself to give Heal-n-Soothe™ a fair shot. You'll be happy you did.”

~ Dr. Curtis Alexander, Registered Pharmacist, Montana

“WOW! Huge difference... I stopped taking painkillers!”

“All I can say is a big WOW and thank you. I have only been taking it for 4 or 5 days, but have noticed a huge difference. I stopped taking my strong painkillers, which I was taking every day and at the full limit allowed. I feel ‘almost’ normal again.” ~ Angela Jaggs, England, UK

“Heal-n-Soothe™ gave me a new PAIN FREE life!”

“Just a note to tell you how much your Heal-n-Soothe™ has helped me in just



a week. It is working very well. I have a crooked spine and sciatic nerve problems. Your product has given me a whole new life that is PAIN FREE. I can actually golf now. It has made a big difference in my life. Thank You... Thank you !!!!!” ~ Sandra Marginet, Michigan

You can get the same kind of fast, drug-free relief Jesse’s patients get, *without spending a dime.*

As a regular reader, Jesse is offering you a FREE bottle of Heal-n-Soothe™ with no strings attached. All you have to do is [Click Here](#) and give him your address.

Here is the only catch: Jesse gave me a limited supply of Heal-n-Soothe™ so I urge you to take advantage of his generous offer RIGHT NOW.

<http://www.losethebackpain.com/aff/index.php?p=barton33&w=HNSVIDTRIAL>

Heal-n-Soothe™ relieves arthritis and back pain, and comforts sore muscles and joints. It also helps you recover quickly from a workout, a round of golf or even a long day shopping.

This is one of the few non-drug pain relievers that actually works and I believe it can really help you. I highly recommend you get your FREE bottle and feel the difference for yourself.

It takes just seconds... [Click Here](#) and request your FREE bottle of Heal-n-Soothe™ now.



Product Reviews



Turmeric: The Golden Goddess Could Indian Food Help Fight Pain?

Within the cornucopia of medicinal plants, few possess such a wide spectrum of qualities and medicinal uses as turmeric. It has been used to treat a myriad of disease and ailments around the world for countless centuries. The active ingredient in turmeric, curcumin, is known for its powerful anti-inflammatory effectiveness, but is also praised as an alternative analgesic, antibacterial, antiseptic, anti-tumor, anti-allergic with many other healing qualities now being recognized and understood by modern science.

The fragrant, yummy dishes featuring turmeric has more going for it than just flavor. Curcumin gives turmeric its orange-yellow color and acts as an anti-inflammatory that involves blocking cyclooxygenase-2 (COX-2), the target of non-steroidal anti-inflammatory drugs (NSAIDs) like Celebrex (celecoxib) and Motrin (ibuprofen). It has even been linked through research to help fight against cancer by neutralizing those substances and conditions which can cause cancer, helping a cell retain its integrity if threatened by a tumor, and if a tumor does grow the curcumins can often destroy it.

Turmeric has also been advocated for use in treating diabetes, as curcumin can increase insulin levels. As a powerful anti-inflammatory herb in supplement form, turmeric has been shown to be helpful in the treatment of arthritis, rheumatoid arthritis, osteoarthritis, injuries, trauma, and stiffness from both under activity and over activity. Whether suffering from an acute or chronic disease, aches and pains, bumps and bruises, or as preventative maintenance, turmeric can and should be utilized by everyone on a regular basis.

Through an independent testing lab, turmeric supplements were tested for quality, indicated label amounts and purity. One product tested lacked the expected amount of turmeric and is therefore unsafe for consumption:

- *Paradise Herbs & Essentials Turmeric*

The following turmeric products below met all quality standards and are recommended as part of your anti-inflammatory supplement program. Click on each product to easily and conveniently turmeric supplements to your pain free diet plan from our Home Cures That Work Amazon store.

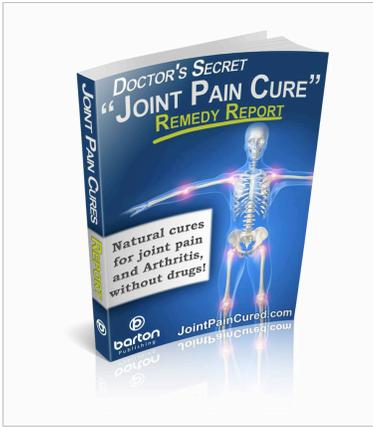
- [GNC Herbals Plus Standardized Turmeric Curcumin](#)
- [Natural Factors Turmeric and Bromelain](#)
- [Nature's Life Turmeric Ginger Joint Ease](#)
- [Nature's Way Turmeric](#)
- [Paradise Herbs & Essentials Turmeric](#)
- [Solgar Turmeric Root Extract](#)
- [Vitamin Shoppe Standardized Herbs Turmeric Extract](#)



Diets high in the spice turmeric will provide about 60 to 100 mg of curcumin per day, although supplement doses used therapeutically are typically several times higher than this.

It has been said, “If I had only a single herb to depend upon for all possible health and dietary needs, I would without much hesitation choose the Indian spice turmeric.”

Share your recipes and meal plans with turmeric that cool the inflammation fires and help ease the pain with the right foods, [HERE!](#)



Free Remedy Report: **Joint Pain Cure**

Has joint pain and stiffness stolen your life? Are once-simple tasks becoming difficult, or even impossible?

There's new reason for hope, revealed in this new informational remedy report. Click the link below to download the new [Joint Pain Cure Remedial Report](#) from Barton Publishing.

There's good reason to avoid the commonly prescribed "medicines" for joint pain and the reason is the side-effects. Almost all joint pain medicines have side-effects that are often worse than your ailments!

These side effects are at the least very uncomfortable and in many cases they are downright scary! For example, here's a list of the dangerous side-effects found with common medicines prescribed to treat your joint pain:

- Rheumatrex - hair loss, liver problems, low blood count, chills, fever, and itching. Rare but serious are the threats of dry cough or trouble breathing.
- Ridaura - mouth ulcers, diarrhea, metallic taste in your mouth, low blood count, and skin rash with itching.
- Neoral - hair growth, loss of appetite, high blood pressure, kidney trouble, headache, and nausea.
- Plaquenil - nausea, vomiting, stomach cramps, blurry vision, skin rash, itching, and pain.
- Arava - hair loss, headache, heartburn, dizziness, high blood pressure, neuropathy, low blood count, headache and gastrointestinal problems.

And that's not all - in addition to the "usual suspect" side-effects, Sandimmune and Imuran warn that they're associated with increased risk to infection and worse - certain cancers like lymphoma.

But according to this report, you don't need to endure any of that ever again...In fact, you could be living pain-free in just a few short hours from right now! This remedy report offers you the chance to discover how to make your joint pain or arthritis simply "go away" completely naturally and on the cheap.

This remedy reports gives you the facts about your joint pain (or even arthritis) and best of all, how to use this simple, all-natural solution to cure it once and for all. Not "mask it" just CURE IT. It's right here...

[Doctor's Secret "Joint Pain Cure"](#) <===== click here to download

Don't let your joint pain rob you of your life! Get back to doing the simple things in life you treasure...like gardening, tying your shoes, or even writing something down on a shopping list...Don't rely on drugs with dangerous side-effects to cure you.

Download your free Joint Pain Cure Remedy Report free report now [HERE](#).