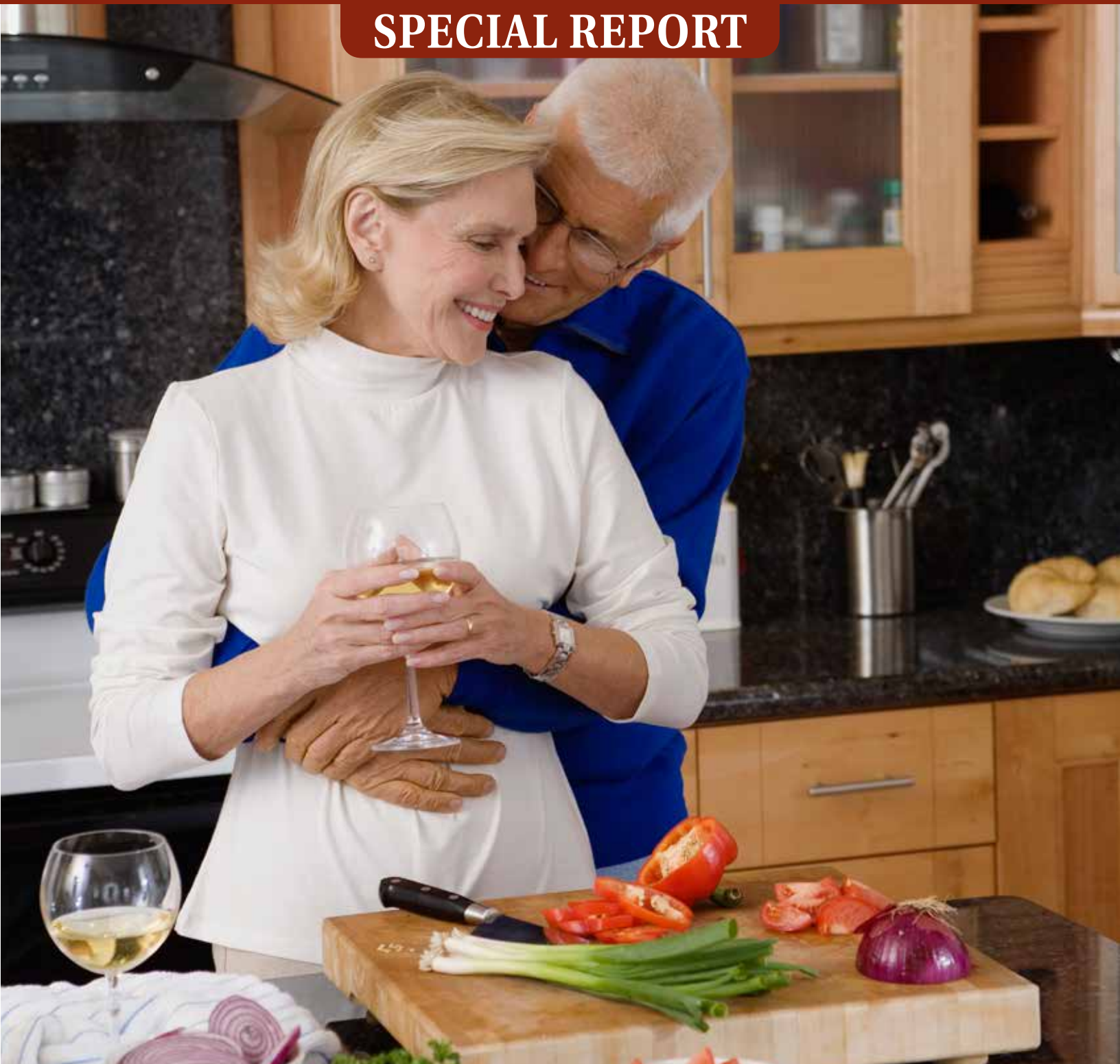


SPECIAL REPORT



Foods That Heal Pain



Doctor Formulated Supplement

Foods That Heal Pain

They are out there, sitting complacently in the aisles of your grocery store, on the rickety wooden cart of a fruit stand in the country, in your spice rack and maybe somewhere in the back of your fridge. What could possibly be the easiest way to cure pain? By using what you may be buying anyway! Certain ingredients of foods we all know about make it possible to relieve some painful conditions. All you have to do is reach for the right one.

Food and pain are often used in the same sentence when people are writing about how the former can trigger the latter. But here we're twisting up the relationship to show you how the former can relieve the latter. Not a great deal of food and spices have been clinically tested for their effectiveness, but they are either suspected of playing a valuable role in pain relief, or have undergone small, informal tests. Whatever the case, just answer this question: Isn't it worth a try?

Bananas on stomach ache

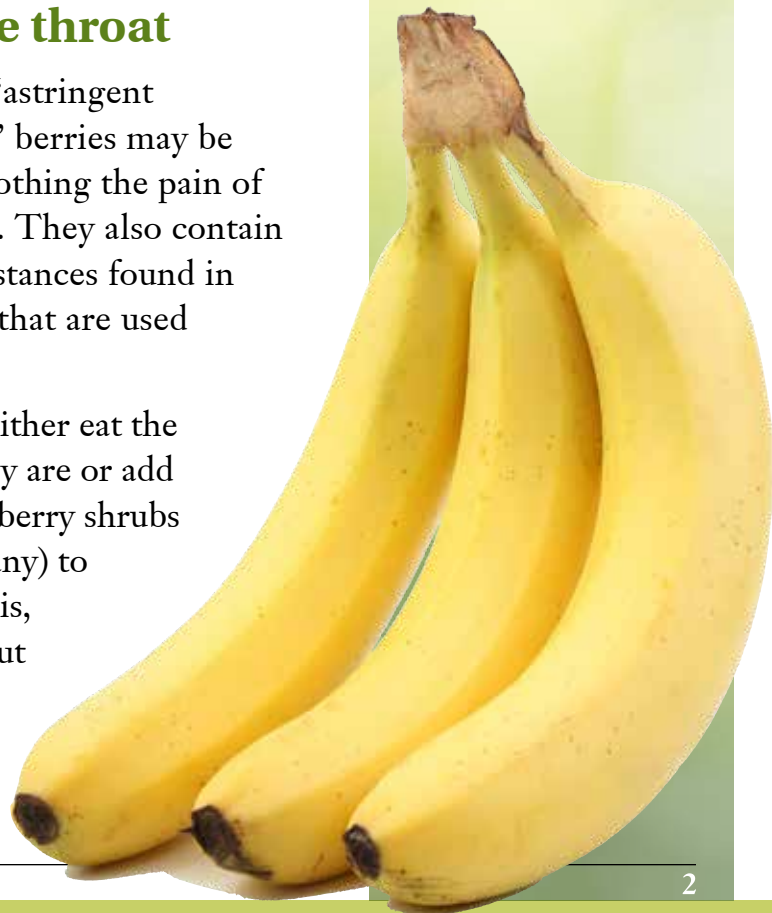
This uniquely shaped yellow fruit is thought to be a good food to soothe stomach aches. Bananas help relieve pain by inducing mucus to be produced in the stomach lining, which in turn creates a nice shield between the lining (which can be easily irritated) and the acid that causes heartburn and upset stomach. Easy as that!

Berries on sore throat

Containing "astringent compounds," berries may be helpful in soothing the pain of a sore throat. They also contain complex substances found in many plants that are used in medicine.

You can either eat the berries as they are or add the leaves of berry shrubs (if you have any) to tea. To do this, combine about a cup of

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Cayenne's principle ingredient, capsi-cum (or capsaicin), is responsible for its medicinal effect.

boiling water with one or two teaspoons of dried leaves and steep for 15 minutes, letting the plant's effect dissolve into the drink. Also, some people gargle with berry juice to relieve inflammation of the throat! Try swallowing as late as possible for full effect.

Cayenne pepper on cluster headaches

Found in many spice racks, this hot and spicy red powder is used by some to treat cluster headaches. Its principle ingredient, capsicum (or capsaicin), is responsible for its medicinal effect. Because of it cayenne is one of the most widely discussed natural remedies for a variety of things. For our purposes, we will focus on how it treats cluster headaches.

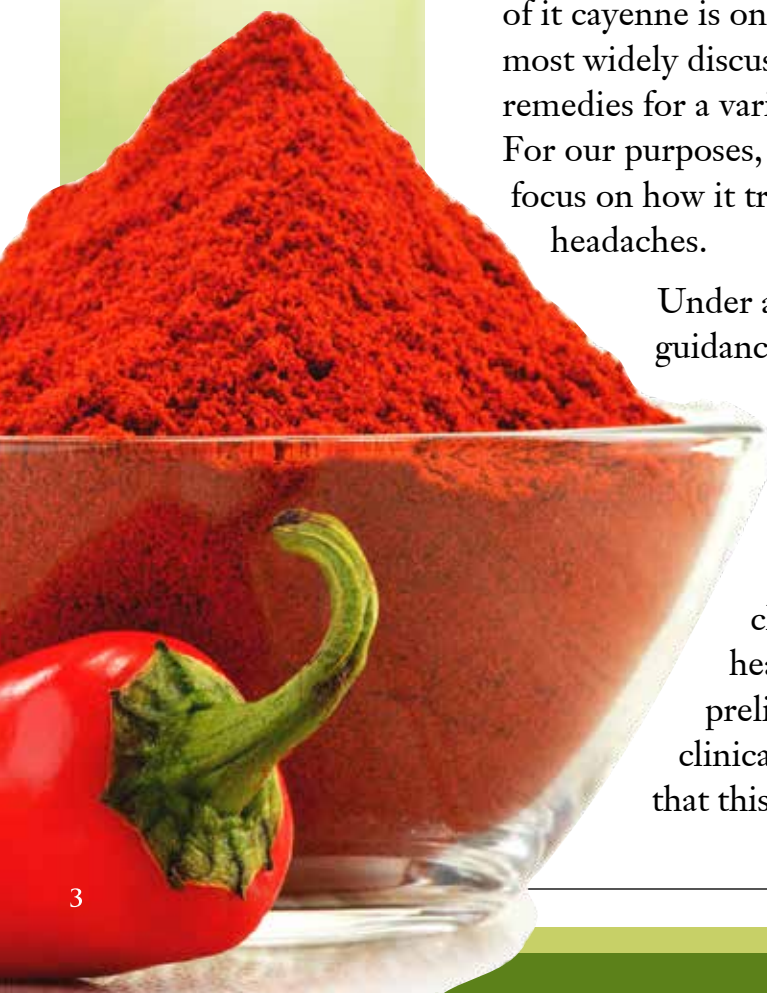
Under a doctor's guidance, if cayenne is sniffed through the nose it can be useful in treating cluster headaches. Some preliminary clinical trials found that this "intranasal"

use of cayenne led to significant decreases in the number of cluster headaches patients experienced. The decreased pain lasted for about a month-and-a-half after the cayenne was inhaled. Many other studies have found similar results, providing a lot of clinical proof that cayenne is effective in reducing the levels of something called substance P – a nerve chemical that transmits pain signals and may cause some of the symptoms of cluster headaches.

Dosage information is not so important as this must be done with the help of a doctor, at least in the beginning.

Chamomile tea on muscle pain or cramps

The soothing nature of chamomile tea is thought to be effective in relieving muscle tension, nerve pain and even menstrual cramps in women. It is like sipping a kind of liquid yoga – it relaxes your muscles and calms a nervous stomach. Many people drink it to relax and alleviate stress. Its main pain control method is to relax the body and thus begin to let the pain slowly dissipate. It comes from the blossom of a plant



by the same name. Caution: Some experts say not to use chamomile on an ongoing basis and to avoid it altogether if you are allergic to ragweed, for they are both from the same family and can share some allergy-causing trait.

Cherries on gout pain

Gout, the painful inflammation most often afflicting men and focusing on the feet, is caused by an overabundance of uric acid in the blood stream. Uric acid is made from purines – a substance that can be found in various foods (beer, red meats, organ meats, shellfish, fried food and caffeine, to name a few).

The kidneys are responsible for excreting uric acid, but sometimes there is too much for them to filter. This excess uric acid then gets dumped, typically in your extremities, in the form of “crystals.” Along with usual treatments to relieve the pain of gout, there’s always mention of those small red fruits that dangle from trees in the orchard. Cherries naturally lower the level of uric acid in

the blood, thus helping to both cast gout away and prevent it entirely. An ingredient in tart cherries, anthocyanin, also has been linked to pain relief by Michigan researchers.

Chocolate for pain relief

The food people crave most (admitted to by 15% of men and 40% of women) can actually help you relieve pain, anywhere in the body. It does so because chocolate – a psychoactive food made from the seeds of the tropical cacao tree – triggers the release of the body’s endorphins, which act like natural opiates in treating pain. Endorphins are responsible for sensations such as the “high” experienced by long-distance runners. They relax your mind and bring more oxygen into your blood stream. Thus, with more endorphins flowing, a chocolate-eater’s sensitivity to pain is reduced.

Looking at the particular chemicals, endorphins are polypeptides that bind to neuro-receptors in the brain to



Chocolate – a “psychoactive” food made from the seeds of the tropical cacao tree – triggers the release of the body’s endorphins, which act like natural opiates in treating pain.



bring pain relief by disrupting the pain signal. So go ahead, indulge a bit.

Figs on toothaches

Those little fruits that call Western Asia home now grow in many places, and actually are an umbrella name for around 2,000 species of the fruit. Figs are thought to be a natural antibiotic. They come from a tree that grows about 12 feet tall, with huge leaves and these purplish, fat-bottomed fruits. And here's the thought on toothaches: Take one ripe fig and hold it up to your mouth. Squeeze the juice of the fruit onto your aching tooth. Every 15 minutes or so, repeat this process until the pain recedes. It just might work! They also help your teeth stay white.

Figs are thought to be a natural antibiotic.



Fish on inflammation

This one has been through some major testing. Fish, and in particular fish oil, is known to help reduce symptoms of many types of inflammation. Fish oil is an excellent source of omega-3 fatty acids, which act as anti-inflammatories. Fish oil is so good in fact, some research has tried to see if it could be a stand-alone therapy for joint inflammation. There is no conclusive evidence to support that, but fish oil is recognized still as being effective at reducing inflammation.

Ginger, Part I: Back pain

Thanks to its anti-inflammatory and pain-relieving properties, ginger can help relieve both the muscle aches and chronic discomfort felt when one has back pain problems. Try using this spice in fresh or powder form and include it in your favorite recipes, or even drop it in your afternoon tea to reduce pain in your back. Ginger has been linked to reducing the number of prostaglandins in the body, compounds which bring on pain.

Ginger, Part II: Migraine headaches

Ginger root contains gingerols and shogaols, pungent substances that act against inflammation. They also help with nausea and can be mild painkillers. All its medicinal qualities point toward an ability to quell migraine headaches. Chew ginger, or take it in powder form at about 500 mg with water every five hours or so, or when you begin to feel those nagging migraine symptoms. Caution: For some, ginger can trigger migraines, so if it gets worse, stop taking it immediately.

Horseradish on coughs & throat infections

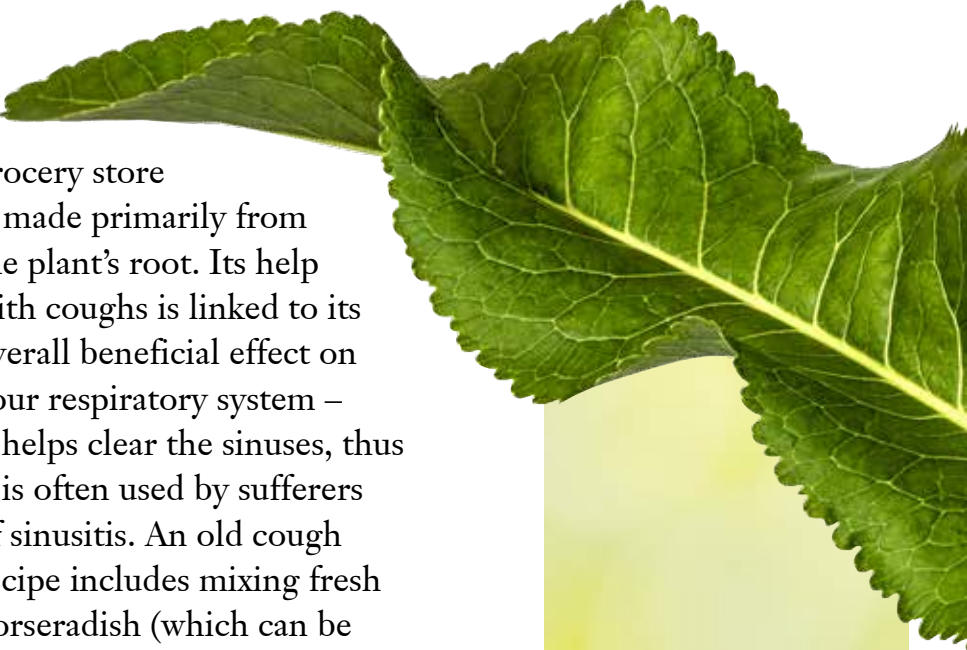
The antibiotic, antimicrobial and anti-inflammatory properties of horseradish may be useful in easing throat infections and helping with painful coughs resulting from colds or bronchitis. Also known as “armoracia rusticana,” horseradish is native to Europe but has spread to many parts of the world. It’s a member of the same family as mustard and cabbage. What you see in the

grocery store is made primarily from the plant’s root. Its help with coughs is linked to its overall beneficial effect on your respiratory system – it helps clear the sinuses, thus it is often used by sufferers of sinusitis. An old cough recipe includes mixing fresh horseradish (which can be purchased in leaf form) with a bit of honey into a cup of hot water. It will help ease the throat pain caused by infections and persistent coughs.

Papaya on heartburn

Fresh papayas aid digestion, negating the painful effects of heartburn. Heartburn pain is characterized by a burning feeling that rises from your abdomen up through your chest and can go as far as your throat. Either drink papaya juice or eat the fruit (even a few seeds) and watch your heartburn start to ease up.

In the future, have papaya with a meal to promote digestion and avoid heartburn. Papaya contains three different enzymes that promote protein, fat and carbohydrate digestion.



Horseradish may be useful in easing throat infections and helping with painful coughs.

Manuka honey may kill all seven types of bacteria in the stomach that can cause wound infection, including helicobacter pylori – the one responsible for stomach ulcers.

Honey on ulcer pain

It's what beekeepers and honey-producers have been trying to tell the medical world for years: bees' natural, sticky substance can help kill bacteria in the stomach that cause ulcers. Much of the research in the area comes from New Zealand where a Honey Research Unit at a university has been studying the effects of this sweet goo that coats honeycombs. The kind of honey they are talking about, Manuka, is indigenous to the Kiwi country but is widely available at health food stores.

This type of honey may just kill all seven types of bacteria in the stomach that can cause wound infection, including

helicobacter pylori – the one responsible for stomach ulcers. When purchasing honey, try always to pick out raw honey, as once it has undergone high heat processing, its healing power is greatly diminished. Manuka seems to be the best bet.

Lemons, Part I: Aromatherapy

Sniffing a lemon may ease pain and reduce stress. So says a study on rats, which were not bothered by a chemical irritant that usually made them flinch and lick themselves when they were exposed to the citrus smell of lemon. They also showed reduced levels of a stress hormone. This study, although not performed in humans, lends credence to aromatherapy and to the powerful scent of lemon having an effect on pain.

Lemons, Part II: On cramps & joint pain

The tangy fruit is high in an essential oil called limonene. It's considered by many alternative thinkers to be a good natural remedy for cramps because it helps stimulate the flow of lymph fluids in the body. The lemon peel is very potent in several different essential oils, and it's thought



that if you scrape the peel, rub it onto your joints and muscles and allow the oils to settle in that it will help soothe the area, reduce inflammation and relieve joint pain. The best type of lemon to buy are relatively small (but still heavy for their size), shiny fruit with a smooth yellow skin. They are compact, but are loaded with limonene. Those that are lighter, overly ripe or coarse-skinned are nearing expiration and have lost much of their juices. Also, large lemons contain less juice relative to their size.

Pineapples on knee pain

The tropical fruit in the coarse, husky peel may relieve acute knee pain suffered by anyone from athletes to the elderly. That's because it contains the enzyme bromelain, which is also widely discussed in the alternative medicine world for its perceived effects. Even in the 1600s, pineapple was studied for its properties. It is widely known as an anti-inflammatory, which is the basis of its usefulness for treating knee pain.

Bromelain has been documented to help relieve inflammation in both

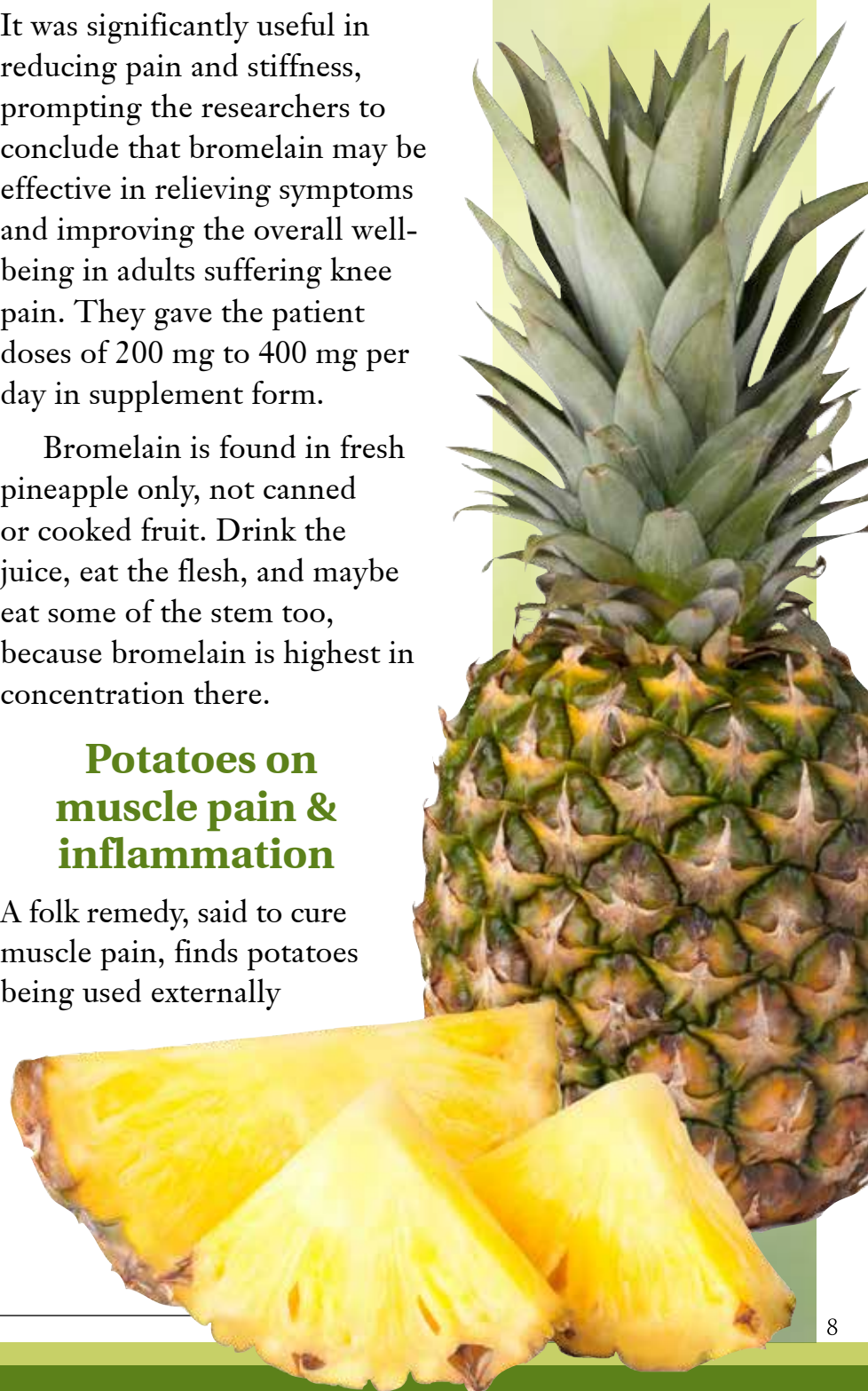
rheumatoid arthritis and osteoarthritis of the knee. One fairly recent study looked at the enzyme's effect on a healthy person who experienced a bout of acute knee pain that only lasted less than three months. It was significantly useful in reducing pain and stiffness, prompting the researchers to conclude that bromelain may be effective in relieving symptoms and improving the overall well-being in adults suffering knee pain. They gave the patient doses of 200 mg to 400 mg per day in supplement form.

Bromelain is found in fresh pineapple only, not canned or cooked fruit. Drink the juice, eat the flesh, and maybe eat some of the stem too, because bromelain is highest in concentration there.

Potatoes on muscle pain & inflammation

A folk remedy, said to cure muscle pain, finds potatoes being used externally

Bromelain has been documented to help relieve inflammation in both rheumatoid arthritis and osteoarthritis of the knee.



Sliced raw potatoes can bring relief from swelling and discomfort.

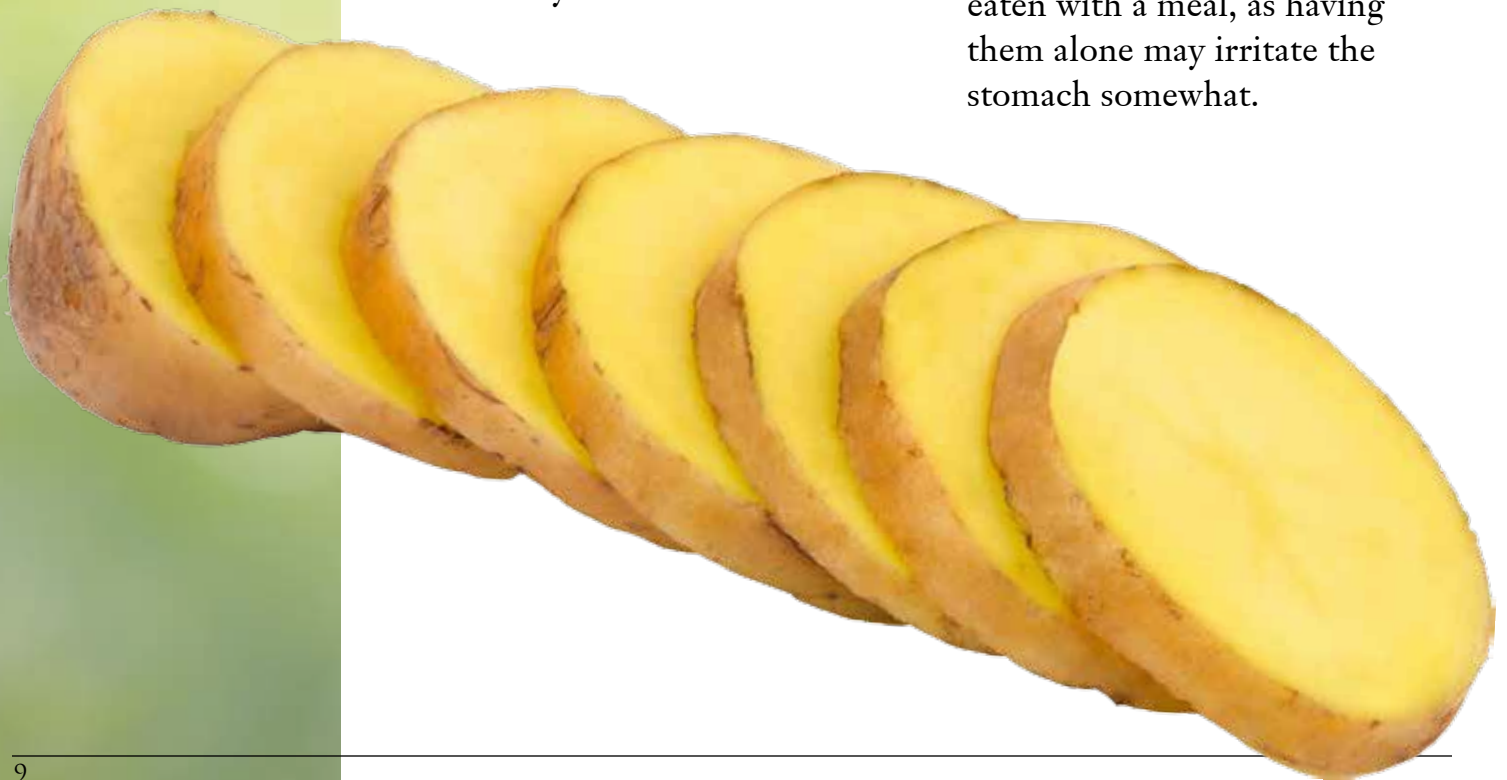
in the form of a wrap. This method includes a pound of potatoes being boiled, put in a small sack and mashed up. The sack is then applied to the area of muscle pain and attached there tightly. The thinking behind this method is that potatoes can retain heat for long periods of time. When applied, this heat penetrates deep into the muscle tissues, helps improve circulation and loosen up the muscles. You remove the sack when it cools off.

The second method involves raw potatoes: sliced up they can bring relief from swelling and discomfort that is caused by skin conditions.

Radish on indigestion

Put simply, radishes help with the tummy. The radish has long been associated with medicine, particularly in curing what ails your stomach. Every part of the radish has beneficial effects as a diuretic, blood purifier, digestive aid and a stomach relaxer. As well, the radish decreases nervous tensions and enhances the circulation of blood.

Feeling indigestion or the painful pangs of high acidity? Eat a radish, or even drink radish juice to help get over a stomachache. It is recommended that radishes are eaten with a meal, as having them alone may irritate the stomach somewhat.



Saffron on abdominal pain

Now cultivated all over Europe and the Middle East, this member of the spice rack is native to India, the Balkans and parts of the Mediterranean. Made from a plant that grows to be about nine inches, has narrow leaves and purple flowers, saffron was used in Chinese herbal medicine as a remedy for painful obstructions of the chest and to relieve abdominal pain. It has only fallen out of favor in alternative medicine because of cheaper and perhaps more effective herbs. Nonetheless, its action doesn't change. This culinary herb may be particularly effective in treating abdominal pain, especially in women following childbirth.

Seafood on headaches

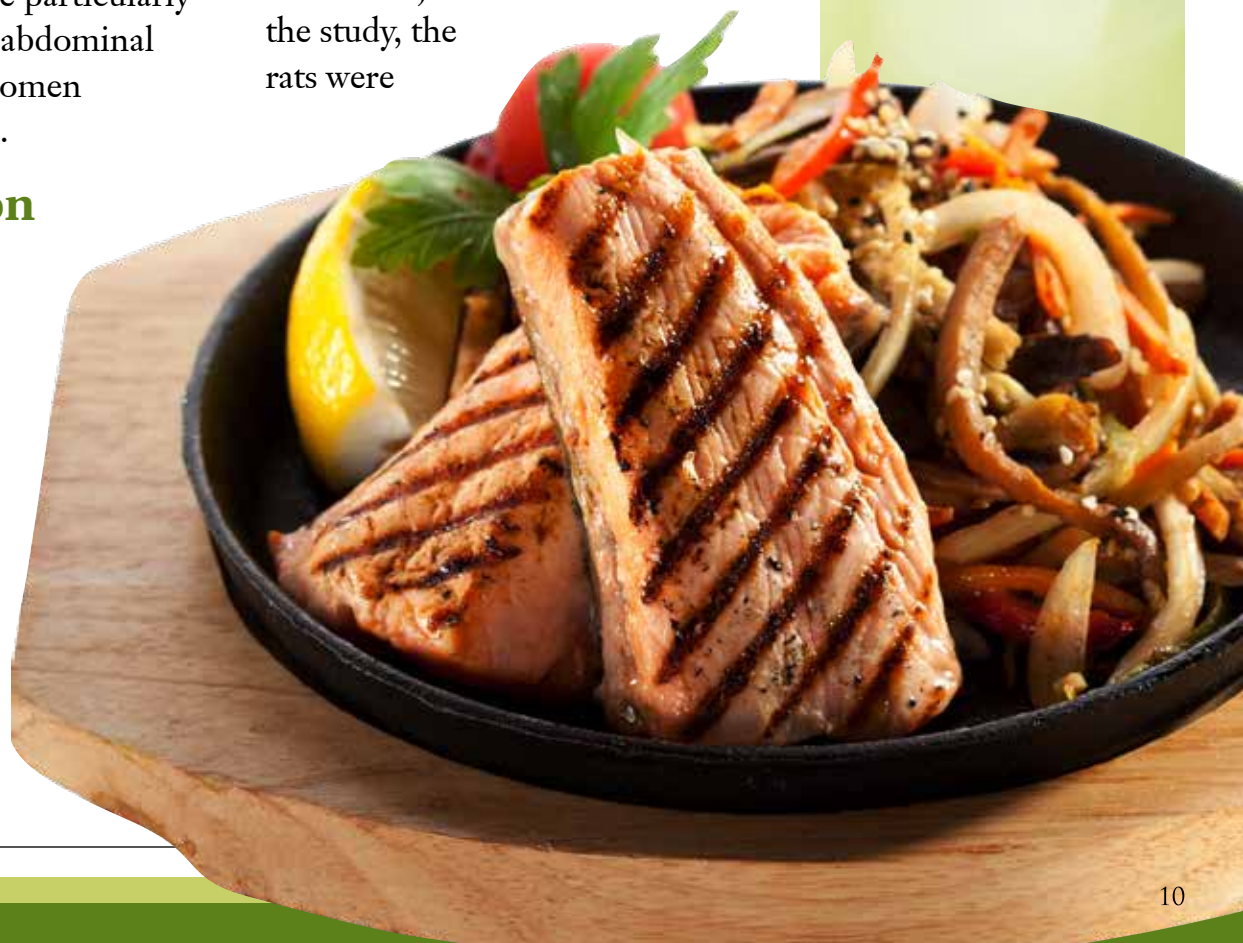
What kind of fish contains the most coenzyme Q10 (a vitamin-like substance that is a powerful antioxidant and used by your cells to produce

energy)? The answer is salmon, mackerel and sardines. Many people take coenzyme Q10 as a supplement (particularly in Japan where it has been advised for years to help support cardiovascular health), but it comes naturally in these types of seafood – in lower doses, of course. *Try Sautéed Mackerel recipe on page 12.*

Soybeans on general pain

In a 2001 study on rats, researchers at Johns Hopkins University found that diets high in soybeans led to far less pain following a nerve injury in their rodent subjects. Prior to the study, the rats were

Salmon, mackerel and sardines contain the most coenzyme Q10.



extremely sensitive to touch. When those rats returned to soy-free diets, their sensitivity to pain increased back to normal. It was a surprising finding, as soy wasn't the focus of the experiment, but provided the only explanation. Pain sensitivity is similar in humans, and varies from person to person. It's unclear why exactly, but soybeans appear to promote pain relief.

Thyme on headache

Another member of your spice supply may play a role in relieving pain: This time your headache. Try adding one or two teaspoons of thyme to a cup of boiled water instead of inserting a tea bag. Let simmer for 15 minutes. (Add some honey for sweetness if you prefer.) Sit back, drink, and its soothing effect may begin to relieve that pounding or ache in your head. Some

believe that thyme helps relieve sore muscles, so it may be helpful to use it as part of a compression on sore muscles in the neck, shoulders and upper back that contribute to tension headaches.

Vegan diet on diabetic pain

Dining vegan style with all raw fruits and vegetables – when combined with exercise – has been found to reduce neuropathic pain associated with diabetes by a significant measure. The high levels of fiber found in green leafy vegetables and fruits are effective in controlling the effects of diabetes. It's been found that when people with diabetic nerve damage (i.e., pain) switched to vegan diets, they experienced improvements after only a few days. One trial found that in 17 of 21 patients, pain disappeared completely.

The high levels of fiber found in green leafy vegetables and fruits are effective in controlling the effects of diabetes.



BONUS RECIPE

Sautéed Mackerel

Servings: Serves 2 to 4

Mackerel is one of the least expensive fresh, wild fish you can purchase. It has a hearty flavor and meaty texture. This healthy food also features high levels of omega-3s. Sauté for an easy, healthy recipe that makes a quick dinner when you add a spinach salad and a side of quinoa.

Ingredients:

- 2 half-pound mackerel fillets
- 2 tablespoons olive oil
- lemon juice
- salt and pepper

Heat a sauté pan over high heat and add the olive oil. Season the fillets and place them into the pan. Cook for 3-5 minutes. Flip and cook the other side until golden brown on the outside and flaky-white in the center. Top with a squeeze of lemon.



Main ingredients:

- ✓ mackerel
- ✓ lemon juice

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