

NO MORE PAIN

Tips and Hacks to STOP Pain NOW

1. DRINK MORE WATER

Your body needs water to repair and heal damaged tissues. Most people do not drink enough water. Unless you have heart or kidney problems (always check with a doctor before taking supplements or making big dietary changes) you should be aiming for about half your body weight in pounds in ounces of water every day. That means if you weigh 100 pounds you should drink 50 ounces of water a day. If you weigh 200 pounds set a goal of 100 ounces of water daily.

2. CHILL OUT

For acute injuries use ice the first three days. Put a towel-wrapped ice pack (make your own flexible pack by pouring 1 container of rubbing alcohol and the same amount of water in a Ziplock bag—double bag to prevent leaks-- and freeze) on sore areas for 5-10 minutes of every hour. At bedtime use mentholated pain cream. Don't use the ice and cream at the same time. The cream can numb your skin's ability to feel the ice pack and lead to more tissue damage. After the first three days, or for long standing problems and arthritic pain use moist heat instead.

Stress makes pain worse. Simply taking three big breaths in and out can change the pH of your blood and lead to less pain. Do whatever relaxes you...listen to soft music or play the drums. Try actively tightening and relaxing your muscles, write in a journal, or hurl old pieces of glass into a dumpster and enjoy the crash.... Stress relief can look different for every person.

3. CONSIDER CHEMISTRY

When you are hurt your body ramps up inflammation. Inflammation is actually the first step in healing! Sometimes that inflammatory response goes overboard and your body is flooded with chemicals that make you feel pain more powerfully.

Avoid all processed foods (anything wrapped in plastic) as well as flour, milk, sugar and artificial sweeteners. They all make you feel more pain. To lower inflammation eat antioxidants: more fresh or frozen fruits and vegetables. Choose fish and nuts like almonds and walnuts that are high in omega-three fatty acids, and lean meats to lower inflammation and provide the raw materials your body needs to repair damage.

Magnesium is Mother Nature's muscle relaxer. Take up to 400mg of magnesium glycinate, magnesium chelate, or magnesium citrate at the first sign of muscle pain or spasm. Try an Epsom salt bath to absorb magnesium directly into your skin.

Sometimes adding supplements like 500-1000mg of curcumin (preferably with piperine to boost absorption) lowers inflammation. If fighting headaches consider feverfew (an herb) or dabbing a bit of peppermint essential oil on your temples. (Always dilute essential oils to avoid skin damage.) Remember, any of these remedies may interact with medications you already take, so check with a doctor before supplementing.

Huffman Chiropractic

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4. MOVE...GENTLY

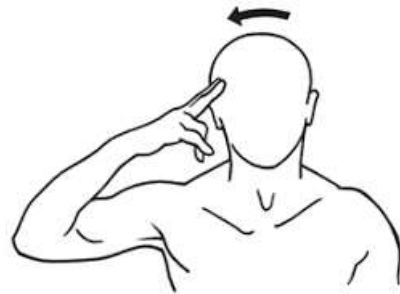
Years ago, the recommendation for any kind of pain was bedrest. We now know that is the **WORST** thing you can do for most back or neck injuries. Stretching and massage are both great ways to infuse injured tissues with blood which carries the oxygen and nutrients your body needs to repair and rebuild. If any exercise or stretch causes pain you should stop immediately.

For low back pain try resting on the floor with your feet up in the seat of the couch or a double knee to chest stretch like this one:



You may find this exercise helpful if you have sharp pain in your back with coughing, sneezing, or other forms of exertion. Notice that the ball is very firm and causes the spine to curl around it. This will feel good and you will be tempted to stay in this position. For best results, you should roll slowly forward and back on the ball for no more than 90 seconds at a time. You may also find rocking in a rocking chair helpful.

For neck pain or headaches try moving your head in all directions but gently resist the movement. For instance, try tipping your head to the right for the count of 8 but don't actually let it move from the center position. Then reach over your head and help pull it down to your right shoulder. Repeat with rotation to both sides and flexing your head forward. Many headaches and neck pain episodes trace their origins to stress. Wash your hands and firmly rub the muscles **INSIDE** your cheeks. You might be clenching or grinding your jaw or teeth.



5. CALL FOR BACKUP

Your body is designed to fix itself if it can. Sometimes you need a boost. Call Dr. Huffman at **740-927-9222** with questions, or to see how a chiropractic adjustment may help you move out of pain and back in to life.