

# Natural Pain Relief

What you can start doing today to reduce your need for drugs and start living pain free.

The [Lifestyle Therapies](#) approach to living pain free.

By James Hermans

Natural Pain Relief: What you can start doing today to reduce your need for drugs and start living pain free.

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1) Pain 2) Pain Relief 3) Natural Pain Relief

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# *Dedication*

This publication is dedicated to my wife and best friend Dianne Hermans, who as a physiotherapist has given her life to helping others live pain free.

# Acknowledgements:

I am forever grateful for the input and assistance of many committed health professionals from many different disciplines. Although I am not a practicing health professional myself, being constantly surrounded by them to ask for assistance and combined with my own years of research and passion for preventative health has made this publication possible.

I would particularly like to thank my wife Dianne Hermans who has always unselfishly made herself available to help people in pain. She has been an inspiration to many, including myself.

In September 2003, Dr Sandra Cabot who made famous the best-selling book *The Liver Cleansing Diet*, commenced a visiting practice at our clinic in Brisbane. Dr Cabot has also been an inspiration and has added a new dimension to the quality of service and outcomes we were able to deliver for patients. She has been extremely generous with her ideas and the material she has taken a lifetime to produce.

I would also like to acknowledge Dr Ibolya Szucs, a practicing Lifestyle Medicine Doctor who is the consummate professional. Michael Lawler, the Dietitian and Exercise Physiologist at Lifestyle Therapies also made a significant contribution to the section on good nutrition. Marcia Troya, the Naturopath and Nutritionist at Lifestyle Therapies did great work on her section on herbs and natural remedies. Father John Spring provided some wise input to the chapter on “The emotional and spiritual aspect to pain”. Also, thank you to physiotherapist Julie Fayers for casting her astute editing eye over the document.

James Hermans  
Manly West, Queensland

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# Introduction:

It is a tragedy how the typical modern lifestyle adopted in developed countries is so detrimental to our health. Although there have been many surgical and pharmacological advances and science is only just beginning to touch some of the breakthroughs that nano-technology and genetic profiling may bring. Still, there is no silver bullet and it is the responsibility of every individual to take care of and invest in their own health. They just need to know how and why and where they can get the best return on their efforts.

Our thirst for convenience is one of the main contributors to our current health crisis. A crisis that is made up of increasing rates of obesity, diabetes, dementia and chronic health conditions including *pain*. Even the incidence of stroke, heart disease, arthritis, osteoporosis and cancer are much higher than they need be.

Social and technological changes such as stranger danger, city living, computers and computer games have reduced activity levels and contributed greatly to childhood obesity which if sustained will have a considerable impact on pain. As adults, our take up of passive transport, particularly the motor car, convenience tools such as remote controls and portable devices to name a few have drastically reduced our need for physical exertion. Many work stations require repetitive activities and our reliance on computers results in sustained static postures and sedentary lives. Our busy work schedules and lifestyles and constant cries to attend to the urgent, often crowds our life so we neglect important activities such as family, rest and exercise.

The increased economic value of a mother's time has given rise to packaged and highly processed foods, takeaway fast foods and extended food storage times as food marketers exploit the desire to avoid time intensive chores such as food preparation with fresh produce. All of which have contributed to pain as we shall soon see. This in turn compromises the quality of the food we consume so our body does not receive the nutrients it requires for high performance and to rebuild and repair growing or damaged tissue. By relying on processed, inexpensive foods we simply exchange convenience and short-term cash savings for long-term health misery.

It is going to take a change of thinking, actions and habits if we are going to invest in our health and reduce our risk of contracting chronic conditions such as severe joint pain. Take courage however, as you will soon learn, you don't pay the price of discipline or perceived sacrifice for good health, you enjoy the benefits.

## 1. NATURAL PAIN RELIEF:

For the purpose of this article and simplicity, we have separated the causes of pain into two main categories:

1. **Injury**, such as...
  - a. Lower back strain
  - b. Whiplash
  - c. Tennis Elbow
2. **Dis-ease**, conditions such as...
  - a. Arthritis
  - b. Degeneration
  - c. Fibromyalgia
  - d. Vascular disease

**Injuries** generally occur after an impact, after a sprain or a strain on a joint or muscle group. The resultant structural damage causes inflammation and nerve irritation which is a source of pain. In addition, repetitive strains and injuries lead to muscle tightening and imbalances which can cause joint and spinal compression and eventually degeneration. Such injuries generally respond best to **assessment, accurate diagnosis and treatment** from a health professional such as a physiotherapist. Response to quality treatment should be noticed **immediately**.

**Dis-ease** is a description for a condition, a disruption or imbalance in our natural state, that of ease. These conditions are typically a result of a combination of family history or genetics, early childhood and most importantly lifestyle factors such as diet, stress and activity levels. Vascular disease can inhibit the circulation even at the micro level so joints structures such as cartilage are unable to get the nutrients they require and begin to degenerate. As such, pain stemming from *dis-ease* is best treated with professional advice and **lifestyle change**. Therapy, be it drug, physiotherapy or massage can provide relief from pain during the transition to wellbeing. However, the results from lifestyle change may take many **weeks or even months** depending on the nature and severity of the condition.

*Imagine...* It's night time, everyone in the family is peacefully sleeping. You are suddenly awakened by the shriek of a smoke detector alarm, what do you do next? Turn off the alarm and go back to sleep? NO, you investigate what set it off, locate the fire and put it out. Then why do we turn off our bodies alarm signals without investigating the triggers?

For instance, joint pain and arthritis are commonly treated with anti-inflammatory drugs, but doesn't it make more sense to investigate the cause? Is your diet and lifestyle producing inflammatory chemicals that attack your tissues? Specific corrective advice

and where appropriate, nutritional supplements can treat the cause, not only fixing the painful symptoms but strengthening your whole immune system.

**Arthritis, joint pain and tissue damage are not simply unavoidable symptoms of aging.** They are signals from our body that something is not right, we are out of balance. There are many options available to halt the progression of these symptoms that you will soon discover as you read on.

So, I hope that by the time you have finished reading this publication, you can see pain as a friend and to recognise it as an important messenger. A message from your body, that treatment is required and/or lifestyle changes are necessary to address the cause. You will also come to realise that in addressing the causes of your condition, you will likely be minimising the risks of developing all of the major lifestyle diseases such as diabetes, heart attack, stroke, cancer and dementia.

In most cases, no one avenue of treatment or therapy will fully resolve your condition; unfortunately, there is no silver bullet. However, used in combination and under professional supervision, one has the best chance of a successful healthy outcome.

Pain is mostly an alarm, it's your body's natural way of telling you there is dysfunction. There are some very effective drugs designed to turn off your alarms (pain), but is this the best course of action for your long-term health? Especially if the drug needs to be taken indefinitely. All drugs have side effects, with the recent withdrawal of the popular drug Vioxx® and concerns with Celebrex® due to increased risk of cardiovascular disease now is the time more than ever to start putting out the fire and not just turn off the alarm, time to address the cause and not just apply a bandaid.

Even the ibuprofen class of non-steroid anti-inflammatory drugs (NSAID) sold under various trademarks such as Nurofen, Brufen, Actfree and Heron Blue have had their fair share of adverse publicity due to the potential damage they cause to the digestive system. Recent research suggested as many as 1 in 5 Australians could be vulnerable to side effects, including heart trouble, ulcers or asthma attacks in asthma sufferers if they take this class of drug.

In this publication we will investigate how these drugs work and the problems they cause. We will also investigate the many healthy choices and natural remedies for preventing and treating arthritis and joint pain. Prescription pain killers, which may provide effective short-term pain relief mainly serve to turn off the alarm without addressing the root cause of the pain.



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“Two roads diverged in a wood  
And I took the one less traveled by  
And that has made all the difference.”

*Robert Frost*

Much has been written about Robert Frost’s poem, especially made famous by psychiatrist M. Scott Peck’s book “The Road Less Traveled”. With regard to our health, we live in a culture where too many people want the easy option. To just take a pill and have all their problems solved, but clearly the road less traveled, even though it requires discipline, work and sacrifice is the best path. The role of this publication and the therapists at Lifestyle Therapies is to make the harder path easier through treatment, education, accountability and motivation.

Remember, the pain of discipline or sacrifice is always easier to endure than the pain of regret. Can you imagine yourself saying you would prefer to live with the realities of Type II Diabetes which may include daily insulin injections, severe nerve pain, blindness, limb amputation and a possible early death all because we wanted to live an undisciplined, so-called easy life with little or no exercise and a diet that consisted mostly of junk food and soft drink with very little fresh produce? Surely if one was educated on the consequences our eating and exercise habits has on our health, the pain of regret will always outweigh any perceived sacrifice?

Constantly remind yourself, **you don’t pay the price for good health, you enjoy the benefits**. The benefits of increased energy to spend time with your children or grand children, less sickness and disease, greater confidence and a slim sexy body. Always count your blessings, focus on what you have or are going to have and not what you think you are missing out on.

Welcome to the Lifestyle Therapies’ report on how to eliminate or control pain with a range of natural and conventional treatments.

## 2. The Truth Behind Some of the Anti-inflammatory Drugs:

Many pain medications are not suitable for long term use because of the potentially damaging side-effects. Vioxx® and Celebrex® as COX-2 (cyclooxygenase-2) inhibitor drugs were promoted as “wonder drugs” because they were friendly to the stomach. As it turned out however, Vioxx® in particular proved to significantly increase the risk of stroke and heart attack among long-term users.

What was Merck & Co’s (manufacturer of Vioxx®) initial response when the medical profession discovered there may be a link between cardiovascular disease and the long term use of the drug? They sponsored an educational symposia and circulated media articles to discredit the cardiovascular concerns associated with their drug. They then spent more than \$100 million a year to promote the drug with consumer direct advertising<sup>1</sup>. Vioxx® was finally taken off the market in September 2004 after the release of a study showing that the drug doubled the risk of heart attack and stroke in long-term users.

By their very nature, drugs are designed to block or inhibit normal processes within the body such as an enzyme performing a vital role. They can be life saving when used in acute care, but alternative approaches should be seriously considered in the longer term. Drugs can only be of value in a disease state, only then can the body benefit from blocking an essential process and there are almost always unwanted side-effects. So by the very nature of their actions, drugs cannot play a role in wellbeing, only in sickness. Nutrients on the other hand are enablers, they give the body the building blocks it needs to maintain wellbeing and resist disease. The impact is not immediate but the benefits come over the long term.

The following is a transcript from an interview with the popular Australian Dr James Wright. *“The nation is over doctored. The amount of drugs we take through the PBS, \$5-6 billion of so called free medicine is a national disaster. In my day we didn’t have any of these things, we used to listen to our patient, prescribe the very minimum of medication and people still got better.*

*We looked at their home and social life and spent the time with them to really find out what was wrong and unfortunately no one does this these days. Let’s face it, for the average cold, time will heal 99% of the time whether you take a pill or not.*

*It’s crazy the way we work, we follow the US. The pharmaceutical industry dominates the medical field. They sponsor most of the research suppressing the negative results and only publishing the positive ones in medical journals. They have pads, pens and every branding tool you can imagine and they constantly bombard doctors with them. They*

*then offer free meals and holidays and it's only a matter of time before they start prescribing the stuff. Its inevitable...has to happen.*

*The pharmaceutical companies basically manipulate doctors to prescribe their drugs. They influence University's by sponsoring Chairs and it is out of hand, while here we have nature that is the best doctor anywhere.*

*Western medicine is all about prescribing tablets and pills, they just refuse to believe that what nature has to offer can heal us. 99% of people go to the doctor with a sore throat and request anti-biotics to heal them. Most of the flues are caused by a virus anyway so the anti-biotics do absolutely nothing, the patient would get better anyway in 7-10 days if they just let time heal them.*

*Drug companies and the medical model hammers home – if you get this (symptom), then take that (drug). We have a drug company regulated monopoly that doctors help to perpetuate that if you get sick, you need to see your doctor and he/she will prescribe a drug to make you better.*

*The problem is going to get worse and worse”<sup>ii</sup>*

In the case of COX-2 inhibitor drugs such as Vioxx® and Celebrex®, they are designed to inhibit the COX-2 enzyme. This leads to a metabolic imbalance, resulting in the overproduction of byproducts that damage the arterial wall and induce arterial blood clotting<sup>iii</sup>. The excess of toxic byproducts results in the increased incidence of stroke and heart attack<sup>iv</sup> as evidenced in the higher rates of adverse cardiovascular events in those that took Vioxx®.

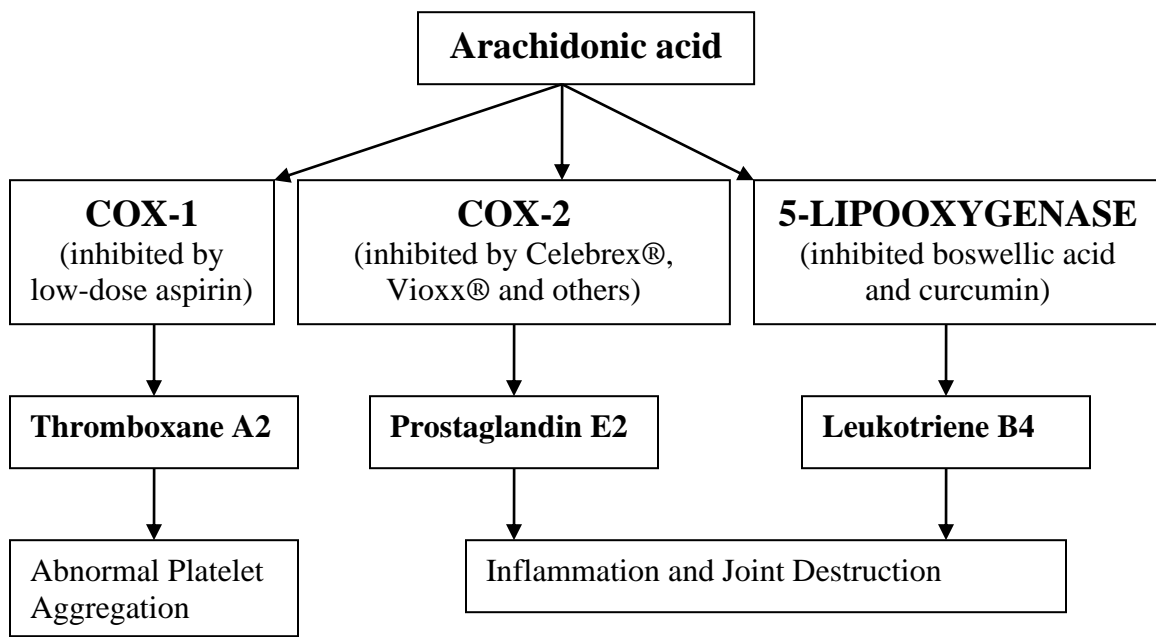
For those that like their biochemistry COX-2 is an enzyme that speeds up the chemical conversion of *arachidonic acid* into the pro-inflammatory agent *prostaglandin E2*. The production of *prostaglandin E2* and its pro-inflammatory effects are important to us, as later on we will learn how we can naturally lower the production of *prostaglandin E2* by reducing the intake of foods rich in *arachidonic acid* without the adverse side effects.

By inhibiting COX-2, less *arachidonic acid* is converted to *prostaglandin E2* and most people experience a corresponding reduction in arthritis pain and inflammation. Unfortunately, the resulting unnaturally high levels of *arachidonic acid* are converted by other enzymes into dangerous substances such as *leukotriene B4* and *thromboxane A2*<sup>v</sup>.

*leukotriene B4* is another pro-inflammatory agent<sup>vi</sup> and is especially destructive to the arterial lining and joints. Numerous studies document the atherosclerosis-inducing effects of *leukotriene B4*.<sup>vii</sup>

*thromboxane A2* induces blood platelet aggregation and promotes abnormal blood clotting within the arteries, which causes many types of heart attacks and strokes.<sup>2 viii</sup>

**FIGURE 1. ARACHIDONIC ACIDS DESTRUCTIVE CASCADE**



COX-2 does have favourable effects on the vascular system by facilitating the formation of *prostacyclin*. *Prostacyclin* inhibits platelet aggregation, induces healthy arterial dilation and prevents the proliferation of smooth muscle cells in the arterial wall. When COX-2 inhibitor drugs are taken, less beneficial prostacyclin is available to protect against heart attack and stroke.

So it has been shown that *arachidonic acid* is a precursor to *prostaglandin E2*, *leukotriene B4* and *thromboxane A2* and hence a major contributor of inflammatory problems within the body. The conversion of *arachidonic acid* to *leukotriene B4* can be suppressed by taking a standardised extract of boswellic acid.

### **3. Good Nutrition and Nutritional Supplementation's Role in Preventing Pain.**

Your diet and lifestyle has a profound affect upon any chronic illness and especially arthritis and osteoporosis. Where the causes of pain are generally from *dis-ease* such as arthritis, fibromyalgia, degeneration and inflammation as opposed to injury, then this is where nutrition, supplementation and lifestyle factors are going to have their greatest impact. If you are dependent upon anti-inflammatory drugs and/or immuno-suppressant drugs, the use of dietary and lifestyle strategies below will still be most beneficial for your symptoms.

Since nutrition and exercise plays a vital role in our weight management it is also worth considering that even small amounts of consistent weight loss can have a big impact on joint pain. All forms of arthritis are worse in overweight individuals due to the extra strain placed on the joints, especially the spine, hips, knees and feet. [Lifestyle Therapies](#) has a number of successful programs for clients wanting to lose weight.

#### **Beneficial Foods For Arthritis and Inflammation**

Increasing the consumption of anti-inflammatory foods can have an important role to play in controlling inflammation and the role it plays in pain. Large amounts of fresh salad vegetables should be consumed. These are high in vitamins, minerals, enzymes and phyto-chemicals that have anti-inflammatory and alkaline effects in the body. Eating fresh vegetables and fruits provides the liver with the nutrients it needs for detoxification of the bloodstream. This way, there will be fewer toxins and acid waste products building up in the joints. Additional nutrients that are important for arthritis sufferers include vitamin C and E, antioxidants, B-complex vitamins and trace minerals, particularly selenium and copper. Efficient calcium metabolism with sufficient levels of vitamin D and magnesium is also critical for healthy joints. Of course, it goes without saying that a healthy natural diet is fundamental to managing inflammatory conditions such as arthritis. Our [Lifestyle Therapies](#) team can help you approach healthy nutrition from a number of perspectives.

Drink around 2 litres of pure water each day. This is vital to flush uric acid out through the kidneys and improve circulation of blood to the joints. Purified water is preferable to tap water due to the chemical and heavy metal residues it may contain.

#### **Omega-6 vs Omega-3**

There has been much written about these two very important essential polyunsaturated fatty acids. From an inflammatory/pain perspective the most important message is to avoid the vegetable oils such as corn, safflower and sunflower that are widespread in

processed and packaged foods. In addition, consume most your omega-3's from  $\alpha$ -linolenic acid (ALA) and omega-6's from Linoleic acid (LA) without heating or cooking them, see the table below for common sources.

The three main omega-3 essential fatty acids are  $\alpha$ -linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). You will particularly see EPA and DHA contents in all fish oil supplement food labels. This is because EPA and DHA are the active omega-3 ingredients contained in the fish oil. ALA is the parent omega-3 in that it is the precursor to both EPA and DHA, so the body can take ALA and convert it to EPA and DHA. As an example, ALA is found in flax (linseed) oil, walnuts and soy beans.

**Common dietary sources of omega-3 and omega-6 fatty acids.**

<b>Essential Fatty Acid</b>	<b>Commonly Found In</b>
<b>Omega-3</b>	
$\alpha$ -linolenic acid (ALA),	Flax (linseed) oil, walnuts and soy beans
eicosapentaenoic acid (EPA)	Oily fish and some algae and the body produces it from ALA
docosahexaenoic acid (DHA).	Oily fish and some algae and the body produces it from ALA
<b>Omega-6</b>	
Linoleic acid (LA)	Poppy, sesame, sunflower, grape, corn, cotton and safflower seed oils to name a few.
Arachadonic acid (AA)	Meat, eggs, dairy and the body produces it from LA
Gamma-linolenic acid (GLA)	Evening Primrose and borage oil and the body produces it from LA

The correct ratio of omega-6 and omega-3 in the diet is the subject of some conjecture in the scientific community<sup>ix</sup>. Recommendation for the ratio of omega-6 to omega-3 fatty acids in our diet vary from around 7:1 to 2:1. The ratio of the primitive human diet was roughly 1:1. Around 100 years ago the dietary ratio of omega-6 fats to omega-3 fats was approximately 4:1. Today the Western diet can equal or exceed 20:1 mainly due to our increased consumption of omega-6 rich vegetable oils, such as corn oil in combination with declining intake of omega-3's found in deep sea fish, flax seed oil, eggs and grass fed beef.<sup>x</sup>

Age, alcohol abuse, B-vitamin deficiency, low intake of essential vitamins and minerals, hydrogenated oils from margarine and processed foods, diabetes and hyperinsulinism can all contribute to reduced levels of EPA, within the body and a subsequent environment

that is more susceptible to inflammation. Today's current 'Omega Crisis' can be witnessed by the increase of pro inflammatory disease conditions, including joint pain.

Omega-3 fatty acids have anti-inflammatory, anti-thrombotic, anti-arrhythmic, hypolipidemic and vasodilatory properties. Omega-3 oils can be beneficial for any inflammatory condition such as rheumatoid arthritis (less morning stiffness and tender joints), psoriasis and ulcerative colitis, as well as being good for heart health. Omega-3 fatty acids are vital for the metabolism of cholesterol; they help reduce the bad LDL cholesterol by increasing the good HDL cholesterol. Because of their involvement in the structure of cell membranes omega-3 fatty acids are also beneficial for the health of nails, hair and skin.

A high source of omega-3 is in flax and rapeseed oil, walnuts and fish oil. Fish oil has also been shown to reduce symptoms in rheumatoid arthritis in a dose-dependent manner, relapse rates in Chron's disease and progression to renal failure in immunoglobulin A nephropathy (X). Fish oil improves control in systemic lupus erythematosus and has a preventive effect when given prophylactically to mice genetically predisposed to lupus (X). Also because of the DHA & EPA components of fish oils they are helpful in the treatment of emotional irritability in children and assist in learning ability and have been shown to reduce the symptoms of depression and other mental health disorders in adults.

The fish that contain significant EPA are generally the deep-water fish such as salmon, tuna, mackerel, herring, albacore and sardines. It is also found in lesser concentrations in cod, whitefish, bluefish, bass and trout. Unfortunately, canned fish, particularly tuna loses significant quantities of omega-3 fatty acids in the processing. In fact, most canned tuna is at least 97% (and often 99%) fat free with very little to no EPA and DHA. Hence when we think we are doing the right thing by having canned tuna, we are often actually just consuming a very lean form of protein. Non-fish sources of omega-3 fats, although in smaller doses are found in dried beans, seeds such as pumpkin, tofu (soybean origin), butternuts and walnuts. Flaxseed oil provides the body with a precursor to EPA and is also important to incorporate into the diet.

**Examples of Fish with High Levels of Fats and Omega-3 Fatty Acids.**

Amounts shown are percent of the uncooked fish, as presented typically in shops.

<b>Fish</b>	<b>% Total Fat</b>	<b>% Omega-3 Fatty Acids</b>
Pollack	1.0	0.4
Halibut	2.3	0.4
Striped bass	2.3	0.8
Smelt	2.4	0.7

Rainbow trout	3.4	0.6
Swordfish	4.0	0.6
Bluefish	4.2	0.8
Freshwater catfish	4.3	0.4
Bluefin tuna	4.9	1.2
Salmon (Atlantic)	6.3	1.4
Albacore tuna	7.2	2.1
Lake trout	9.4	1.4
Chinook salmon	10.4	1.4
Mackerel (Atlantic)	13.9	2.3
Herring (Atlantic)	18.0	1.6

In the Western food supply, and subsequently the Western diet, for most people it is too costly and impractical to consume sufficient Omega-3 EPA and DHA to achieve a significant pain reducing, anti-inflammatory effect. **Introducing Fish Oil Supplementation.** Now becoming as readily used as a multi-vitamin, fish oil supplementation is can be beneficial for heart health, pain relief and even depression.

**To summarise, fish oil supplementation (due to the action of EPA and DHA) has an anti-inflammatory effect through the inhibition of Arachadonic acid metabolism and an anti-thrombotic effect through PGI3 and 5-lipoxygenase pathways whilst protecting existing cartilage by inhibiting TNF-a synthesis.**

**An anti-inflammatory daily dose of fish oil is 2.7g or more of an EPA-DHA combination or 9+ over the counter omega-3 capsules. This dosage has been found to clinically relieve painful joints and reduce morning stiffness in patients with rheumatoid arthritis whilst reducing relapse rates in Chron's disease and progression to renal failure in immunoglobulin A nephropathy and control systemic lupus erythematosus.<sup>xi</sup> (X) The symptomatic benefit of fish oil in rheumatoid arthritis can be delayed 2-3 months and earlier improvement with higher doses suggests a possible loading effect.**

**The current average annual cost for an anti-inflammatory dose of fish oil capsules can range from AUD \$260 - \$800.**



For more information about the exact anti-inflammatory pathways of fish oil supplementation read the following section.

How does it work? As explained; Arachidonic Acid (AA) results in a pro-inflammatory effect via the Cox Isozymes. EPA, which is present in good doses in fish oil, differs from AA only by the presence of its n3 bond. Being a chemical homologue, EPA is both an inhibitor of AA metabolism and an alternate substrate for COX. Whereas AA is converted by COX to the n6 prostaglandin PGH<sub>2</sub>, EPA is converted to the n3 homologue PGH<sub>3</sub> which influences the synthesis of downstream products of COX in ways not seen with NSAIDs. PGH<sub>3</sub> is both inhibitor and alternate substrate of thromboxane (TX) synthase but the n3 product TXA<sub>3</sub> has little biological activity. PGH<sub>3</sub> is a poor inhibitor of PGI synthase and is converted to PGI<sub>3</sub>, which has activity similar to that of PGH<sub>3</sub>. Thus, the net effect of fish oil is to reduce the production of pro-inflammatory and antithrombotic eicosanoids but not the vascular patency factor prostacyclin.

In addition to its effects on COX metabolism, fish oil in anti-inflammatory doses also inhibits AA metabolism by 5-lipoxygenase and thereby reduces production of the potent chemotactic factor leukotriene B<sub>4</sub>. This effect, attributable to EPA, is not seen with NSAIDs which have no inhibitory effect on the 5-lipoxygenase pathway. Other inflammatory mediators whose production is inhibited by fish oil are the cytokines tumour necrosis factor (TNF) – and interleukin-1b, which are involved not only in the production of inflammatory signs and symptoms but also in cartilage degradation. In contrast its inhibition by fish oil, TNF- $\alpha$  synthesis by monocytes is increased by NSAIDs.

### **Other Foods Worth Avoiding**

Avoid foods made with white flour such as white bread, cakes, biscuits and cookies. Processed wheat and its products can promote inflammation in the body. Some arthritis sufferers do well on a wheat free diet. Avoid all deep-fried foods, as these contribute to fatty liver and excessive weight. Avoid foods that contain hydrogenated oils or trans-fatty acids as these types of processed fat can slow down the process of burning fat and may increase inflammation. Check food labels to see if the list of ingredients contains hydrogenated oils or trans-fatty acids.

Some people with arthritis find the nightshade family of vegetables aggravates their condition. The nightshade group of vegetables includes tomatoes, eggplant, capsicum and potatoes. Try avoiding these vegetables from the nightshade family for two months and see if your symptoms of arthritis improve.

Those with elevated levels of uric acid in the blood should minimize their intake of foods high in uric acid. These foods include alcohol, anchovies, asparagus, herring, meat

gravies, bouillon, mushrooms, mussels, sardines, organ meats, processed meats (hot dogs, ham, bacon etc.), caffeine, legumes and yeast products. A high intake of sugar or alcohol interferes with the body's ability to excrete uric acid. You can ask your doctor to check your levels of uric acid with a simple blood test. Uric acid can deposit in the joints and cause joint inflammation – commonly called gout.

### **Glucosamine Promotes Healthy Joints:**

Our cartilage grows between joints and acts as a shock absorber, protecting the bones and tissue from impacts caused by bodily movements such as walking. Glucosamine is crucial in the construction of Glycosaminoglycans which helps cushion the joints from wear and tear with their excellent lubricant properties. Reduced levels of Glycosaminoglycans in the cartilage has been linked with the severity and pain caused by arthritis. Clinically, glucosamine has demonstrated benefits in patients with arthritis in the hip and knee.<sup>xii</sup>

Clinical evidence suggests that glucosamine helps maintain the joint space and may help rebuild damaged cartilage. In contrast, NSAID's (non-steroidal anti-inflammatory drugs) have a propensity to cause cartilage deterioration.<sup>xiii</sup> Glucosamine has also been shown to inhibit certain enzymes that aid in the natural break down of cartilage.<sup>xiv</sup>

So glucosamine is fast becoming the treatment of choice for osteoarthritis. Not only does it have the ability to repair and improve joint function but by also providing pain relief it has a significant advantage over conventional treatments.

A recent study found that by combining glucosamine with methylsulfonylmethane (MSM) the effectiveness was greater than using them in isolation.<sup>xv</sup> While glucosamine helps to protect and restore joint cartilage, methylsulfonylmethane acts as an effective natural analgesic and anti-inflammatory. In this study it was shown that there was significant improvement in pain levels with patients taking a combination of glucosamine with methylsulfonylmethane over placebo or taking them individually. Patients took 500 mg of both glucosamine and methylsulfonylmethane three times a day.

### **Anti-inflammatory Citrus Flavonoids:**

A group of flavonoids from citrus offers numerous benefits in fighting inflammation. In particular polymethoxylated flavonoids have been found to benefit the cardiovascular system by lowering LDL cholesterol and triglyceride levels. The powerful antioxidant properties of these flavonoids provide protection and suppress inflammation. One of these flavonoids is very effective at inhibiting expression of the inflammatory cytokines tumor necrosis factor-alpha and IL-10.<sup>xvi</sup>

In addition, the flavonoid nobiletin has been identified as a novel anti-inflammatory agent that has the potential to inhibit the degradation of articular cartilage in osteoarthritis and rheumatoid arthritis.<sup>xvii</sup> Nobiletin has also been found to interfere with numerous inflammatory cytokines.<sup>xviii</sup> These anti-inflammatory effects are comparable to those seen with powerful anti-inflammatory steroids. Finally, tangeretin, another citrus flavonoid has been found to offer complimentary effects against inflammation.<sup>xix</sup>

The older nonsteroidal anti-inflammatory drugs (NSAIDs) can cause significant gastrointestinal side effects and degenerate cartilage making them undesirable choices for the long-term management of arthritis. Fortunately, there are several effective nutritional supplements for arthritis pain and inflammation that are readily available namely fish oil, citrus flavonoids and glucosamine.

**Raw juice recipe to help reduce inflammation:**

- ½ cup purple cabbage
- 2 red apples
- 1 carrot
- 2cm sliced beetroot
- 4 sticks celery
- ¼ green Lebanese cucumber
- 1 cm ginger root

Wash all vegetables thoroughly and leave the skins on, juice and drink immediately. If you find the juice too strong for your stomach, you can dilute with water or add more apple or celery to modify the taste.

This juice will alkalize the body and promote the elimination of waste products from the body. Ideally you should juice everyday.

**Pain-eze Juice**

1cm fresh ginger root

¼ pineapple

1 apple, core out and skin on

½ Lebanese cucumber or similar amount of any green cucumber

¼ grapefruit

Wash, trim and chop all ingredients before juicing, drink immediately.

- Grapefruit contains organic salicylic acid and is one of the most valuable fruits for dissolving inorganic calcium, which may have settled in the cartilage and joints.
- Pineapple is of great benefit in arthritic conditions and its bromelain content helps to dissolve waste material that may have accumulated in the joints.
- Cucumber reduces acidity in arthritic/rheumatic conditions.

- Ginger has components which inhibit the formation of inflammatory prostaglandins and thus reduce the pain of arthritis.

For more information on juicing, see Dr Sandra Cabot's book – "Raw juices can save your life".

#### 4. How Herbs and Natural Remedies may Assist:

Many supplements and herbal remedies can relieve pain through their anti-inflammatory, analgesic and anti-spasmodic actions. Choosing which herb is appropriate to use not only depends upon the type of pain (e.g. supplements used to treat pain associated with the nervous system may be different to those associated with joint pain) but also what other deficiencies, strengths and weakness your body may have.

Again, taking herbs as a remedy for pain will not necessarily treat the cause and will not address the primary dysfunction. However, the use of herbs can assist throughout the transition when the lifestyle changes are taking effect.

Following are some examples of herbal remedies and supplements which may be used for pain relief, however before taking any supplement please see a trained professional for advice, some herbs may be contraindicated with certain medications, or in certain conditions such as pregnancy. Experienced integrative medicine practitioners can advise you on the herbs and supplements that would be most beneficial in treating you as an individual.

**Turmeric** (*Curcuma longa*). This common yellow powder used in cooking, especially Indian dishes, has wonderful anti-inflammatory and antioxidant effects. “Curcumin (turmeric) is as effective as cortisone or phenylbutazone in models of acute inflammation, but without side-effects” (Pizzorono J, Murray M, Joiner-Bey H, *The Clinicians Handbook of Natural Medicine*, 2002 Churchill Livingstone, Sydney). However, the dosages needed to achieve this anti-inflammatory effect (8,000-60,000mg of turmeric) are far greater than what most people would use in daily cooking, so supplementation would be more appropriate. Turmeric is especially beneficial in relieving inflammation associated with arthritis, tendonitis, bursitis and carpal tunnel syndrome.

**Passionflower** (*Passiflora incarnate*). Passionflower’s anti-spasmodic and anodyne (lessening sensibility of the nervous system) actions make it effective in treating nerve pain as in conditions such as neuralgia or shingles. Because of its tonifying effect on the nervous system it is also beneficial in treating tension, anxiety, or insomnia.

**Devils Claw** (*Harpagophytum procumbens*). This herb has anti-inflammatory and anodyne actions, and is effective in treating joint pain. It is renowned for relieving pain associated with arthritis, lower back pain and carpal tunnel syndrome.

**Ginger** (*Zingiber officinale*). Apart from having an antioxidant effect, ginger also inhibits prostaglandin, thromboxane, and leukotriene synthesis (chemicals that cause inflammation). It improves circulation which in turn may increase joint mobility. It has been used for thousands of years in Asian and Ayurvedic medicine for the treatment of inflammation, and is particularly beneficial for arthritic conditions.

**Boswellia** (*Boswellia carterii*). An Ayurvedic herb used for inflammatory conditions, it inhibits pro-inflammatory lipoxins and leukotrienes and is especially beneficial for joint inflammation. “Laboratory studies have shown that boswellic acids, active components in boswellia deactivate the hormonal triggers for inflammation and pain in osteoarthritis. These acids effectively shrink inflamed tissue by stimulating the growth of cartilage, increase blood supply to inflamed joints, and enhance the repair of local blood vessels damaged by inflammation”. (Balch P, Prescription for Herbal Healing, 2002, Penguin Putnam Inc, New York).

**Feverfew** (*Tanacetum parthenium*). This herb has anti-inflammatory actions, and so is beneficial for pain associated with arthritic conditions, but it also has vasodilatory properties and is a relaxant and so works well in the treatment of migraines and headaches.

**Bromelain**. Bromelain is found in the core of the pineapple. It blocks the production of PGE2 (chemicals that increase swelling and pain) and increases the anti-inflammatory PGE1. This in turn reduces pain and speeds recovery of bruises, tendon and joint inflammation. It is particularly useful for inflammatory conditions such as rheumatoid arthritis, ankylosing spondylitis, sciatica, scleroderma, bursitis, tendonitis and carpal tunnel syndrome.

Other herbs that may be useful in pain relief because of their analgesic, anti-inflammatory or anti-spasmodic action include Skullcap, St Johns Wort, Valerian, Black Cohosh, Cramp Bark, Chamomile, Ginseng and Hops.

In addition, many cultures around the world have used traditional local remedies for pain, some of which make it to our shores. These would include Noni, Goji and Mangosteen juice and some of the Australian bush fruits. While there is little doubt some of these will work for certain people, there seems to be no rhyme or reason and if you are willing to give anything a go and your budget affords it, there is no harm in trying.

## 5. Do magnets really work?

Most magnetic products description of their mechanism of action revolves around the interaction of the magnetic field with the iron of hemoglobin in the blood and a resulting increase in circulation. While [this myth is widely circulated](#), one magnetic design – Quadrupolar magnets or Q Magnets, provides increased circulation but most importantly provides a proven and scientifically validated mechanism for dampening pain hypersensitivity improving injury recovery.

The neuromagnetic therapy (Q Magnets) used at [Lifestyle Therapies](#) are a revolutionary way to relieve pain. Q Magnets:

- Have been developed by neurologists.
- Are the first therapeutic magnets backed by **both** basic scientific research **and** extensive clinical pain management experience.
- Utilise an exclusive second generation Quadrupolar technology, the first generation was used extensively and researched by a major university – Division of Neuromagnetics, Department of Neurology at Vanderbilt University Medical Centre.
- Are developed, tested and used by health professionals around the world.
- Are compact and extremely strong and generate a very steep magnetic field gradient.

After many years of testing, research and clinic trials the unique Quadrupolar design was discovered that is truly effective at blocking pain. There are many theories as to how Q Magnets relieve pain. But until recently, there has been no extensive clinical experience or basic research to support any one theory<sup>123</sup>.

**Research has shown that it is not the magnetic field strength but the unique field gradient produced by the Quadrupolar arrangement of the four magnetic poles that is the determining factor in alleviating pain<sup>456</sup>.**

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<sup>1</sup> Holcomb, RR; Parker, RA and Harrison, MS: Biomagnetics in the treatment of human pain- Past, Present, Future. Environmental Medicine, 8:24-30, 1991

<sup>2</sup> McLean, MJ; Holcomb, RR; Torgerson, JE and McCullough, B: Treatment of wrist pain in the work place with a static magnetic device: interim report of a clinical trial. Second World Congress for Electricity and Magnetism in Biology and Medicine, Bologna, Italy, June 8-13, 1997.

<sup>3</sup> Holcomb, RR: Treatment of mechanical low back pain with arrays of permanent magnets: a controlled study. 20th Annual Meeting of the Bioelectromagnetics Society, St. Pete Beach, FL, June 7-13, 1998.

<sup>4</sup> McLean, MJ; Holcomb, RR; Wamil, AW; Pickett, JD and Cavopol, AV: Blockade of Sensory Neuron Action Potentials by a Static Magnetic Field in the 10 mT Range. Bioelectromagnetics 16:20-32, 1995.

Laboratory experiments published in peer reviewed journals have shown that the common bipolar magnets have not produced a similar effect on neuronal tissue. It is the field gradient that blocks the sodium and calcium pumps on the membrane wall of abnormally firing nerve cells. This effectively reduces the ability of the overexcited nerve endings to transmit a signal (Action Potential) back to the brain that there is a pain stimulus.

Studies in the laboratory and clinical data collected have demonstrated that Q magnets are effective in the treatment of:

- ✓ acute pain
- ✓ chronic pain, and
- ✓ postoperative pain.

Q Magnets can be used for common aches and pains of daily living such as headaches, neck pain, jaw pain, tooth pain, shoulder pain, upper and lower back pain, elbow and wrist pain, hip, knee and ankle pain. It has been demonstrated that the device is most effective when it is placed over an area of strong pain where there are abnormally functioning pain fibres.

Pain receptors at the end of C nerve fibres are affected by the chemical irritation from the inflammatory response. Q Magnets block the ion gates and allow the chemical irritation to be flushed away by the surrounding lymphatic system, thus aiding the healing process. Laser Therapy is an excellent adjunct to treatment as it stimulates healing by up to 50% while Q Magnets block the pain.

**Less chemical irritation → less muscle spasm → less nerve irritation → less joint irritation → less pain.**

Damaged nerve endings and chemical pain signals cause increased pain and lead to weakening of the affected area. Q magnet and laser therapy, along with the professional advice of your treating therapist, help bring healing to the injured areas at the cellular level.

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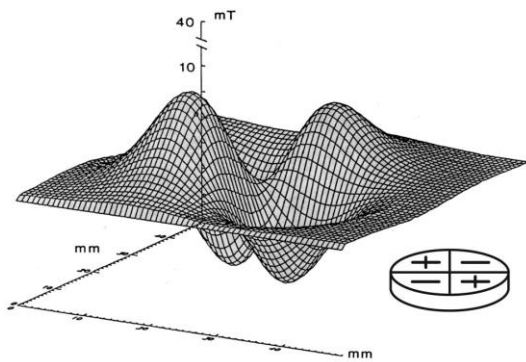
<sup>5</sup> Cavopol, AV; Wamil, AE; Holcomb, RR and McLean, MJ: Measurement and analysis of static magnetic fields which block action potentials in cultured neurons. *Bioelectromagnetics* 16:197-206, 1995.

<sup>6</sup> McLean, MJ; Holcomb RR; Wamil AW and Pickett, JD: Effects of steady magnetic fields on action potentials and sodium currents of sensory neurons in vitro. *Environmental Medicine*, 8:36-45, 1991



Practitioners at Lifestyle Therapies are well trained in neuromagnetic therapy and in particular the correct placement of Q Magnets for the most effective results.

**NOTE:** Q Magnets are intended to be used externally for the management of localised pain. Magnetic therapy is not a substitute for any clinical treatment that is recommended or prescribed by your treating doctor or therapist. IF YOU HAVE SYMPTOMS OTHER THAN PAIN, SUSPECT YOU HAVE AN UNDERLYING MEDICAL PROBLEM OR YOUR PAIN IS NOT RELIEVED OR RETURNS, CONSULT YOUR TREATING CLINICIAN.



*Graphical representation of the quadrupolar field gradients generated by the four alternating polarities.*

## 6. The emotional and spiritual aspect to pain

**Pain** is very complex and science, through evidence-based medicine has made considerable break-throughs with its physical components. However, there is an emotional and spiritual dimension to pain that should not be discounted. Science is unable to quantify the spiritual and emotional aspect of pain as it is difficult to measure and hence design reproducible treatment protocols.

We are used to seeing pain as an enemy, but when it is *dis-ease* based, why not see pain as an important messenger? This is important in the context of how we respond to adversity. We grow emotionally and spiritually through experience and revelation. Experiences that come to a positive conclusion (with feelings of satisfaction, even euphoric “I get it” moments) are considered to be "resolved", completed, the lesson learned, etc. This positive experience becomes a stepping stone, allowing us to move to a new place on the upward spiral of life.

Experiences that come to a negative conclusion (resulting in feelings of hurt, guilt, bitterness, anger, unforgiveness, unworthiness, unloved, etc.) are considered "unresolved", incomplete, etc. and can be stored as “negative energy” somewhere in our body tissues. This unresolved "stuff" is what causes us to repeat the same unpleasant experiences, over and over again, continually giving us the opportunity to grow through and overcome them. This pattern continues until we make a conscious choice to resolve them in a positive way. Each time we refuse to do that, we add more unresolved energy to the original experience. This energy builds up and eventually manifests itself into pain and/or a "physical disease" which may become life-threatening.

By fully embracing *dis-ease*, we recognise it as an ally and not the enemy. We free ourselves from focusing on, fighting with and reinforcing a feeling and can shift our attention to the underlying causes of discomfort. These might be physical. They may also, or only, arise from an experience our mind has stored away, unresolved and keeps invoking (unconsciously) to shape our expectations of what we should be experiencing. Whether we are sick, or only imagine we are sick, there is still something that needs to be dealt with and we give ourselves the freedom to do just that.

At the same time, we can respond to *dis-ease* as a call to be “consciously present”, to “live in the moment” and attend to our real bodily, mental, emotional and spiritual state, not living at a distance from ourselves. In addition to practical steps to deal with causes, and developing skills to look beyond our condition (e.g. pain) we can also bring positive emotions into our experience of the discomfort.

When we do this, we can “modulate its vibrational frequency” or “change its colour” to one that is life-affirming and enhancing. We can “move away from it” or move its location to another part of our mind and body map. We can mentally frame it and put it into a more manageable perspective, not allowing it to consume us and take over our whole mind and life. These are all ways of picturing and allowing us to control our experience and response.

We can think about this in terms of moving from a “fear-based” to a “love-based” response, from a response based on despair and death to a response based on hope and life. We can practically do this as a focused activity such as meditation. Sitting comfortably, back erect with eyes closed simply allow yourself to enter into a meditative or prayerful state of mind. You may find some deep breathing to be helpful, breathing deeply in through your nose and exhaling slowly through your mouth, four times (going to a meditative state is not rocket science, it doesn't require you to do yoga or other rituals unless of course you believe it does).

However, it is far more important to foster the love, life and hope-based response to *dis-ease*, not as something you do occasionally, but that comes naturally all the time. It needs to become a habit, a learned but increasingly instinctive response. The occasional exercises that you do, what ever they may be, should be undertaken with the conscious intention of training yourself to live in a positive, loving, life-affirming way towards yourself, with your condition as an ally, not an enemy; as moved by a good purpose toward you, not an evil one; a symptom, not its own cause.

Now, simply focus your attention on any condition with which you may be challenged with. Be willing to see it in this new light. When you are comfortable with that, ask the disease "what is the message you are bringing me?" When you "get the message" thank the *dis-ease* for showing up, for getting your attention. Then ask it what it needs from you in order to shift its vibrations and move on. Typically it will tell you that it needs love and/or forgiveness, sometimes it needs you to forgive yourself. Whatever it needs, give that need to it. Think it to the condition, wrap your arms around it and hug it to it, do it however you feel guided, just do it!

Finding the love in any situation, any experience whether the past or present, transforms "*dis-ease*" into "*ease*" setting you free.

At Lifestyle Therapies you can learn more about this approach from the professional advice of psychologist Sandra Spring and/or attend Healing and Meditation Classes with Father John Spring.

## 7. Tapping your pain away

If we told you, you could relieve and even cure certain types of pain by reprogramming the emotions through a combination of affirmations and specific tapping, you might think “*now they’ve lost it*”. But it’s being done every single day and by skilled clinicians.

To find out more about WHEE and how to order books, videos and the demonstration and instructional material, [CLICK HERE](#).

WHEE is derived from two well-known and mainstream therapies, almost every psychologist and psychiatrist has heard of them, 1. Eye Movement Desensitization and Reprocessing (EMDR) and 2. Emotional Freedom Technique (EFT). WHEE was developed by an experienced psychiatrist, Dr Daniel Benor M.D. over 10 years ago. You should be thinking, why haven’t I heard of this? Exactly, well now you have. Here is Dr Benor’s story written in his own words...

### **Clinical**

When I learned about psychotherapy as a teenager, I knew that was what I wanted to do. I couldn't imagine anyone actually getting paid to do something so fascinating. I studied psychology as my undergraduate pre-med major, endured the challenges of medical school, with a year's break for an NIMH research fellowship in psychiatry and for regrouping my battered energies. I trained as a psychiatrist 1967-1973, (with two intervening years in the Air Force during the Vietnam War), when psychiatry was mostly psychotherapy. Over the years, managed care has squeezed psychiatrist towards medication management. While I've resisted prescribing medications exclusively, it is pretty difficult to do much psychotherapy in a 15-20 minute medication visit--the amount of time allowed under managed care.

Fortunately, I work mostly with children (in a clinic and a day hospital), and am allowed the "luxury" of 30-minute sessions because I have to speak with parents, teachers, school counselors, and pediatricians, in addition to pharmacists and managed care companies -- all in addition to speaking with the children.

I constantly sought to develop ways of providing psychotherapy along with the medications, but was unable within my limited timeframe to use the psychodynamic approaches I was taught as a psychiatric resident. Eye Movement Desensitization and Reprocessing (EMDR - see: [www.emdr.com](http://www.emdr.com)) was a blessing to me, as well as to my clients. I was able to use EMDR with children who had post-traumatic stress disorders, as children respond very quickly to this approach -- not having barnacles on their problems like adults do. I also used EMDR to de-stress myself.

With adults, it is recommended that EMDR should be done only during sessions with the therapist. This is to prevent being overwhelmed by intense emotional releases that can occur during treatment. I found that children rarely had such intense releases, perhaps because they had not kept their hurt feelings bottled up for as long a time, or perhaps because their emotional defenses are not as strongly developed. Another factor may be

that I am comfortable doing this, having used EMDR for myself without the constant guidance of a therapist.

As I usually see children with their parents, I also taught the more stable parents to guide their children in doing the EMDR. If the children were mature and responsible, I encouraged them to practice the eye movements on their own, at home or at school, whenever they were upset. This was very helpful, for instance, with nightmares, when traumatic memories were stimulated by current stresses, or where excessive angers erupted. I still worried, however, that there might be intense emotional releases which could be traumatic.

I then learned to use the Emotional Freedom Technique (EFT) of Gary Craig ([www.emofree.com](http://www.emofree.com)) and [other Meridian Based Therapy approaches](#). In EFT and related therapies you tap or press a finger at a series of acupuncture points on your face, chest and hand, while reciting an affirmation. Because it works more rapidly than EMDR and does not evoke intense emotional releases, it can be used as self-healing. (Affirmations are described below, under the WHEE technique.)

This works more quickly than EMDR and has extra advantages. Because it works rapidly and does not evoke intense emotional releases, I started offering "two (or three) for the price of one" introductions to EFT to children together with their mothers, including their fathers as well when they are present. This way, the children more often accept the therapy and comply with the recommendation to use it at home to deal with stresses. Parents are more confident of its therapeutic efficacy because they have experienced its benefits themselves, and therefore encourage their children to use it more often.

I had difficulty introducing EFT in my work settings. EMDR has an extensive research base to confirm its efficacy in treating post-traumatic stress disorders (PTSDs). On the basis of my certification in EMDR, I was able to obtain official permission (from the administrators of the child and adolescent clinic where I work) to use this with their clients. Because EFT has no research base, they would not grant me permission to use it. Giving this a hard think, I turned it around and now call it an "affirmation technique." No one has faulted me for using affirmations in therapy, and never mind what clients do with their hands on their own bodies while they recite these. (Now, several years later, EMDR is recommended by the American Psychiatric Association as a treatment of choice for PTSD, considered an equally effective treatment as cognitive behavioral therapy. See: American Psychiatric Association 2004)

In an introductory workshop by Asha Nahoma Clinton on *Matrix Therapy*, Asha observed that alternating tapping the eyebrow points while reciting the affirmation works just as well as the entire series of EFT points. Ever conscious of my time limitations, I immediately started exploring this hybrid approach, that combines aspects of EMDR and EFT, which I now call the Wholistic Hybrid derived from EMDR and EFT, or WHEE.

EMDR suggests the use of a "butterfly hug" as one of its self-treatment interventions, particularly for children: Your arms are crossed so that your hands rest on your biceps muscles, and you alternate tapping on each arm with your hands. Instead of tapping at the eyebrows, I often have children and parents use the butterfly hug with the affirmation.

Many find the self-hug comforting, in addition to being highly effective in combination with the affirmation.

WHEE has been hugely successful for several reasons.

- It takes a fraction of the time that EFT requires.
- It allows for much greater flexibility in working on target problems within the session because it is so rapid. If the child is successful but the parent is not, or vice versa, there is plenty of time to explore alternative target symptoms or alternative methods of addressing these.
- It is better accepted and the compliance outside the therapy room is much higher because of this simplicity.
- It works marvelously well and rapidly on pains of all sorts, and is excellent for allergies, though it may take several days to be effective for the latter.
- It is tremendously empowering, as it is so simple and so rapidly effective in self-healing.
- It can be done discretely, so that no one knows you are doing it when you need self-healing in a public place.

### **Affirmation**

Here is a generic affirmation from EFT: "Even though I have this [anxiety, panic, fear, etc. - be specific when filling in the blank], I completely and totally love and accept myself, and know that God loves and accepts me unconditionally [or use whatever strong positive statement suits you best at the time you need it]."

Prior to doing this self-healing technique, it is helpful to assess how strong the negative feeling is that you want to address. The most commonly used is the *Subjective Units of Distress Scale* (SUDS), where you rate it on a scale from 0 (not bothering you at all) to 10 (the worst it could possibly feel).

After tapping for a few minutes, check the SUDS again. It will usually go down. Repeat the assessing and tapping until it is zero. Then you can build up a positive affirmation to replace the negative, simply stating the positive as you tap.

If the numbers don't shift after you've tapped, you can give yourself a gentle massage on the *releasing spot*, located just below the collar bone at its midpoint. No affirmation is needed here. Then return to tapping.

Teenagers would often refuse to use either of these tapping approaches outside of the therapy room. Their typical comment was, "Sure, dad! Like I'm going to tap my forehead

or pat my arms in front of my friends! They'll think I'm some sort of nut case!" I speculated to myself that if they alternated tapping with their tongue on their teeth on the left and then on the teeth on the right this should work just as well, and found that indeed it does. This has been received much better by those who are shy or uncomfortable with tapping in public.

A deep breath (drawn from John Diepold's Touch and Breathe approach) following the affirmation facilitates releases.

Holding your other hand over your heart center (chakra) while you tap or touch your eyebrow points deepens the effects.

Reversals and blocks are effectively managed by massaging the sore-spot/ releasing point below the midpoint of the collar bone.

With adult clients I find the Sedona Method ([www.Sedona.com](http://www.Sedona.com)) is an even faster approach. This involves simply asking clients whether they are prepared to let go of their problems and then inviting them to do so (with a structured series of questions that are trademarked by the Sedona teachers). I find that younger children don't respond as well to this approach.

*Clinical example I of WHEE* (assumed name, composite case): Six-year old "Joe" had been seriously abused emotionally, physically and sexually by his mother from at least the age of two and probably earlier. He was removed from her home at age four, and had nine foster home placements before his latest foster mother suggested to the welfare worker that counselling might be helpful to him for his temper outbursts, fighting children in his first grade class and after school, inability to fall asleep till past midnight, frequent nightmares and night terrors, and bedwetting -- his more serious problems. In addition, he was unable to sit still, was impulsive, distractible, constantly forgetting and losing things, and had no friends.

I diagnosed PTSD (moderately severe) and possible attention deficit hyperactivity disorder (ADHD). I prescribed small doses of Ritalin, as this acts within minutes and, if effective, could provide rapid relief for some of his problems. He responded well to the medication and was much better able to sit and attend in class, less impulsive, and less forgetful. His other symptoms remained. He also had counselling sessions weekly with a social worker at the clinic where I work, focused on issues of relating to his new family, multiple losses, and PTSD issues.

At the initial interview, I taught Joe and his mother to use the butterfly hug. Joe chose an affirmation about one of the bad memories he had of being left in the dark cellar by his mother. He was unable to count, so I had him show me a Visual Analog Scale ("VAS" -- equivalent of a SUDS) with the gap between his hands representing how big his bad feeling was when he thought about being in the dark cellar. He opened his arms wide and said, "I can't reach to show you how big the bad feeling is." Within minutes of using the butterfly hug, his hands were touching in the VAS. He had reduced the bad feelings to zero.

Over the next several weeks, Joe (with the help of his mother) used the butterfly hug daily on various fears, difficulty falling asleep, and nightmares, as well as to calm down after he had temper outbursts.

Within two months, Joe was functioning at near-normal levels of behavior in school and at home. Counselling continued for another four months and was discontinued. I have followed him for Ritalin prescriptions for two years and we have all been pleased with his excellent academic progress in school, and with his good behavioral and improved social adjustments in school and at home.

I have also had excellent results with proxy use of WHEE. In proxy treatments, the person receiving the treatment focuses her or his awareness on another person who is intended to receive the treatment. Therapists may do this on themselves as proxies for their clients. (While this may seem far-fetched, it has an excellent basis in research as *distant healing* ([Benor 2001](#))).

*Clinical example II:* I visited a healer who was baby-sitting a six-year old boy who has developmental delays and may have mild autism. He was severely frightened by the healer's two dogs, who were lively and playful, and nearly as frightened of her two cats. He had been in the healer's home several times previously, and was constantly on the alert, if not alarmed, by any approach of the animals to within several feet. Within minutes of surrogate tapping for his fears of the animals, he was markedly less fearful, and within a few more minutes he was even able to pet the quieter dog. He had never been that calm before in the animals' presence, and certainly would not have petted them.

## **Pain**

Pain responds dramatically to WHEE. Pains from trauma, arthritis, migraines and other causes respond within minutes - even when they have been present for a long time.

A caution here, however. Pains often come to be a part of one's life. Without the pain, a person may actually have unexpected difficulties in feeling comfortable in certain situations and in dealing with relationships WHEE can help with these problems, as well.

Because of these problems, it is sometimes important to reduce the pain gradually, even though one may be able to eliminate the pain entirely in a very short period with WHEE.

## **Re-entry Protocols**

A particularly helpful application of WHEE is for people who are transitioning from difficult situations back into a more normal environment - as in personnel returning from a war zone; children transitioning from an environment of abuse; or children transitioning from one parental home to another. [Click here](#) for more information on WHEE protocols for these types of situations.



## **Clinical Efficacy**

I find that 85-90 percent of clients obtain immediate benefits from WHEE. When they practice this for their problems at home, there is almost universal success. (The last observation may be a matter of self-selection.)

WHEE and related approaches are rapidly and potently effective for post-traumatic stress, unresolved emotional problems (e.g. prolonged bereavement, festering angers, emotional/relational hurts, anxieties, phobias, insecurities, lack of self-confidence), sports problems in relationships, and performance enhancement. ..

WHEE is empowering. It gives you a clear way to deal with almost any problem you might encounter that raises negative feelings. It helps to clear the "bucket" of emotional dross - that place inside where we stuff unresolved feelings when we don't know how to resolve a stressful situation.

WHEE helps to forgive others for their transgressions, helps you to forgive yourself for not having done better than your best at the time when you stuffed feelings into your inner "bucket," and to accept that you did the best you could at the time and now are more competent to deal with the residues of the situation that left you with bad feelings.

To find out more about WHEE and how to order books, videos and the demonstration and instructional material, [CLICK HERE](#).

## 8. The Lifestyle Physiotherapy™ Approach

Treating pain with physiotherapy techniques has always been a multi-faceted approach. Physiotherapy is the study of movement and movement dysfunction, which is often due to an acute or chronic pain episode.

An acute injury is a sprain or strain that may have occurred in the ankle, lumbar spine or the knee. This requires early diagnosis, intervention and analgesic relief.

Physiotherapy administered early will maximise the healing by decreasing swelling, providing advice, taping, electrotherapy and specific instructions for that injury. An acute injury can become chronic due to its poor or lack of post-injury management and activity level. The earlier a joint is able to function normally, the better the result. You are designed to move and the best way to move is pain free.

Lifestyle Physiotherapy™ is:

- ✓ Early intervention, clinical assessment and diagnosis.
- ✓ Full biomechanical assessment of joint range and muscle function, remember – *“muscles move and support bones, bones don’t move by themselves”*.
- ✓ Advanced treatments for pain elimination with evidence-based background:
  - Laser therapy
  - Iliopsoas and myofascial trigger point releases
  - Q magnets for neuromagnetic treatment for pain relief
  - Taping with inhibitory and kinesiotape for biomechanical functioning and pain relief.
  - Stability exercises and stretching programme for rehabilitation of injured joint or area including the use of diagnostic ultrasound.
  - InterX therapy which is a hand held battery operated device that uses advanced interactive neuromuscular technology to deliver treatment for a variety of medical conditions.
- ✓ Management and treatment of chronic and complex conditions e.g. Fibromyalgia, rheumatoid arthritis and osteoarthritis, chronic lumbar and cervical pain and whiplash.
- ✓ Post operative care for ACL reconstructions, post TKR, THR,
- ✓ Special care for sufferers from motor vehicle accidents
- ✓ Special care for chronic conditions such as diabetes, peripheral neuropathy and obesity.
- ✓ Restoration of function by correcting muscle imbalances and improving stability and strength.

In addition to poor nutrition, there are strong biomechanical factors that effect the progression of osteoarthritis. Obviously, the greater the forces applied to joints, the greater the pressure on the cartilage and the faster the deterioration through wear and tear. Joints will be made to take more force if (among other things):

- there are weak muscles around a joint.
- there are tight or short muscles around a joint.
- a joint is unstable, or has over the normal range of movement.
- a person is over weight, particularly the pressure this exerts on the hips and knees.
- there are also other variables including leg length difference, foot biomechanics (arch height or flat feet) bone shape, joint orientation and scoliosis.

Our joints are designed to tolerate forces best in a particular direction. All of the above factors will alter the direction and impact forces exert on joints, which in turn leads to greater wear and tear. It is necessary to correct these factors to halt the progression of osteoarthritis.

In the case of osteoarthritis, the physiotherapist will determine if there are biomechanical factors affecting the condition. Techniques will be employed to rectify or counteract these factors depending on the situation. Treatment techniques include:

- massage and trigger point release, and stretches to target muscle length imbalances
- specific strengthening targeting muscle strength imbalances
- prescription of braces and specific strengthening work in the case of instability
- prescription of orthotics or heel raises in the case of leg length differences or poor biomechanics of the foot.

Lifestyle Physiotherapy™ is a whole of person approach to pain. Pain is a wake-up call that something needs to change in your lifestyle. It is a time to make decisions on your health, your work/life balance and your physical, mental, emotional and spiritual wellbeing. It is about having a better life EVERYDAY.

What social factors are affecting your pain? If someone has experienced recent grief or loss of a loved one or a traumatic episode then the musculoskeletal system will be affected in some way. During this time, or shortly after the crisis has passed, a person will often experience neck or back pain. But how do you heal this type of hurt?

A good doctor, counselor and/or therapist and a supportive network of family and friends is paramount at this time. Everybody needs help at some time or another and being isolated and trying “to cope” by yourself is often very detrimental to one’s health.

Relaxation, prayer, meditation and time-out will help, especially combined with a positive influence from the people around you in a caring environment.

People always remember people who are kind to them in their hour of need. At Lifestyle Therapies we understand that the stresses of daily living can sometimes be just too much. By leaving your pain with us, we hope you can gather your resolve and get on with your life.

## **9. How the team at Lifestyle Therapies approaches pain from a whole person perspective.**

Prescription and over-the-counter medications may seem like an effective solution to pain and all too often our desire for a quick fix has led to them being the doctor's first choice for treating pain and inflammation. Given the risks inherent in these drugs, as evidenced by the recent withdrawal of Vioxx® from the market, this may not be the safest or most prudent choice. When nutritional supplements such as fish oil, boswellia, citrus flavonoids, glucosamine and methylsulfonylmethane combined with professional nutrition advice and physical therapy intervention makes a sound prevention strategy and effective first line of defence against arthritis, drugs should be used as a last resort. Some people may still need the drugs, but many others will find relief from pain and inflammation without the risk of the side effects.

These natural supplements combined with dietary changes, therapy and increased exercise will not only help manage arthritis symptoms but also reduce the risk of cardiovascular disease, heart attack, stroke, diabetes, dementia...the list goes on. So, I hope it is now obvious the difference between turning off the alarm and putting out the fire. The long-term benefits to your health are enormous.

Pain can be very complex and one's perception of how strong ones pain is can vary greatly from person to person. We tend to have a much greater tolerance to pain when we are well balanced psychologically and emotionally. Conversely, we have a much lower tolerance to pain if suffering from depression or anxiety.

[Lifestyle Medicine](#) as practiced at Lifestyle Therapies addresses issues such as life balance, habits, lifestyle issues, relationships, nutrition, medication, attitudes to aging, advice on bodily changes with aging, can request blood tests and offers a whole of person approach in a comprehensive medical context.

So for example, the management of menopause with bio-identical natural hormone replacement can play an important role in general wellbeing and pain relief. Hormone treatment may alter the perception of pain, particularly after anxiety and depression are under control.

The physiotherapist will also employ techniques to decrease pain and inflammation associated with the cartilage wear and tear. An exercise physiologist can also work in conjunction with physiotherapists to correct biomechanical imbalances which may be causing uneven degeneration on joints and specifically cartilage wear and tear.

With a whole of body approach, the greatest benefit of addressing the causes of your pain, possibly even greater than living pain free is reducing your risk factors for contracting all the major lifestyle diseases such as heart attack, stroke, cancer, diabetes and dementia. **Now that has to be worth the effort.**

To discover more about Q Magnets, or to order some to try, visit the Q Magnet website at [www.Qmagnets.com](http://www.Qmagnets.com).

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