



... An Herbal Solution



Pain Is A BIG Issue. Many People Live In Chronic Pain ... And The Solution Is NOT to Cover Up the Pain, But Treat The Underlying Dysfunction.

Hello Patients & Friends,

That underlying dysfunction can be misalignments pinching nerves or nerve damage itself.

Pain is of two types: neuropathic pain and nociceptive pain.

If you step on a pin and your foot hurts, that's nociceptive pain. If you pull the pin out and it keeps hurting long after the pin hole is healed, that's neuropathic pain.

Neuropathic pain is abnormal. It is a dysfunctional neurological response.

Jamaican Dogwood, California Poppy & Corydalis Reduce Pain and Normalize Nerve Function

Nervagesic is a multi-herb nerve tonic.

In scientific literature, each of these ingredients address pain in a different way. Some act on the central nervous system to dampen the pain response; and others act on the peripheral nervous system to reduce hyperactive pain signals to the spinal cord.

But not all pain is nerve pain.

Some pain is inflammatory in nature; and the origin of this type of pain is due to tissue damage and the release of inflammatory chemicals in the body called histamines and cytokines.

It has been said that "without inflammation, there would be no healing." Inflammation marshals the body's healing resources and delivers important resources to areas that have been injured.

However, a problem arises when inflammation becomes chronic. This kind of run-away inflammation causes chronic pain. Unless modulated, it will result in regional pain and joint dysfunction patterns.

Just as one shoe style does not fit every customer, no single herb can solve all kinds of pain. For joint pain that arises with inflammation, Boswellia and White Willow Bark are often more effective than nervine tonics.

What is amazing is that the newest research is showing we have effective herbal solutions for addressing both kinds of pain.

In a recent article, a compound in St. John's Wort called hyperforin was shown to actually support nerve helper cells heal damaged neurons. BDNF (brain derived neurotrophic factor) is secreted by nerve helper cells. This heals neuropathic pain.

In another article ***St. John's Wort again supported patients with neuropathic pain and the standard "pin prick" kind of pain.***

WHY IS THIS IMPORTANT?

Drugs for pain are the leading cause of addiction and death among middle class Americans. I have posted this information on our Facebook page in 2014 and 2015.

Herbal pain solutions are an essential consideration not just for alleviating pain, but actually healing pain at its source-- whether it's garden variety pain or chronic pain.

Of course, it goes without saying that chiropractic is essential. Everyone needs chiropractic, not just for pain relief but for a healthy life.

Dr. Olejak

Sources:

BDNF <http://www.ncbi.nlm.nih.gov/pubmed/22815087>

<http://www.ncbi.nlm.nih.gov/pubmed/20045676>

<http://www.ncbi.nlm.nih.gov/pubmed/23254377>



Boswellia and White Willow Bark Reduce Inflammatory Pain

There are two kinds of molecules associated with inflammatory pain. They are enzymes called COX and LOX (after cyclooxygenase and lipoxygenase).

Hundreds of millions of research dollars have been spent on designing drugs to knock out these enzymes. You may have heard of them: Bextra, Celebrex and Vioxx. You may also have heard that over 150,000 people died taking these drugs from heart attacks and strokes related to their use.

The great thing about White Willow Bark and Boswellia is that they have a dose-dependent effect on these two enzyme systems (COX and LOX). Take a little bit of these herbs and you get a small reduction in inflammation; but you can take more to get a greater pain relieving function. And this benefit comes without side effects.

If you suffer from chronic pain and are concerned about liver damage or vascular damage from prescription medications, consider an herbal solution!

Sources:

Boswellia & pain: <http://www.ncbi.nlm.nih.gov/pubmed/12622457>

White willow bark &

pain: <http://onlinelibrary.wiley.com/doi/10.1002/ptr.981/abstract>



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