

Nutrition & Pain, Part 2

When I'm asked how nutrition can help pain states, I struggle as to where to start.

- Some nutrients are required for muscles to release their flexion.
- Some nutrients act as co-factors for normal cortisone activity in the tendons and synovial tissue (bursa, etc).
- Some nutrient deficiencies involve elevated histamine levels, which affects the joints of the body, in addition to other things.
- Some nutrients are essential for optimal lubrication of our joints by body fluids.
- Some are essential for detoxification of the muscle tissue itself.
- Some are essential for creating collagen, which is a building block of muscles, tendons, and ligaments.
- Some, when taken to excess, can worsen pain states. They can also cause other problems such as excessive tonicidity and tremors, which first becomes evident in bad handwriting.
- Some supplements used for pain can worsen stomach conditions or irritable bowel type conditions.

Blood Sugar, Food Sensitivities, and Existing Health Conditions

Many people are aware of the effects of inflammation on the body's musculoskeletal system. For example, perpetual elevation and decline in blood sugar can be an issue. The stress hormone cortisol is involved in this blood sugar roller coaster. Blood sugar fluctuations can really do a number on us. Some of us are more susceptible to fluctuations than others, and some foods are more likely to cause problems than others.

Food sensitivities are another common reason for body pain. Food sensitivities are elusive confusing things. For more information on this topic, read the blog entitled "Food Sensitivities, What We Really Need To Know".

Other health conditions can contribute to body pains as well, and these conditions have certain nutritional demands. Thyroid conditions are an excellent example of this.

Our NDs would be happy to talk to you about any of these discussion topics. Book an appointment with one of us at your convenience.

-Dr. Angela, ND