

THE LIVE PAIN FREE DIET

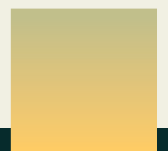


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Pain comes in many forms and from many sources. There are sprains, strains, tears, breaks, fractures, pulls, spasms... you name it. And the sources range from imbalanced activities in daily living, stress, poor posture, muscle imbalances, physical trauma, falls, allergies, mental anguish and... FOOD! One of the secrets to pain free living is found in a diet based on prevention and reduction of self-induced pain.

Before we delve into the food aspect of pain, let's first understand the mechanism of inflammation.



THE INFLAMMATION STORY

The feeling of pain is generally felt as a reaction to swelling or inflammation in the body. This efferent signal is the body's way of telling you something is wrong and in need of change. Inflammation, then, is both a sign and a symptom of pain.

The term "inflammation" generally evokes thoughts of painful joints and muscles, swelling and loss of mobility. These are the obvious markers of inflammation, but research also shows that chronic inflammation, if left untreated, can actually lead to serious diseases, including diabetes, heart disease, some cancers and Alzheimer's disease!

The amount of inflammation in your body varies and is dependent on a number of factors--including your activity level, the amount of sleep you get, the degree of stress in your life, and yes... even the food you eat. What you have to realize is that these factors are cumulative; they build up over time. And the more that any or all of these factors become out of control the risk for disease increases.

If you have pain due to inflammation, you may choose to take the traditional medical path, which includes non-steroidal anti-inflammatory drugs (NSAIDs), steroids and even go so far as to have joint-replacement surgery. But none of these "big guns" may be necessary. You should especially avoid long-term use of prescription and over-the-counter anti-inflammatory painkillers. These have been proven to cause liver dysfunction, kidney failure, stomach bleeding and ulcer... all causes of additional inflammation.

After initial first aid with ice, heat or an all natural and safe systemic enzyme pain cream (like Rub-on-Relief) or capsule (like Heal-N-Soothe), you must focus on diet. Yes, inflammation is a necessary part of the healing process as it brings fluid, nutrients, blood, oxygen and healing biochemicals to the injured area... But if left to linger, inflammation poses greater threat to your health and arrests the healing process and can turn your pain from acute to chronic.



FOOD CAN CAUSE INFLAMMATION

Food is a critical piece of the puzzle when it comes to controlling inflammation. There are dozens of foods that create inflammation in our bodies, and there are dozens of foods that reduce and/or prevent inflammation in our bodies. Consuming the right mix of these throughout the day, weeks and months is essential toward living pain free. And in times of injury or pain suffering, the foods you consume may be what keep the inflammation active well past its usefulness, and send your pain into chronic territory. This is unacceptable.

The typical American diet consists of too much fat, tons of sugar, loads of red meat, and a frightening amount of processed foods. Each and every one of these items is shown to increase inflammation and contribute to obesity, which is simply massive inflammation of adipose tissue. By switching to an anti-inflammatory diet consisting of healthy whole foods, you can actually decrease inflammation and ease the pain and discomfort associated with it.

Before we dive into the good food list, lest take a closer look at the bad food list. Each of these nine categories of bad foods should be avoided if you suffer pain or have inflammation.

ANIMAL MILK PRODUCTS: Milk, Cream, Ice Cream, Cheese, Cottage Cheese, Yogurt.

HYDROGENATED OILS: Non-Dairy Creamer, Crackers, Cookies, Chips, Snack Bars.

NITRATES: Hot Dogs, Cold Cuts, Pepperoni, Sausage, Bacon, Liverwurst.

PROCESSED SUGARS: Candy, Soda, Bread, Bottled Fruit Juice, Cookies, Snack Bars.



NIGHT SHADE VEGETABLES: Potatoes, Peppers, Tomatoes, Eggplant.

FAST FOODS: French Fries, Onion Rings, Loaded Baked Potatoes, Fatty Burgers, Mexican Food, Pizza, Calzones, Strambolis.

CAFFEINE: Coffee, Black Tea, Soda, Chocolate.

SATURATED FATS: Marbleized Beef, Chuck Ground Beef, Deep Fried Foods, Chicken Skin.

PROCESSED WHITE FOODS: Artificial Sweeteners, Flour, Bread, Pasta, Sugar.

Surprised? As you can see, most of the items on this list are actually the staple American diet! Is it any wonder Americans are among the most obese and pain suffering peoples in the world? If you look closely at this list and pay attention, you will notice these ingredients are found in just about every snack, frozen dinner, bread and even so-called 'healthy' foods. Whatever you do, don't believe the marketing. Read the labels instead!

Do yourself an easy, no-cost favor... stop eating foods from the above list if you are in pain. Merely eliminating these items from your diet will help stop the inflammation cycle when its natural course has been run. By eating these foods, you are increasing the longevity of the inflammation, and thus self-inducing your own chronic pain.



FOOD ALSO REDUCES INFLAMMATION

Now that you know which foods actually cause inflammation or make it worse, let's look at those foods that can help reduce and even prevent inflammation.

To begin, it is essential to any healthful diet--especially a pain free diet--that you consume as much fresh, organic, whole foods as possible. Eating foods in or as close to their original state is one of the keys to being healthy, preventing self-induced diet-based inflammation, and reducing the inflammation you are experiencing as a result of an external problem (posture, physical stress, trauma).

Here is a list of the best foods known to prevent and help reduce inflammation, and thus reduce pain. These should be eaten throughout the day as part of balanced wholesome meals.

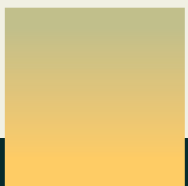
INFLAMMATION-REDUCING FOODS:

- Wild Atlantic Salmon
- Fresh whole fruits
- Bright colored vegetables (except night shades)
- Green or White Tea
- Purified or Distilled Water
- Olive oil
- Lean poultry (skinless)
- Lean beef (filets)
- Nuts, legumes and seeds
- Dark green leafy vegetables
- Organic Oatmeal (regular, not instant)
- Aromatic Spices (Turmeric, Ginger, Cloves, Garlic, Onion, Coriander, Ground Mustard Seed, Cayenne Pepper)

As you can see, a diet high in fiber and whole foods and low in preservatives and fat is the key to diet-based pain relief. But specifically, the above-mentioned foods actually work to reduce pain and inflammation.



In addition to avoiding inflammation-causing foods and consuming more of the foods that reduce or prevent inflammation, taking systemic proteolytic enzymes will also help reduce or end your chronic pain.



FIBRIN, ENZYMES AND PAIN

In addition to inflammation, there is another automatic response mechanism your body has to injury... the release of fibrin. When you're recovering from a muscle irritation, injury or surgery, the body uses fibrin for self-healing. This, like initial inflammation, is normal and healthy. However, with poor blood flow and a lack of enzyme activity, the fibrin will accumulate. If the area in question is slow to heal, an excess of fibrin will appear as scar tissue in the muscle or at the surgical site. Once this happens, your acute condition becomes chronic.

For example, if you have an injury or are recovering from a painful condition of any kind and your blood flow is restricted, the exchange of nutrients and oxygen in your body will be limited, and there will be a longer recovery period with an increase in pain and inflammation. But there is a natural way to prevent this...

Systemic proteolytic enzymes (aka proteases) break down excess fibrin in your circulatory system and in other connective tissues, such as your muscles. These enzymes carry with them nutrients and oxygen-rich blood that remove the metabolic waste produced by inflammation and excess fibrin.

Proteolytic enzymes do this by breaking down proteins into their smallest elements. When taken on an empty stomach, these enzymes will pass through the stomach or intestine lining and enter the circulatory system. They are called "systemic" because once they enter the circulatory system, they circulate throughout the body.

Now that you know that excess fibrin throughout your circulatory system will severely limit the amount of blood flow to areas that need it the most, you may be wondering how the body tries to compensate for this restriction. The answer is simple: by forcing the heart to work harder and increasing your blood pressure.



THE STUDIES TELL THE STORY...

A study published in the Journal of Medicine, Science, Sports and Exercise found that "proteolytic enzymes have therapeutic effects in the treatment of inflammation and soft tissue injuries."

Another study conducted at the Institute of Cancer Research in Vienna found that "a combination of proteolytic enzymes and herbs were effective in treating rheumatoid arthritis and reducing TGF-b which is known to be present in the blood when there is cancer."

And in a study done by Dr. Nicholas Gonzales, which was published in the medical journal, Nutrition and Cancer, Dr. Gonzales compared systemic enzyme therapy against a new cancer drug, Gemcitabine. He found that five out of 11 patients treated with systemic enzymes lived two years or longer and not a single patient of the 129 treated with the drug lived more than 19 months!

There are untold numbers of clinical studies that have been done on proteolytic enzymes, and we have 76 of the most relevant studies listed on our website. (Take a look at www.losethebackpain.com)

Not only is systemic enzyme therapy safe and effective, but also it's often more effective than drugs at reducing pain and inflammation... without the catastrophic side effects!

Proteolytic enzymes have an excellent safety record, with no significant side effects having been reported. With any supplement, however, there is always the risk of developing an allergy to one or more of its ingredients. If this happens, you should discontinue use. Below is a list of those individuals who should NOT take proteolytic enzymes.

1. Individuals taking prescription blood thinners (Coumadin, Heparin, Plavix)
2. Anyone who will be having surgery in less than two weeks
3. Individuals with known ulcers of the stomach
4. Individuals with Gastroesophageal Reflux Disease (GERD)
5. Pregnant or lactating women
6. Individuals currently taking antibiotics
7. Individuals with an allergic reaction to pineapples or papayas



WHICH PROTEOLYTIC ENZYMES WORK BEST?

Here are some of the more powerful proteolytic enzymes for pain and inflammation.

SERRAZIMES®--This is a blend of proteolytic enzymes that have been proven to have a powerful anti-inflammatory effect and also boost cardiovascular, respiratory and immune function.

BROMELAIN--This special natural compound, which is extracted from pineapple, contains several proteolytic enzymes that have been shown to short-circuit multiple pain pathways in the body.

PAPAIN--This contains a wide range of proteolytic enzymes and works by breaking down proteins. In studies it has been shown to be effective in the treatment of numerous conditions such as diabetes, herpes, cancer and digestion issues like bloating and chronic indigestion.

BOSWELLIA EXTRACT--One of the most widely used herbs in Indian medicine, it has been used for centuries by traditional Indian healers to reduce pain and inflammation. Hundreds of studies have been done proving it's effectiveness and in addition to being a powerful and safe, natural anti-inflammatory, Boswellia has also been shown to support healthy blood circulation.

RUTIN--Found naturally in a variety of plants and fruits, this flavanoid has been shown to have a strong anti-inflammatory effect due to its powerful anti-oxidant activity.

CITRUS BIOFLAVANOIDS--This aids in the absorption of vitamins and act as important anti-oxidants. Citrus Bioflavanoids inhibit collagenase and elastase, the enzymes responsible for the breakdown of connective tissue. In addition to protecting connective tissues, they also protect against free radical damage.

We recommend the use of a proprietary formula that includes the above-named enzymes. It is called Heal-N-Soothe, and more information on it can be found on our website: www.losethebackpain.com



CONCLUDING REMARKS

Pain is certainly something that is natural to life. But is it not natural to suffer it chronically. And as you can see, doing simple things like eating the wrong foods can increase your pain and inflammation. But avoiding those foods and consuming more of the anti-inflammation foods, as well as taking systemic enzymes, will do much to reduce inflammation and the production of fibrin, that cause pain to become chronic. So go ahead... eat your way to a pain free life!

