

# BANISH PAIN WITHOUT DRUGS!

MILLIONS battle chronic pain daily, but they don't need to take over-the-counter drugs that can have lethal side effects to find relief from their agony.

Dr. Jacob Teitelbaum says you can banish back and joint pain and other aches with safe, natural remedies.

And he says 80 percent of Americans who turn to over-the-counter medications for relief don't realize these drugs cause 30,000 deaths each year!

## Increased risk

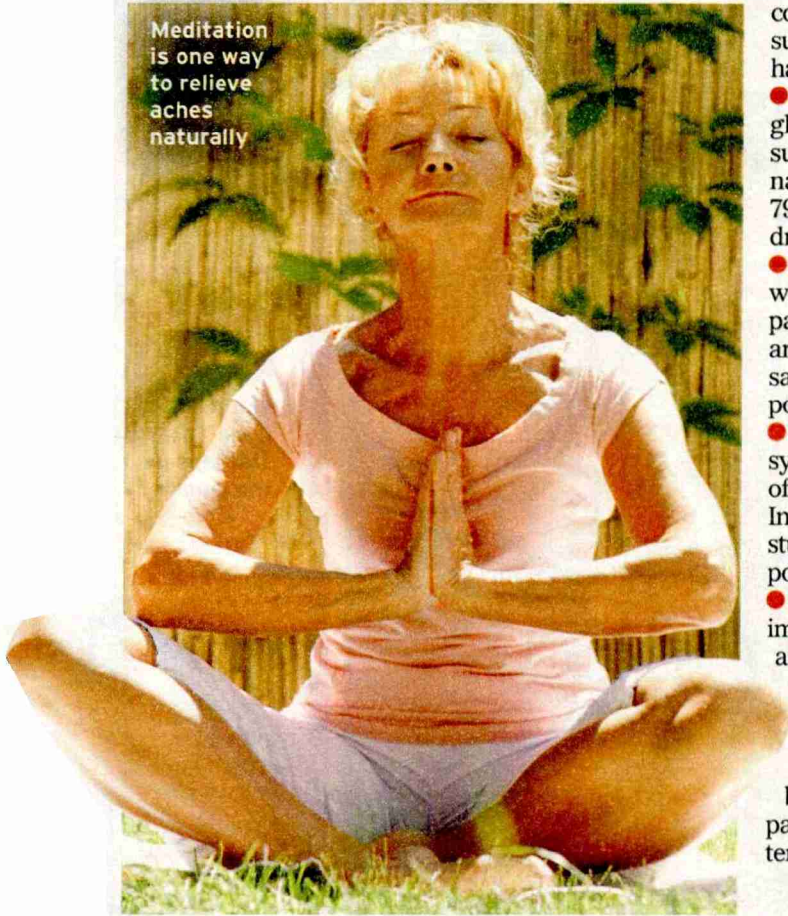
Teitelbaum says the risk of heart attack and stroke increases up to a whopping 300 percent with the use of over-the-counter pain treatments!

"The problem with using aspirin-like medications to ease pain is that they may cause internal bleeding and death," says Teitelbaum, the author of Real Cause, Real Cure. Here are experts' tips for eliminating pain without drugs:

- Get enough sleep because the body heals itself when you snooze. Aim for at least eight hours a night. If you have trouble going to slumberland, try soaking in a hot Epsom salts bath before bed.
- Reduce inflammation with the herbs curcumin and boswellia and eat anti-inflammatory foods such as vegetables, fruits, salmon, tuna, sardines and other fish



Meditation  
is one way  
to relieve  
aches  
naturally



containing omega-3 fatty acids. Avoid high-sugar and highly processed products and hard fats like butter.

- Arthritis pain can be eased by glucosamine and chondroitin sulfate supplements. Studies show this combo of natural ingredients alleviate symptoms by 79 percent – better than the prescription drug Celebrex.

- Regular exercise releases endorphins which block pain signals. “For severe joint pain, use a hot compress for 20 minutes and then stretch slowly before walking,” says Teitelbaum. “Swimming in a warm pool is also ideal for painful joints.”

- Meditation helps relax the nervous system to alleviate pain, Dr. John Reed of the University of Maryland School for Integrative Medicine tells GLOBE. Several studies have also confirmed the healing power of prayer.

- Acupuncture can reduce pain and improve joint function, says Reed. Choose a member of the American Association of Acupuncture and Oriental Medicine to perform the technique.

- Hot or cold packs can bring temporary relief. Hot pads work on increasing blood flow to sore muscles, while cold packs numb a painful area. Be careful the temperatures are not too extreme.

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