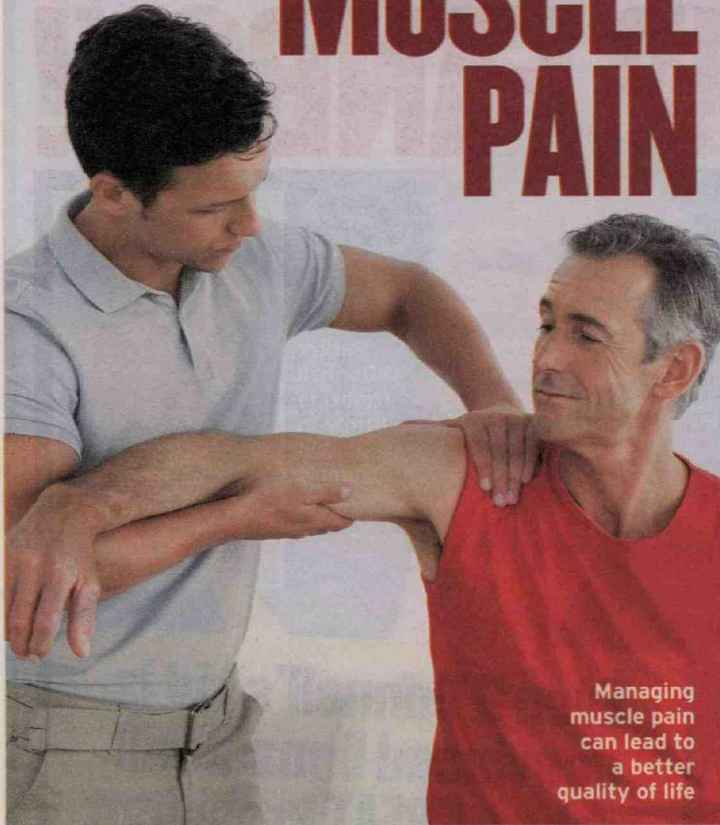


HOW TO TREAT MUSCLE PAIN



Managing muscle pain can lead to a better quality of life

KNOWING why your muscles ache is the first step in living a pain-free life.

Inflammation is a big culprit, says Dr. **Jacob Teitelbaum**, the Hawaii-based author of *The Fatigue and Fibromyalgia Solution*.

Viral infections, statin drugs and autoimmune conditions like rheumatoid arthritis can cause inflammation. Eating a diet rich in fatty fish, whole grains, leafy greens and nuts is effective to reduce swelling.

Vitamin D and iron deficiencies can also cause muscle or bone pain.

Dr. Leslie Matthews, an Atlanta-based expert, recommends 20 minutes of daily sunshine or taking a vitamin D supplement. Choose nuts, beans and spinach to boost iron levels.

After exercising, treat muscle soreness by eating protein and adding Epsom salts to a hot bath.

Massage can reduce the stress response that causes muscles to tense, contributing to inflammation and pain.

Teitelbaum cautions widespread pain associated with insomnia and fatigue can indicate fibromyalgia or other conditions that may require medical treatment.

