

# Erasing the Aches

There are numerous ways to benefit aches and pains. The following list are suggestions that I have found helpful in the clinic.

1. **Diet:** Improvements in the diet can make significant improves in joint and muscle aches. Most standard American diets (SAD) are overloaded with sugar and lack vital nutrients such as magnesium. A lack of necessary fruits and vegetables increases inflammation in the body. Sugar leaches calcium from bones and further worsens inflammation. The diet needs to be low in sugar and extra sweets. Cut out the soft drinks. Go for 4 vegetables a day and at least 3 fruits.

2. **Fish Oils** are a cornerstone to pain in the body. They safely reduce inflammation, and therefore play a central role in all chronic disease, including arthritis. Fish oils also help the brain, heart, cholesterol, and prostate. People with more significant arthritis will need higher doses. The flavored liquid fish oils are more concentrated and cheaper. Some people prefer capsules, though they may have to take more capsules to get the same effect

3. **Unizyme** is a natural anti-inflammatory that helps decrease inflammation around the joint or injured tissue. I have found this very effective in combination with the fish oils for joint and muscle pain. It should be taken on an empty stomach for full effect. Dosage is 2-6 capsules a day in divided doses.

4. **Nutrajoint** is a combination joint formula with known arthritis fighters such as glucosamine and MSM. It has several ingredients that when taken together, can have a pronounced improvement on joint aches. Given the number of ingredients, it takes multiple capsules for treatment. Glucosamine takes about a month to reach full effect, so give it time. It is very helpful, because it can slow and even halt the arthritis process in some cases. Dosage is 4- 6 capsules a day with food.

5. **Zeel** is a homeopathic remedy that can provide benefit with pain. Zeel is a nice option in that it can work very quickly. It is tolerated very well and can be taken with or without food. It is actually best to let the little tablet dissolve under the tongue.

6. **Magnesium** is usually deficient in most patients with fibromyalgia or chronic fatigue. If you have heart disease, you should consider magnesium as well. Magnesium is necessary for good muscle tone and energy production. Typical dose is 200- 600 mg.

7. **Vitamin D** is an important but very cost effective vitamin. Most of us are deficient during the winter months given the lack of sunlight (our primary source). Vitamin D is also gaining importance in neurologic diseases such as multiple sclerosis. Vitamin D is also essential for proper calcium balance. Dosage is 1000- 2000 IU daily.