



## Achieving Balance on the Pain Scale

Pain is a strange thing. On the one hand, it is the source of much inconvenient discomfort; and on the other hand, pain can actually be most helpful!

Without the ability to sense pain, you could seriously hurt yourself without knowing it. Imagine if you were to put your hand on top of a burning stove, only to find soon thereafter that you have done irreversible damage to your hand! Without the ability to perceive pain, the natural reflexes to get you out of danger never kick in...

The sensation of pain is closely tied to the process of inflammation, where various tissues in your body respond harm by increasing the blood flow to the tissue. This is how the body naturally repairs damage, by shuttling more nutrients and blood to the affected area. Without inflammation, wounds and infections would never heal and there would be progressive destruction of the tissue. However, *chronic* inflammation can also lead to a host of other diseases such as arthritis and heart disease. Research shows that unresolved inflammation produces its own damage as a result of continuously high circulating levels of inflammatory chemicals of the immune system. These are necessary for repair in normal amounts – it's only a problem when the natural balance is disturbed.

The point is that **inflammation is the result of an imbalance**, which leads to the sensation of pain which is the result of inflammation – see the chain of events here? Thus, just taking pain medication to relieve pain does little to nothing to resolve the reason why the inflammation and pain are present to begin with. If you experience chronic migraines for example, you know very well that pain relief through medication offers no lasting value. No headache was ever caused by a deficiency of aspirin in the body!

This **imbalance** is what needs to be addressed as well as any other factors that can contribute to the many processes involved in inflammation. Proper hydration, nutrition, healthy circulation – this all affects how your body's natural inflammation response works.

The Spa on Green Street Wellness Program takes these factors into account for a well-designed approach in resolving your pain issues. Our team of trained massage therapists will assist in releasing the congestion in your muscles and tissues. A focus on nutritional imbalances as well as proper exercise design is also given much attention to help support the fundamental elements your body needs to help heal and restore itself over time. A comprehensive approach is required if you are to experience lasting pain relief, so let our Wellness Program work wonders for you!

-Ricardo Boye, ND, CNC  
Wellness Program Coordinator