

How To Manage
Chronic Pain
Without
DRUGS



uTake Charge - Health

CONTENTS

Introduction

1. WHEN PHARMACY MEETS NATURAL THERAPIES.

- Who is Seema?
- How drugs affect your body
- Our body has an incredible ability to self-heal.

2. Different types of pain.

- Acute pain.
- Chronic pain.
- Emotional and spiritual pain.

3. How does the body naturally manage pain?

4. Inflammation – A (or the) root of chronic pain, illness, and disease.

- Key facts about how mental and emotional stress can impact pain and pain control.
- Key facts about how our digestive system and diet can impact pain control.

5. Self-care factors to consider in pain management.

- The human energetic biofield system.
- Adequate hydration.
- The importance of sleep.

6. Power in your pantry.

- What foods should you include to control pain and inflammation?
- The importance of a healthy digestive system.
- What foods should you avoid to control pain and inflammation?

7. Holistic pain management and its benefits.

Disclaimer and References

INTRODUCTION

If you've been suffering from chronic pain and have concerns about the long-term effects of medication, this book is for you.

With over 30 years of experience in pharmacy and 15 years in natural, holistic, and naturopathic health, my goal is to find the most effective self-managing approaches to pain without using drugs and present these to you in an easy-to-understand way.

This book provides an overview of drug-free methods for managing pain. I aim to help you discover ways to manage pain without relying on long-term and increasing doses of pain-relieving drugs, which often come with unwanted side effects. I have personally used these methods on my own journey. With patience, consistency, and dedication, I have been very successful in relieving pain without the need for pain-relieving drugs.

Effective chronic pain management requires a multifaceted (holistic) approach that addresses physical, mental, emotional, and spiritual factors, as well as lifestyle changes. Here, I have provided a condensed version of my eBook with suggestions to help individuals no matter where they are on their pain management journey.



1. WHEN PHARMACY MEETS NATURAL THERAPIES

Who is Seema?

My experience in pharmacy for about thirty years has exposed people's self-medication behaviours in purchasing pain relief medication over the counter in addition to the numerous prescription drugs they were already taking. Upon reflection, I wondered if I was truly helping them long-term. There are alternative options, and people often require the knowledge to get started.

In addition, I have gained qualifications and experience in holistic, spiritual, and naturopathic health for fifteen years. I am affiliated with the Royal Pharmaceutical Society, The General Pharmaceutical Council, The Complementary Medical Association and The Federation of Holistic Therapists. In recent years, I have been researching the connection between prescription drugs and how they influence our Biofield (the human subtle electromagnetic energetic system that includes our aura, chakras, and meridian energy system).

Nutrition, physical, emotional, mental, and spiritual health, environmental factors, and genes all play a role in the onset of chronic illnesses. Focusing on where to restore balance helps support the body safely with non-invasive methods and no side effects, and building physical, mental, and emotional resilience is key to managing long-term pain. While on long-term medication, this can help you improve your quality of life and optimise clinical management outcomes.

The biggest expenditure of the NHS is drugs! Around 15% of people take five or more medicines a day -some are to deal with the side effects of the others. **Did you know** British businesses lose 4.9 million working days due to work-related back pain alone?

How drugs affect your body

Different types of medications affect your body in different ways, irrespective of whether they are taken internally, applied externally, or injected. Their effects can be short-term and long-term. They can influence any aspects of one's health, such as physical, emotional, and mental.

Some drugs used to treat cancer work by destroying or stopping cells from spreading as they divide. Others restore missing substances in our biochemistry or restore inadequate natural body chemicals like hormones. Pharmaceuticals may also influence systems in the body that regulate biological, mental, or emotional (mood) functions. Either way, pharmaceuticals undergo a process of absorption, distribution, metabolism, and excretion. When taken long term, the body's organs and systems are challenged and will benefit from support.

Managing chronic illnesses and long-term pain can be challenging. The aim is to optimise your body's self-healing process, considering all aspects of your health, including diet, lifestyle, and the human energy system (Biofield).

Our body has an incredible ability to self-heal. When we unlock this amazing potential, we can experience a whole new level of health and wellness.

A self-care approach I have used personally, that reduces inflammation in the body that causes long-term chronic pain while improving overall health and well-being. With an emphasis on regular exercise, mind-body-spirit interventions that help balance the energetic system (Biofield), breathing techniques, dietary adjustments of what foods to avoid that contribute to inflammation and chronic pain and what foods to include that reduce inflammation, optimise digestion, and support the body in controlling inflammation and chronic pain. So, let's explore some effective ways to unleash our body's healing power and feel the best version of ourselves!

2. Different Types of Pain

Living with chronic long-term pain can be extremely challenging. It not only causes physical discomfort but also emotional and mental stress and fatigue. It can influence your relationships with those you live and work with and life's professional and financial aspects. Chronic pain can make it difficult to perform daily tasks or even attend work, which can have a severe impact on one's financial stability. The emotional and mental effects of chronic pain can cause people to feel isolated and lose interest in socialising. In short, chronic pain can significantly affect one's life and the people around them in ways that are often unexpected.

Acute pain is a sudden and temporary type of pain that acts as a warning signal to the body, indicating potential tissue damage or injury. It can vary in intensity and is usually localised to the area of injury or tissue damage. For example, when you touch a hot plate, it burns your skin. It typically lasts from minutes to days, weeks, or sometimes up to a few months.

Chronic pain persists over a long period of time, typically many months or even years and can be caused by injury, disease, or medical condition, or it might not be clear what's causing it.

Some common causes of chronic pain include:

- **Musculoskeletal Conditions:** Conditions related to muscles and the skeleton, like osteoarthritis, rheumatoid arthritis, and fibromyalgia, can cause chronic pain.
- **Neuropathic Pain:** This pain is caused by damage to the nervous system.
- **Chronic headaches and migraines.**
- **Chronic back pain:** Herniated discs and spinal stenosis cause chronic back pain.

Emotional and spiritual pain are both subjective experiences that involve suffering. However, they arise from different aspects of human existence and manifest differently. There can be an overlap between emotional and spiritual pain, but they represent distinct dimensions of human suffering and can influence each other. In my experience with clients, I have found that working with their energetic system (Biofield) can bring more harmony and balance to sufferers of these sources of pain.

Emotional pain refers to psychological distress resulting from life experiences such as trauma, rejection, failure, or loss. It is often associated with emotions like sadness, grief, anger, anxiety, or despair. Common symptoms of emotional pain include crying, mood swings, isolation, changes in appetite or sleep patterns, and difficulty concentrating.

Healing from emotional pain can be achieved by fostering self-awareness, expressing emotions in a healthy manner, and seeking support from others, such as family, friends, religious leaders, spiritual therapists, or counsellors.

Spiritual pain refers to a sense of inner conflict stemming from existential turmoil, disconnection, and a threat or mismatch to one's values, beliefs, and purpose, which can cause inner conflict. Spiritual pain is a deeply personal experience and varies from person to person. It's important to note that one can experience spiritual pain regardless of their religious or spiritual beliefs. This can result from exposure to and understanding global events, such as the war on terror, and the collective experience of pain that comes with it. Looking for support from a religious leader, spiritual therapist, or counsellor can be beneficial when going through spiritual distress. Spiritual pain is a significant factor in a person's overall wellness. So, it's important to recognise and deal with it with compassion and respect.

3. How Does the Body Naturally Manage Pain?

The body has several natural mechanisms for managing and responding to pain. These mechanisms are part of the body's complex and interconnected systems designed to protect and signal when something is wrong.

- The body has **specialised nerve cells that detect and respond to harmful stimuli** such as tissue damage, extreme temperatures, or chemical irritants.
- **The brain plays a crucial role** in processing and interpreting pain signals from the body.
- The body produces **natural pain-relieving substances called endorphins**.
- **Pain serves as a signal to protect the body.** When you feel pain, your body often adjusts your behaviour to prevent further injury. For example, you may instinctively withdraw your hand from a hot surface or limp to avoid putting weight on an injured leg.
- **Inflammatory Response:** When the body detects injury or tissue damage, it initiates an inflammatory response. Inflammation helps protect the injured area, promotes healing and signals to the brain that there is a problem. While inflammation itself can be painful, it is a natural part of the body's healing process.

4. Inflammation – A (or the) Root of Chronic Pain, Illness and Disease

While inflammation is one of the body's natural healing responses, it can lead to chronic illness, pain, and disease.

Free radicals are unstable molecules that can damage cells, leading to chronic, long-term inflammation and illness. Some free radicals occur naturally in the body, while others are produced due to exposure to harmful substances such as food additives, drugs, supplements, chemicals in processed foods or environmental toxins, and personal healthcare products such as deodorants, tobacco smoke or radiation. Antioxidants can help neutralise these free radicals and protect the body from their harmful effects.

Emotional and mental stress and existing health conditions can promote an inflammatory environment in the body, pain processing and digestion.

Key facts about how mental and emotional stress can impact pain and pain control.

Factors like excessive workload, time pressure, and intellectual challenges cause mental stress. It can manifest itself as feelings of pressure, feeling overwhelmed, cognitive fatigue, and headaches. Emotional stress is increased pressure on your emotional health caused by anxiety, fear, worry, sadness, anger, or frustration. It can be triggered by events like conflicts, relationship issues, trauma, or significant life changes.

Pain is not just a physical sensation, but a multifaceted experience that encompasses both sensory and emotional aspects. Mental and emotional stress can impact pain control by:

- increasing pain perception
- altering pain processing in the brain
- activates the body's stress response system, releasing hormones like cortisol and adrenaline.
- causing muscle tension worsens pain conditions or leads to new ones.
- reducing coping mechanisms
- Slowing down digestion, triggering digestive issues such as IBS (irritable bowel syndrome), inadequate digestion and a deficit in daily nutrients.
- Can interfere with an individual from following their prescribed medical treatment plan.

Managing emotional stress through stress-reduction techniques, relaxation exercises, counselling, and social support is crucial for effective pain management. Research shows that Mind-Body-Spirit practices such as regular mindfulness practices, meditation, yoga, and walking in nature can help reduce pain and help you cope long term.

Introducing just a few practices daily can help you manage stress and depression symptoms often associated with long-term pain. Optimise your digestive health and manage pain control more effectively.

Key facts about how our digestive system and diet can impact pain control.

- The gut-brain axis is the two-way connection and communication between our gut and central nervous system (brain).
- The brain plays a crucial role in processing and interpreting pain signals from the body.
- The brain and digestive system are interconnected, so neglecting one can impact the other.
- Eating a diet that is high in antioxidants and rich in nutrients can help prevent inflammation caused by damage from free radicals.
- Research over the last decade has demonstrated the critical importance of maintaining a healthy gut in managing chronic pain and illnesses.

By now, we see a relationship... digestive, mental, and emotional stress can cause inflammation!

Controlling inflammation is key and crucial to managing pain long-term without solely relying on pharmaceutical drugs.

Inflammation is the body's natural response to injury or infection, but persistent, long-term inflammation contributes to chronic pain and chronic illnesses!

“Interestingly enough...”

*The phrase "**Genes load the gun, lifestyle pulls the trigger**" is a common way to express the notion that although genetics may make individuals more prone to certain health conditions or characteristics, their lifestyle choices significantly affect whether or not those predispositions become apparent.*

5. Self-Care Factors to Consider in Pain Management

The human energetic biofield system.



Exposure to high frequencies emanating from electronic devices, along with environmental pollution and untreated illnesses, can cause disturbance in the normal flow of energy in the body's biofield. This can lead to stress and negatively impact the central nervous system, which, in turn, can heighten pain perception and make it more challenging to control pain.

My own experience, research and working with individual clients, supported by numerous published research studies, reveal other clinical effects of our biofield, including reducing pain and inflammation. The biofield energetic system plays an important role in cellular processes, aiding in removing toxins from cells and promoting cell growth, regeneration, and healing.



Adequate hydration in the form of plain or sparkling water or herbal teas. Water constitutes more than 80% of both the inner and outer cellular environment. Keeping cells well hydrated helps carry out cellular processes, self-repair and removes toxins. Water also acts as a conductor and controller in generating our Biofield energy system.

The importance of sleep.



Melatonin is a hormone produced by the pineal gland in the brain. The amount of light received by the eyes influences this hormone's secretion. Typically, melatonin levels increase in the evening, signalling to the body that it's time to sleep. They decrease in the morning when it's time to wake up.

In addition to regulating sleep, melatonin has been studied for its anti-inflammatory properties. Research suggests that it may have antioxidant and anti-inflammatory effects, which could reduce inflammation in the body.

Getting at least seven hours of quality sleep is incredibly beneficial for healing, regeneration, and pain management.

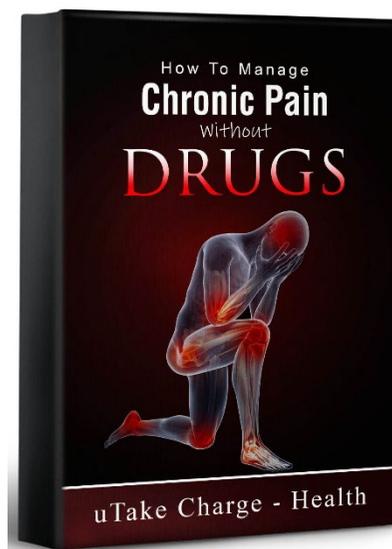
But wait, there's more...

Life is a mix of good and bad experiences. Our resilience is crucial to adapting to challenging internal or external environments. An individual's resilience refers to the ability to withstand and recover from adversity or challenging circumstances. A tree that can withstand and recover from a storm is a perfect example of this.

Taking an active approach to your own health includes not only managing any chronic pain or underlying illness you may have, but also nourishing your body with healthy nutrition, improving your digestion, getting better sleep, engaging in regular physical exercise, and balancing and harmonising your energy system through Mind-Body-Spiritual interventions. These practices can help you build resilience over time, enabling you to cope better with life's challenges.

Did you know 70% of your immune system is in your gut?

Read the complete eBook “How to Manage Chronic Pain Without Drugs” to get all the tips and tricks I’ve found on what pantry items to include in your diet. Go to www.utakechargehealth.co.uk.



6. Power in Your Pantry

There is such a wonderful array of natural remedies, and many are in your pantry!

If you have a chronic illness and suffer from associated pain, eating whole foods nourishes, supports bodily functions, and contributes to overall well-being. Diet plays a significant role in managing inflammation and pain. Selecting whole foods with anti-inflammatory properties can be a powerful tool for managing inflammation and alleviating pain.

What foods should you include to control pain and inflammation?

- ✓ Eat fatty fish like salmon, mackerel, sardines, and trout twice weekly for their anti-inflammatory omega-3 fatty acids.



- ✓ Leafy greens like spinach, kale, and Swiss chard are antioxidant-rich and contain vitamins, minerals, and fibre that boost digestive health and minimise inflammation.
- ✓ Berries such as strawberries, blueberries, raspberries, and blackberries are rich in antioxidants, flavonoids and anthocyanins, which possess anti-inflammatory properties.
- ✓ Nuts and seeds are rich in healthy fats, protein, fibre, and antioxidants to help reduce inflammation.
- ✓ Herbs like coriander have anti-inflammatory bioactive compounds like linalool that help relieve pain.
- ✓ Whole grains like oats, brown rice, quinoa, and barley are nutritious, high-fibre foods that reduce inflammation and aid digestion.
- ✓ Spices such as fresh ginger have potent anti-inflammatory and analgesic properties. It traditionally alleviates nausea, muscle soreness, and joint pain.

And so much more...

The importance of a healthy digestive system!

Incorporating the right whole foods into your diet, and having a healthy digestive function is essential for extracting and absorbing nutrients from food. A well-functioning digestive system breaks down food into smaller molecules that can be easily absorbed into the bloodstream and transported to cells throughout the body for energy, growth, repair, and other vital functions. When the lining of your stomach gets damaged, food particles can leak out of your digestive system and into your bloodstream. This can result in food sensitivities that may restrict your diet and leave you feeling drained. Common symptoms of food sensitivities include fatigue, migraines, skin breakouts, mood changes, weight changes, and joint pain. Respiratory symptoms include nasal congestion, sneezing, a runny nose, wheezing, coughing or difficulty breathing.

What foods should you avoid to control pain and inflammation?



Processed foods can cause inflammation in multiple ways. "Processed foods" are foods that have undergone various methods of alteration from their natural state. These methods may include cooking, freezing, canning, drying, or adding preservatives. Other additives intend to extend the shelf life and change its taste and texture.

- Processed foods contain added sugars like sucrose and high-fructose corn syrup. Excessive sugar intake can cause inflammation in the body.
- Processed foods often have unhealthy trans fats formed during hydrogenation to make oils solid. Trans fats promote inflammation and increase the risk of chronic diseases like heart disease and diabetes.
- Processed foods often contain refined carbohydrates, such as white flour and white rice, which lack fibre and nutrients. This causes blood sugar spikes, inflammation, and insulin resistance.
- Processed foods often contain artificial additives such as preservatives, colourings, and flavourings. These additives may trigger inflammatory responses in some people.
- Processed foods with high Omega-6 fatty acids, like soybean and corn oil, can cause inflammation when consumed excessively. Balancing Omega-6 fatty acids with Omega-3 fatty acids is crucial.
- Processed foods often lack the essential nutrients and antioxidants that are abundant in whole foods that counteract inflammation by neutralising free radicals. A diet deficient in these nutrients can contribute to inflammation.
- Processed foods may contain additives that disrupt gut bacteria, leading to inflammation and dysfunction in the intestines and throughout the body.

So, avoid high-carb foods like white flour, rice, and pasta. Say no to refined sugar, high fructose corn syrup, trans fats, processed meats and fish. Highly processed oils, artificial sweeteners, and Monosodium glutamate (MSG), which is a flavour enhancer, and preservatives are not recommended. Also, avoid foods exposed to pesticides and other chemicals.

7. Holistic Pain Management and its Benefits

The word “holistic” emphasises the importance of treating the whole of YOU, not just your body, but your mind and spirit. Treating just one part of the body has been proven to limit therapy and treatment of a person.

Holistic pain management is a form of pain management where YOU are in control. Holistic health works in sync with your body in the self-management of chronic pain and illnesses.

In my e-book, I include in-depth, drug-free strategies to manage inflammation and pain without drugs, with an emphasis on "Holistic Pain Management". This is a whole-body approach to pain management that considers a person's physical, emotional, social, and spiritual well-being to identify the root causes of pain, rather than just treating the symptoms with drugs. Building resilience through holistic health improves quality of life through non-medical approaches, lifestyle changes, nutrition, mind-body techniques, and mental and emotional support. Holistic pain management aims to reduce pain, increase mobility, improve mood, and a better quality of life overall.

Holistic pain management works differently from mainstream healthcare, and like all treatments, patience is often required, as these approaches tend to work more gradually and over the long term.

Get your complete eBook “**How to Manage Chronic Pain Without Drugs**”

by scanning this QR code:



Or by visiting the website www.utakechargehealth.co.uk

If you like what you’ve read here, be sure to explore the website further for more information at www.utakechargehealth.co.uk Facebook [\(1\) Facebook](#) for more helpful health tips and suggestions!

If you would like a more personalised and tailored consultation, please get in touch!

© 2024 uTakeChargeHealth. **Disclaimer:** The contents of this document are for informational purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. This document does not provide medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or before stopping any of your regular prescribed medications. Avoid consuming foods where you have known allergies or intolerances.

References

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC538506/>

<https://www.bma.org.uk/media/2100/analgesics-chronic-pain.pdf>

<https://www.britishpainsociety.org/mediacentre/news/2023/>

<https://www.rpharms.com/Portals/0/RPS%20document%20library/Open%20access/Publications/nmbmbu---full-report.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9314633/>

<https://www.statista.com/statistics/377895/top-ten-analgesic-drugs-dispensed-by-item-in-england/>

<https://cks.nice.org.uk/topics/chronic-pain/how-up-to-date-is-this-topic/update/>

<https://pubmed.ncbi.nlm.nih.gov/20590346/>

Rubik, B., Muehsam, D., Hammerschlag, R., & Jain, S. (2015). Biofield Science and Healing: History, Terminology, and Concepts. *Global advances in health and medicine*, 4(Suppl), 8–14.

<https://doi.org/10.7453/gahmj.2015.038.suppl>

www.kingsfund.org.uk/projects/time-think-differently/trends-disease-and-disability-long-term-conditions-multi-morbidity

<https://alternative.health/the-role-of-meditation-in-pain-management>

Developing Holistic Care for Long-Term Conditions by C. Margerison and S. Trenowth

Healing with Whole Foods 3rd Edition by Paul Pitchford

Activate Your Vagus Nerve by Dr. Navaz Habib

The Sovereign Health Solution by Dr. Eva Detko

Eat, Move, Sleep, Repeat by Professor Michael Gleeson