

**THE NATUROPATHIC  
PERSPECTIVE**  
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## JOINT PAIN

Are you unable to find long-term relief from chronic pain? Millions of Canadians suffer from joint pain. The pain medications that are often used to help with the discomfort do not generally address the cause of the disorder. Joint pain can be the result of osteoarthritis (OA), the degeneration of cartilage cushioning the ends of each bone within a joint, but not all joint pain is necessarily OA.

Although pain, whether joint/muscle/head/etc., is a common complaint, most people do not realize that the cause of one person's pain can be quite different from someone else's.

### **Causes:**

The root of pain is often inflammation. What is causing the inflammation is often multi-factorial and usually includes at least one of the following:

- overuse of the joint
- wearing-down of the protective cartilage that lines each joint
- toxicity; systemic &/or within the joint itself
- hormone imbalance; hormones act upon connective tissue cells
- inadequate water intake
- food allergy; delayed reaction often goes undetected
- poor blood sugar regulation
- misalignment of a joint above or below the one experiencing pain
- pain is often enhanced by depression and anxiety

### **Natural treatment considerations:**

- intravenous nutrient therapy; administered by your naturopathic doctor
- fish oils; product screened for heavy metals
- detoxification protocol; monitored by your healthcare provider
- find and remove food allergens from your diet; finger-prick blood test
- achieve healthy body weight
- chiropractic treatment; joint health, muscle tension
- avoid pro-inflammatory foods; red meat, dairy, sugar, shellfish, processed foods
- emphasize nutrient-rich foods; vegetables (ideally raw), fruits, whole grains, fibre, good fats
- nightshades can enhance pain for some people; tomatoes, potatoes, eggplant, peppers, tobacco
- anti-inflammatory herbs; curcumin, boswellia
- supplementation; MSM, glucosamine sulphate, antioxidants
- contrast hydrotherapy; the alternation of cold and hot water

The most important step is finding out why you are personally experiencing pain. Consult a naturopathic doctor to determine which of the above treatments will be most effective for treating your pain.

**Did you know?!??** Long-term use of ibuprofen can actually accelerate the degeneration of cartilage.