

Recomendations for Pain

John W. Jones, MD, MPH

The Pain Recommendation Nutritional Protocols are:

- Headaches
- Musculoskeletal Pain and Trauma:
- Arthritis,
- Fibromyalgia,
- Inflammation
- Pain from Surgery, especially failed back surgery

Nutritional Supplementation

First let me state: NSAIDs are not the best way to control pain and inflammation.

For a discussion of the serious adverse effects of NSAIDs, see “About NSAIDs” in the Articles section or click here to read about the complications of using NSAIDs.

If one controls inflammation, pain and spasm are relieved. Inflammation is involved in many other disease processes such as heart disease, peripheral vascular disease and gastrointestinal disease.

Inflammatory conditions respond well to essential fatty acid supplementation: use preformed Gamma Linolenic Acid (GLA), Stearidonic Acid (SDA), Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA), such as is found in Ultra Omega-Linic. Low body levels of Vitamin D are often a major part of chronic pain. Calcium and Magnesium can be used to control muscle spasm.

Simple Solutions

Use Essential Fatty Acids like Ultra Omega-Linic to combat inflammation Yucca can relieve pain as well as aspirin and Advil. You can solve sleep problems with L-Arginine and 5-HTP.

This is my philosophy about Nutritional Supplements - get all the necessary nutrients - .in amounts in excess of the minimums - in amounts necessary to cover biochemical individuality - in a form that is bioavailable to the body

*These statements have not been evaluated by the Food and Drug Administration.
The products are not intended to diagnose, treat, cure, or prevent any disease*



Phone: 888 953 5553

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