
Chronic back pain can make your life miserable! Fortunately, there are a number of natural avenues for treating chronic back pain. One very effective method is amino acid and micronutrient supplementation in conjunction with chiropractic care. If you suffer from chronic back pain, it is very likely that your body is deficient in some key nutrients.

Our bodies are designed with a natural capacity to heal; but they rely on essential nutrients from our diets, and often times, from supplements. Without all of the required nutrients, our bodies' natural healing process is slowed or halted. This can lead to "chronic" or long-term pain.

Did you know that our bodies actually produce natural pain reducing chemicals known as "endorphins"? They do; however, over fifteen precursor amino acids are required to synthesize these endorphins. Thus, a hidden amino acid deficiency can lead to multiple physical and emotional difficulties and a variety of symptoms.

This concept of balancing the nervous system from a chiropractic adjustment allows our natural innate intelligence to restore optimal function and health in each individual. I have always appreciated this philosophy for restoring health as naturally as possible. I have witnessed thousands of healings take place using spinal adjusting in my offices.

However, chronic pain suggests a possible amino acid deficiency and the need for foundational nutrient intake in addition to traditional adjustments. When one experiences physical stress, including injury, inflammation or infection, their body requires an increased supply of essential and conditionally essential amino acids to support, defend and repair. Hidden amino acid deficiencies can be alleviated easily and safely with a complete blend of free form amino acids. Having these nutrients readily available in a form that requires no digestion for assimilation provides one with the broad-based amino acid nutrients that aid in strengthening the immune system and reducing inflammation, thus allowing for healing.

Help for Chronic Back Pain

By Dr. Daniel S. Smith

Endorphins are our body's natural "morphine". Initially, if you have an injury or trauma, your body will supply you with plenty of endorphins to assist in reducing the degree of pain you experience. The problem is, if the pain continues week after week, month after month, and year after year, your body uses up its endorphin supplies. It is very difficult to get sufficient amino acids from your daily dietary intake to maintain the level of endorphins needed to deal with chronic physical pain.

Back pain is one of the most common reasons people see a chiropractor. Doctors of Chiropractic use chiropractic spinal manipulation to restore joint mobility. They manually apply a controlled force to joints that have become restricted by muscle injury, strain, inflammation, and pain. Manipulation is believed to relieve pain and muscle tightness and encourage healing.

In the early 2000s, I began introducing patients to free-form amino acids as an adjunct to chiropractic care—as a type of "metabolic tune-up". This nutritional approach to back health—amino nutrients—provides the synergy necessary for recovery from chronic back pain.

Traditionally, correcting spinal misalignments and relieving nerve pressure with a specific hands-on chiropractic adjustment to the misaligned vertebrae can relieve pain and balance the brain and central nervous system by restoring clear communication between the body and the brain.

Furthermore, evidence suggests, along with amino acids, the following micronutrients are essential to relieve chronic pain:

- ~ Vitamin D: *chronic muscle pain can be a symptom of Vitamin D deficiency*
- ~ Vitamin B12: *has been found to relieve low back pain*
- ~ Magnesium: *is essential for healing muscle pain & nerve pain; symptoms of magnesium deficiency include muscle spasm & pain*
- ~ Omega 3 Essential Fatty Acids: *aid in reducing inflammation*

Designed with their own analgesic system, our bodies can often be restored to optimum, pain-free health with proper nutritional support and health care assistance.

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