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# How to be FREE FROM PAIN



By Gemma Hurditch,  
CNM lecturer and  
naturopath.

**P**AIN CAN COME FROM A variety of sources: toothache, headache or migraine, joint pain and gastrointestinal discomfort, are just some examples. Getting to the root of the pain by addressing the cause, be it food intolerances, structural issues or some other imbalance, is always the best option in securing long-term pain relief.

If you have a headache due to dehydration, a painkiller might get rid of it for a while, but you are still dehydrated and the headache will return unless you address the issue, which is that you need more water!

Another thing to consider: inflammation is always a factor in pain, so addressing inflammation will have a beneficial effect on any type of pain, whilst you work to determine the root causes of your particular pain.

Anti-inflammatory foods are foods you are not intolerant to – some people may react to foods normally associated with good health. Common allergenic foods are citrus, eggs (particularly egg white), pasteurised dairy, onions, garlic, soya, gluten grains and nightshades (e.g. tomatoes, potatoes, aubergines). Try eliminating these foods for a week before gradually adding them back into your

diet, one at a time; note your symptoms after the introduction of each food.

## FOOD TO HELP YOU

The Mediterranean diet is a great place to start with anti-inflammatory eating, focusing on plant foods, oily fish, nuts and seeds (pre-soaked), legumes (pre-soaked or fermented) and extra virgin olive oil. Limit red meat to once/twice per week. Avoid all refined sugars and white flours.

Food production and processing can produce inflammatory results so opt for minimally travelled and processed

options (wholegrain and brown, local, freshly picked, in season, organic, etc.) and water-based cooking methods (sautéing, steaming, poaching).

Also address mental/emotional and environmental factors as causes for physical pain: feelings can produce chemicals that are inflammatory to the body; certain environmental conditions can do so, too (EMF emissions, air/light/noise pollution, moulds, household chemicals). It's important to understand that pain is the body's warning that all is not well and you might need professional health support.

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