



Kokko Wellness

Pain Relief

Pain is a message sent by the body to the brain, signaling that disease, injury, or strenuous activity has caused trouble in some area. Anxiety, fear, stress and anticipation intensify pain; relaxation reduces pain

Make sure your bed and couch are not too old or too soft and your pillow is not too hard or too high.

Make sure your space is not too windy or cold. Work and living ergonomics are important!

AVOID

Refined Sugar, Excessive Dairy and Gluten

Acidic forming foods including coffee, excessive meat, greasy foods, damp-forming foods

Remember

to Breathe deeply

Meditate and Pray

Spend time in nature, Rest, Move and Stretch

Hydrate your muscles and sinews... at least 8 cups water / day with electrolytes

Don't over-work or stress out... Enjoy life ☺

Make sure you don't sleep close to an open window or work next to a fan directly on you.

NUTRITIONAL APPROACHES FOR PAIN MANAGEMENT

The amino acid, tryptophan (found in avocados, bananas, grapefruit, nuts, seeds, papayas, peaches, and tomatoes) encourages production of the calming neurotransmitter, serotonin. Particularly beneficial foods for pain include broccoli, cauliflower, winter squashes, sesame and flax seeds. Enzymes, present in unheated foods, reduce inflammation, which is often a factor in pain. Papaya (pineapple also good; make sure it's fresh, or at least no preservatives)

Anti-inflammatory Foods:

Good fats: Flaxseed and it's oil, Pumpkin seed, Olive oil, Salmon, Fish or Krill oil

Wild-Caught Salmon (anchovies, mackerel, sardines also good) for the Omega 3s.. DHA / EPA

Fruit: including...Avocado, Bananas, Grapes, strawberries, cherries

Vegetables: including...Broccoli, Cauliflower, Celery

Herbs: Ginger root, Turmeric root, Cinnamon

Also consider:

Kelp (but not pre-made seaweed snacks)

Shiitake (Maitake, enoki, oyster mushrooms also good)

Green Tea

Blueberry (must be organic; Blackberries, cranberries, strawberries, raspberries also good)

Extra Virgin Olive Oil (avocado oil also good)

Broccoli (cauliflower also good)

Sweet Potatoes (avoid processed sweet potato chips, though)

Supplements:

B-complex

Vit D3 (30 min of sun / day)

Digestive Enzymes, Omega 3s, Electrolytes