

Back pain, joint pain, knee pain, arthritis and a host of other pain ailments you never have to suffer again

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**By Jayne Nichols**

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"The smallest pain in our little finger gives us more concern than the destruction of millions of our fellow beings." William Hazlitt [1778–1830. British Essayist]

If "The smallest pain in our little finger gives us more concern..." then what happens when we have back, knee or joint pain?

Did you know that

- 80% of Americans will battle with back pain at some point in their lives?
- 7 million people are treated for back pain every year?
- 2 million new cases of back pain are opened every year?
- \$100 billion is being spent annually in medical bills, disability and lost productivity at work?

Pain and Pain Relief is of utmost concern for most of us that are in constant pain.

Why are we in Pain?

Before we can answer this question, we need to understand how the body interprets and handles pain. The pain impulse begins at the point of an injury for example a cut, burn, pinched nerve, bruised muscle etc.

Once the impulse starts, it triggers a number of bio-chemicals to be released at the site of the injury. Some of these bio-chemicals are histamine, bradykinin, prostaglandin, and Substance P. Each of these has one or more effects on the body. And many of these bio-chemicals are inflammatory — that is they cause the injury site to swell up.

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Inflammation is actually a defense mechanism for the body. Inflammation serves to bathe the injury in healing fluids and acts as a cushion to protect against further injury. However, if the inflammation is prolonged or out of control, it can cause destruction. This is what occurs in arthritis where the inflammation actually destroys the joints. Also, inflammation can serve to compound problems by actually causing pain itself.

This explains how an injury causes the body to release a number of biochemicals that can cause inflammation. Another action of these biochemicals, though, is to stimulate the nerve fibers of pain, the C fibers. (The body actually has three types of nerve fibers: A fibers, B fibers and C fibers. The main fibers which transmit the pain impulse are the C fibers.) Histamine, bradykinin, prostaglandins and the other bio-chemicals are actually the stimuli that cause the pain impulse to begin.

### Types of Pain Relief

At the site of an injury, whether the problem is pain or inflammation, the pain impulse can be interrupted by:

"Decreasing the levels of the "pain" bio-chemicals or  
"by blocking the nerves of pain – the C fibers.

With that in mind, it would make sense to use a painkiller that can do both of these. Aspirin and NSAIDS (non-steroidal anti-inflammatory drugs), such as ibuprofen and Motrin decrease the prostaglandins. This can result in decreased pain and inflammation, especially if the prostaglandins are the main causes.

However, aspirin and NSAIDS do not directly affect the other pain chemicals and do not affect the pain nerve, the C fiber.

Narcotics, such as Darvon or codeine, have no known effect on either the "pain" bio-chemicals or the pain nerves. Acetaminophen (Tylenol) also has no significant effect on these at usual doses. And in fact, the way acetaminophen works is not actually known.

But we also know we can interrupt the pain impulse away from the injury site, at the spinal cord. If our pain killer could also decrease the release of (or deplete the C fiber of) Substance P, the pain impulse would be blocked at the spinal cord level. Aspirin and NSAIDS have no known effect at this site. Narcotics and tricyclic antidepressants, such as amitriptylene or Elavil, on the other hand, actually can block the release of Substance P and stop transmission at the spinal cord level, but once again have no value in decreasing the levels of the bio-chemicals of pain.

This new totally natural remedy does it all by providing the relief you need without using drugs and other traditional methods of pain relief:

- Decreases the levels of the "pain" bio-chemicals.
- Blocks the release of Substance P, thus slowing down the transmission of the pain impulse along the nerves of pain, the C fibers.
- And slows down transmission of pain along the spinal cord.

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ReducedBackPain.us offers an affordable, all natural and highly effective product that sells all over the world.

This product is an all-in-one solution, also called the "Chiropractor in the bottle" that ...

- reduces pain and swelling
- Lessens the pain of arthritis
- helps with bruises that hurt
- fights muscle fatigue
- works against sciatica and neuralgia
- Makes cuts and scrapes feel better instantly
- Provides soothing warmth and pain relief in just seconds.

Get your all natural highly potent pain relief product today at <http://www.reducedbackpain.us/>

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Jayne is an instructor at the local community college. She is also a former skipatroller and thus very interested in health issues. Read her latest article right here:

## **Knee Pain Factors! Prevention Better Than Cure!**

**By Carrie A.Hall**

When a young athlete has the condition, he or she usually has a throbbing pain that occurs just below the knee joint. You may have pain in the joint at the base of your big toe, or in your foot, ankle, knee, elbow or hand.

Muscle force and body weight determine the degree of patello-femoral joint reaction force, which frequently contributes to anterior knee pain following TKA. This in-turn places stress on the knee joint, which results in pain and damage to the structures that make up the knee joint. Other conditions that can lead to knee pain include arthritis, infections, hemarthrosis (blood in the knee joint), cysts and bone tumors. One could also experience a knee pain if there is an infection in the joint.

Nonspecific complaints may include global or generalized knee pain, joint line pain, or posterior knee pain. But some knee injuries and medical conditions, such as osteoarthritis, can lead to increasing pain, joint damage and even disability if left untreated.

Knee arthritis typically affects patients over 50 years of age. It is more common in patients who are overweight, and weight loss tends to reduce the symptoms associated with knee arthritis. There is also a genetic predisposition of this condition, meaning knee arthritis tends to run in families. Other factors that can contribute to developing knee arthritis include trauma to the knee, meniscus tears or ligament damage, and fractures to the bone around the joint.

Although it's not always possible to prevent knee pain, the following suggestions may help forestall

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injuries and joint deterioration: Keep extra pounds off!

Surgery is always the last option to any illness. However, if your knee pain is diagnosed by a medical doctor and if he recommends surgery, it is always safer to follow the professional advice. More than 90% of knee replacements result in dramatically reduced knee pain and increased mobility of the knee joint. Studies have shown acupuncture to be effective in relieving certain types of knee pain, especially arthritic conditions of the knee and knee joint.

Many things can slow down your active lifestyle, but Knee Pains can definitely bring it to a stop. Come Find out More about Knee Pain at



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