

# PAIN AND INFLAMMATION MANAGEMENT



## Improving Pain Management with Nutritional Support

Topical pain management has become a popular approach to treating localized pain. Whether the pain is due to arthritis, muscle trauma, neuropathic issues, or a host of other possible causes, the topical pain approach can be very beneficial. The initial advantage of localized topical pain management was to minimize systemic distribution of opioids and other systemically acting analgesics to minimize their adverse effects. However, the utilization of various oral nutritional agents, along with the topically applied agents, can significantly improve overall pain management.

Pain from osteoarthritis and rheumatoid arthritis can be debilitating as the joints begin to lose the spongy cartilage that protects the bones from rubbing against each other. Topical agents have proven helpful for localized arthritic pain. However, oral agents such as glucosamine, chondroitin, MSM, and cetyl myristoleate (CMO) have been shown to actually contribute to restoring the sponginess of the joint cartilage, something that topical agents alone cannot do.<sup>†</sup> The unique formulation of **Ultimate Joint Complex** is an excellent oral adjunct for this type of pain.<sup>†</sup> Curcumin, such as is found in **Curcumin Complex** and **Curcumin Ultra**, can significantly improve outcomes in topical pain management.<sup>†</sup> Even migraine headaches can see improved management with the prophylactic usage of natural products, such as those found in **Migraine Clear**.<sup>†</sup>

Neuropathic pain is always challenging to treat. However, incorporating oral nutritional support, along with a topical cream approach, will greatly expedite remission and improve outcomes. Inflamed, hyperactive nerves are one of the major signs of neuropathic pain. Studies have shown that acetyl-L-carnitine can positively impact nerve pain using multiple mechanisms of action. **ALA 300 Alpha Lipoic Acid** is another nutritional supplement with a documented track record for treating neuropathy.<sup>†</sup> A unique approach to addressing nerve pain is to enhance body stores of the essential neural antioxidant, glutathione. The combination of glutathione found in **Liposomal Glutathione 250 mg** along with methylcobalamin found in **Methyl B-12 Lozenges 3,000 mcg** can help to improve nerve function and protect the nerve cell from additional damage.<sup>†</sup>

When attempting to manage pain and improve outcomes in pain patients, it is important to look past simple localized cream application and consider the utilization of appropriate nutritional supplements to support underlying muscle, nerve and cellular aspects that also have a role in creating the perception of pain.



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<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.