PAIN AWAY PROTOCOL
15 GREAT WAYS TO BREAK FREE FROM PAIN AND RECLAIM YOUR LIFE

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If you experience chronic pain, you probably feel like you’re fighting a battle all by yourself. And while it is a deeply personal ordeal that everyone copes with differently, you’re far from alone. In fact, the sheer number of people dealing with this issue is staggering. It is estimated that at least 1.5 billion people worldwide live with it daily.

In the US alone, at least 100 million people have to endure this problem, and over a third of them will miss work this year because of it. Chronic pain is both the number one cause of long-term disability and the most common reason why people seek medical care. Any other ailment with this wide a scope would be considered a public health epidemic of huge proportions, yet it is rarely cited as such. Since its root cause varies so much from person to person, people rarely think of it as a disorder in itself.

It is not only the physical and economic toll that matters; the emotional component is just as significant. Over 75% of chronic pain sufferers report feeling depressed because of their condition, and over half feel that they have little or no control over the agony they experience.

Given the prevalence of this problem and its wide-reaching effects on those who suffer from it, it is obvious that pain itself deserves to be treated as a condition and not just a symptom. If you are dealing with this potentially debilitating issue, learning to manage or even (in the best-case scenario) eliminate it can make a huge difference in your quality of life. And while it can result from an almost endless number of causes, there are some important commonalities that make treatment possible. This report aims to educate you on some of the most effective natural means for dealing with chronic pain.
Chapter 1: What is Pain?

In order to learn how to deal with chronic pain, it is important to understand exactly what pain is and what its function is within the human body.

First of all, let’s take a look at its technical definition. According to the International Association for the Study of Pain (IASP), it is “an unpleasant sensory and emotional experience associated with actual or potential tissue damage.” A key point this definition highlights is the fact that pain is a signal used by your body to tell you that a physical injury is either happening or is potentially about to happen.

Most of the time we think of it primarily as something to avoid, or as a purely negative experience. While it is certainly advisable in many cases to avoid doing things that cause pain, we often lose sight of the fact that it is an important feedback mechanism that should not be ignored. In many cases, it is a sign that something needs attention, and accurately diagnosing the source of the pain early on – and perhaps correcting or eliminating the underlying cause – can help to prevent further complications or injuries.

Since people experience pain differently, diagnosing the source it can be a tricky business. The way your brain processes discomfort is complex, and it can be heavily influenced by a number of factors, including:

- Your mood
- Any negative thoughts or memories associated with the strain or with an event or injury that may have played a causal role
- Your current physiological state (including how much sleep you have gotten and how much stress you are experiencing)
- Your genetic makeup and brain chemistry, which influence your physical and emotional pain threshold.

All of these worked together to determine how intensely you experience agony.

If you’re not sure which of the above are contributing to your pain, it’s actually not that big a deal. As much as we can try to find the source, often it’s a combination of factors and circumstance. You can’t possibly live every single day the exact same way, or eat the exact same foods at the exact same time. No one can accurately predict when the next wave of pain will strike.
There is, however, something that can help prevent the onset of pain with alarming accuracy. It’s natural, effortless, and takes less than a minute to work. If you’re interested in this little-known shortcut, click here to find out more.

Though pain can take on many different forms, in terms of the particular sensation you experience, it can be broken down into two primary categories: acute and chronic.

**Acute Pain**

This refers to the immediate reaction your body has to a specific event or trauma. When you cut or burn yourself, stub your toe, scrape your knee, or suffer some other sudden injury, the hurt you experience in the immediate aftermath is called acute pain. It tends to be both relatively intense (though the intensity, of course, depends on the extent of the injury) and relatively short-lived. Treating the injury typically causes the discomfort to subside and ultimately disappear.

**Chronic Pain**

On the other hand, chronic pain is typically defined as one that lasts for at least three months. It can vary in intensity from mild to severe, and it is not unusual for it to fluctuate widely over the course of time that the individual suffering from this ailment.

It can be continuous (as is often the case with, for instance, arthritis) or intermittent, meaning the it comes and goes. So just because it isn’t constantly there does not mean it is not chronic. Sporadic discomfort lasting for three months or more is still considered chronic pain.

With acute pain, the cause is usually either immediately obvious (as with an external injury), or at least diagnosable with a thorough physical exam. The root cause of chronic pain is much more difficult to pin down. Many different factors can influence the location, duration, intensity, and subjective experience of chronic pain, often times making it a very mysterious and frustrating experience.

In the next chapter, we will investigate some of the ways it can manifests and the effects it can have on those it afflicts, along with some potential causes.
Chapter 2: Do You Suffer From Chronic Pain?

Chronic pain can stem from a number of reasons, and sometimes, a single source can have several contributing factors or root causes.

It is usually the result of ongoing deterioration in a specific area of the body, often at the joints. This is the case with arthritis and many types of back pain, specifically those related to spinal disc injuries or degradation. Sometimes it results from nerve damage, which can be caused by certain illnesses, including diabetes; viruses, like HIV; side effects from medications; direct trauma from a past injury; or even surgery.

Sometimes doctors are unable to pinpoint the root cause of the pain. Fibromyalgia, a disorder that affects as many as 12 million people in the US alone, is primarily marked by muscle pain that, in some cases, covers the entire body. Individuals with this condition often experience bouts of fatigue as well.

Nobody knows the origin of it, though several different factors seem to put certain individuals at a higher risk of developing this disorder.

They include a history of certain illnesses or infections, chronically elevated stress, and even past emotional trauma or abuse.

Chronic pain can take on many forms. It may be described as a dull ache, a burning or searing sensation, stinging, shooting, pinching, soreness, or any one of a myriad of descriptive words or phrases. There is no one standard description for this condition.

It rarely manifests on its own, and instead, is frequently paired with other symptoms, like a lack of appetite, fatigue, sleep disturbances, changes in mood, feelings of weakness, and a lack of energy.

All these can negatively impact a person’s mental wellbeing, especially during the long run.

Many people suffering from this condition typically experience anxiety, frustration, or helplessness. Unfortunately, these changes in disposition, especially when coupled with lack of sleep, can worsen the pain. When that happens, the condition can deteriorate and your emotions can spiral downwards.
Each year, millions of people seek medical attention to help them diagnose, eliminate, or cope with discomfort.

Those suffering from chronic pain commonly seek help from their primary care doctors, as well as pain specialists, acupuncturists, physical therapists, chiropractors, and many others professionals.

There are many options for dealing with it, including specialized exercise routines, physical rehabilitation, and medication. However, certain simple lifestyle changes can also do a great deal to help you minimize your misery. In the next chapter, we will look at some of the most effective natural solutions to chronic pain.
Chapter 3: 15 Methods for a Pain-Free Body

Often times, when someone is suffering from a disease, medical condition, or other ailments, the first impulse is to seek out professional medical help. It is no different for people who suffer from chronic pain.

In some cases, this is the right thing to do because the condition is such that only a qualified medical practitioner can provide the proper guidance or treatment. However, in many cases, there are definite drawbacks to it, including nasty side effects, high cost of treatment, and in certain instances, the potential for developing dependence.

There are inexpensive and natural remedies that can be incorporated into your daily routine to help you improve your wellbeing. Before you opt for prescription medication, you might want to try these effective and time-tested methods.

However, if you’re a busy individual and have no time or energy to implement these methods to your life, you might want to consider a natural (read: no side effects) and effective quick fix. Check it out here and see for yourself how fast it acts. It won’t take up much of your time and, best of all, doesn’t require much effort on your side.

Spicy Food

It may seem counterintuitive, but spicy foods can help provide pain relief. Capsaicin, a common component found in spicy foods that creates the feeling of heat, is actually a potent analgesic. It stimulates pain receptors in your skin, especially the sensitive ones in your mouth and on your tongue, fooling your brain into thinking you are eating something hot. In response, your brain releases endorphins, which block your nerves’ ability to transmit pain signals. Since this is a system-wide response, the result is that you feel less pain in general.

Self-Myofascial Release

Your muscles and organs are held in place by a thin, continuous webbing called fascia. Sometimes, adhesions develop between it and the surrounding tissue, especially muscles, due to trauma, continuous motion, or chronic muscle tension. They typically make their presence known with restricted mobility, muscular imbalances, and musculoskeletal pain.
To help yourself regain your usual range of motion and relieve discomfort, use a foam roller or other tools (like a tennis or lacrosse ball) to massage yourself.

**Old Fashioned Bone Broth**

Modern cooking eschews many animal parts that used to be commonly eaten or used to make broths, including bones, ligaments, and other connective tissues. The consequence of this shift in culinary taste is that our modern diet is short on many of the minerals and compounds that are readily available from the parts we now discard.

A good old-fashioned bone broth contains heavy doses of glucosamine, chondroitin, collagen, glutamine, and other joint-healing compounds.

**Reduce Stress**

Did you know that chronic stress can actually make your brain more sensitive to pain signals? The same is true of the emotions that often accompany chronic stress, like depression, anxiety, and anger. Knowing how to manage your feelings and stress levels will not only make you feel better about life in general, but it can alter the way your brain responds to and perceives pain.

**Deep Breathing/Meditation**

This one goes hand in hand with the previous point. Sometimes, given the demands placed on us by life, it is not possible to remove all of our sources of stress. Instead, it is better to learn how to cope with them. Meditation and deep breathing techniques can help you learn to manage your body’s reaction to unexpected situations so that life’s ups and downs don’t wreak havoc on your system.
Exercise

Often times, chronic pain can take away your desire to get up and move. However, you should strive to incorporate whatever kind of exercise you can fit into your daily routine for a couple of reasons.

The immediate benefit of keeping active is the rush of endorphins, which not only act as natural painkillers but also help lift your mood.

Its long-term benefits include an increased range of motion, increased strength, fewer muscle imbalances, and better posture, all of which can make a huge difference.

Limit Alcohol Intake

Everyone knows that drinking to excess is unhealthy. If you are suffering from chronic pain, alcohol can make it worse because it can negatively influence many of the secondary factors that contribute to pain, like disrupting your sleep cycle. Insufficient rest directly affects the way your brain processes pain, and also results in lower energy, negative mood changes, and increased vulnerability to stress.

Stop Smoking

Like with alcohol consumption, there are plenty of reasons to stop smoking that have nothing to do with chronic pain.

However, if you haven’t found the motivation to kick the habit yet, maybe it will help to know that it is almost definitely contributing to your condition.

Reduced circulation (one of the most significant consequences of smoking) means your body heals much more slowly because it cannot deliver nutrients as efficiently to the areas that need them.
Find Social Support

Because feelings of discomfort can keep you away from many of the activities you enjoy, many chronic pain sufferers feel a sense of isolation, which can easily lead to depression and other mood disorders. Having a group of people who know what you are going through and offer you strength and support can be a source of great help and joy.

Keep a Pain Diary

Knowing how you feel daily and which activities affect your pain - either positively or negatively - is vital to your understanding of how to deal with your condition.

At the end of each day, take note of how severe the strain was throughout the day (a scale of 0-10 is often helpful) along with any activities you did.

This information will help both you and your doctor in diagnosing your condition and crafting a treatment plan.

Find a Good Masseuse

Massage is one of the most popular methods of dealing with chronic pain. Tightness or knots in your muscles can lead to pinched nerves, intramuscular pain, and movement dysfunction, which can wreak havoc on your joints. Since cramps aren’t always felt at the source of the problem, a full body massage may give you relief in ways you would never imagine.

Eat Better

The way you eat affects every aspect of your life. Having a balanced, healthy diet ensures that your body gets all the nutrients it needs to heal and function properly. It also helps you manage your weight (a major causal factor for chronic pain), sleep better, and keep you pain-free.
Find Ways To Distract Yourself From Your Pain

Prolonged aches force many individuals to give up their favorite activities. Doing so, unfortunately, provides individuals with more time to dwell on their misfortune and agony. Not only does it amplify your discomfort, your mood will take a turn for the worse.

Since pain is a complex sensation that carries an emotional element to it, it’s better to find hobbies or other activities that you enjoy so that you can take your mind off the discomfort you experience and enjoy your life to the fullest.

Epsom Salt

Athletes and individuals who frequently experience tired and sore muscles have long sworn by the soothing effects of epsom salt. All you need to do is just soak yourself in a warm water bath with a few cups of epsom salt. Its high magnesium content helps to modulate the brain’s response to soreness and lower inflammation.

Fast Action Relief

An organic compound named DMSO (dimethyl sulfoxide) has been found to relieve pain due to its analgesic properties. Extensive research shows that pain-inducing inflammation in the body can be greatly reduced as DMSO also functions as an antioxidant. Try looking for a topical blend to ease any muscle and/or joint pain; it’s good for sprains and bruises as well.

Pain-Relieving Oils

Essential oils sometimes carry a stigma for being “new-agey”, and many people write them off as a placebo. Contrary to this perception, many of them have been demonstrated to have potent pain-relieving effects on the body that, in some cases, rival common over-the-counter prescription medications.
Wintergreen (which has been shown in clinical trials to rival aspirin as an analgesic), frankincense, arnica, and peppermint are just a few common essential oils that have been shown to help with aches and inflammation.

These 15 methods are great and effective ways to handle any discomfort that come your way. However, they do require some time before their effects can be experienced.

If you’re a chronic pain sufferer who cannot bear another moment of living in agony, check out this natural, fuss-free, and potent solution that’s sure to provide you with immediate relief.
Pain doesn’t have to rule your life. Whatever your condition, there are steps you can take to alleviate or cope with it so you can get on with doing the things you truly enjoy. And thankfully, many of these simple, natural strategies can be easily implemented in your everyday life.

For many people, the cure for it may simply be learning how to lead a healthier lifestyle. You can do so through having a better diet, doing more physical activity, getting adequate sleep, and quitting bad habits, like drinking or smoking to excess. Perhaps your pain might be a blessing in disguise because it may just drive you to make some long overdue changes.

In some cases, however, these changes may not be enough to keep you pain-free. Some people have been leading healthy lifestyles, eating clean, exercising and the like, but still can’t pinpoint exactly what is causing pain in their body.

If you have suffered a major injury, experienced surgical traumas, or have a health condition that directly affects your nervous system, special measures may need to be taken to manage your discomfort levels.

Regardless of the cause or severity of your pain, and whether or not you choose to seek professional medical help, there are many things you can do to gradually return to the quality of life you used to enjoy. Dealing with this debilitating condition is a personal journey, but you are not alone. Millions of people know what you are going through because they have dealt with it themselves.

Though many of the steps to dealing with ailment are simple, they won’t necessarily be easy in the beginning. Habits are notoriously difficult to create or to change, but with consistent effort, you will get there. If you can learn to see your pain as a motivating factor to make these changes, it will be that much easier, and the rewards will be well worth your effort.

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