Ouch!

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Pain. What is it? Why do we have it? Why is it so hard to get rid of?

Pain is something that we have all experienced numerous times in our life and has many ways of showing itself. It is an indicator that there is something wrong in the body and also a signal for us to pay attention. Finding out and understanding why we have pain is usually the hardest.

The most sensitive pain receptors we have in our body are stretch receptors. These receptors can be triggered by bowel gas, indigestion, bloating and swelling. Most people with these types of pain commonly take over the counter medications such as antacids, fiber, pain relievers or using ice to give us relief. But what causes these kinds of symptoms can be more serious and can be warning signs that something more significant is going on in the body. Some health concerns that can be the produce similar symptoms are hiatal hernia, celiac disease, cancer, hormone imbalance and many others.

There are also specific receptors in our joints that are activated when a joint stops moving. The brain perceives these messages also as pain. This can be the cause of the chronic dull achy pain that we feel many times. Arthritis often triggers these receptors to keep sending pain signals because the bone growth in arthritis will eventually cause joints to completely stop moving. Arthritis is such a slow process and can be started with minor injuries such as jamming a finger, a minor car accident or a slip on the ice. Repetitive stress such as factory work, standing on concrete floors all day, computer work and sleeping positions can eventually lead to arthritis as well if joint restrictions are never corrected when in the mild stage and often non-symptomatic stages.

Pain can also be triggered by emotional and environmental stress. Emotional stress has been shown to affect cardiovascular problems and keeps your body in an inflammatory state. Over time emotional stress can be very detrimental to many organ systems of the body and can be a cause to chronic pain syndromes and autoimmune disorders. Environmental stress on the other hand is all the toxins that create inflammation and damage to our body. Examples include pesticides, ozone, heavy metals, VOCs from paint and carpets, and more. These environmental stressors can also cause inflammation and are known for being headache producers.

Pain is something that should never be ignored or masked by over the counter medications. If you have pain, stop and think about what may be going on with your body that makes you feel that way. See you doctor and ask them why you have the pain. Don’t just accept a prescription without an explanation. If you doctor does not know the reason why and is unwilling to search for the reason why, seek out another doctor. Often times a wait and see approach can be more harmful to your body in the long run and need more serious treatment.