

## Controlling Pain Naturally

Pain is exhausting and uncomfortable. Painkillers that don't treat the underlying cause and often have toxic side effects are not the answer. Chronic pain is common in lupus. These are my top tips for naturally decreasing pain:

### 1. Try a gluten and dairy free diet for 1 month

Gluten and dairy commonly increase pain. Wheat, spelt, oats, rye and barley contain gluten. Dairy includes milk, cheese and cream. Many times, elimination of these foods decreases or stops chronic pain.

### 2. Start an anti-inflammatory diet.

Read more about anti-inflammatory diet here:

<http://www.drweil.com/drw/u/ART02012/anti-inflammatory-diet>

### 3. Sleep more

Lack of sleep can create increased pain. Most people need 8-9 hours of sleep per night. If you need help falling asleep, magnesium citrate is a gentle, non-addictive sleep aid that relaxes the nervous system and muscles. Take at bedtime.

### 4. Use herbs and supplements

Turmeric: I recommend Meriva by Thorne, 1 cap 2 times per day. This is a

Devil's claw: 500-1000mg 2 times per day

Magnesium: topical applied to areas of tension as needed, oral or Epsom salt baths

Traumeel cream

Capsaicin cream

### 5. Do something you love

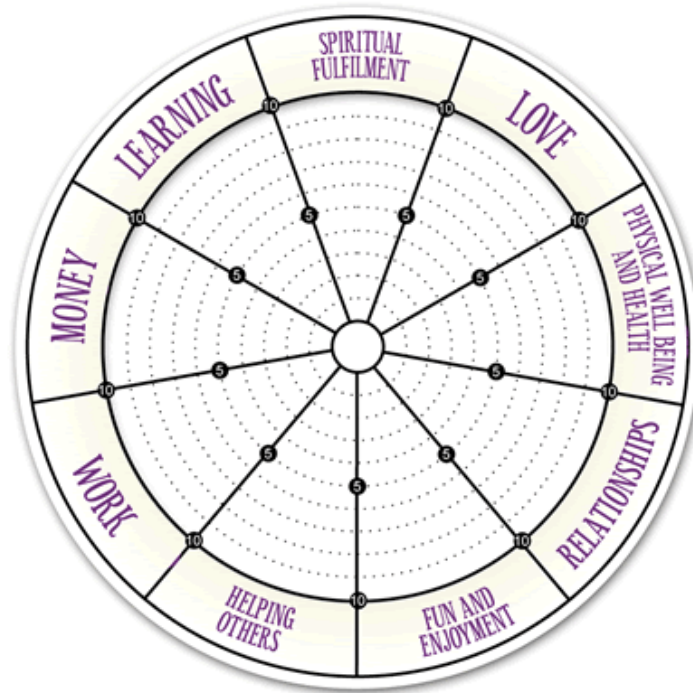
Stress relief is an excellent way to decrease pain. Spend time with loved ones.

Spend time in nature, working on a hobby, listening to music, or creating art.



*Dr. Jenny Mann is a naturopathic doctor. Her approach is to investigate and treat the underlying cause of health conditions. She focuses on lifestyle changes, diet, nutrients and herbs to gently correct the body's imbalances. Dr. Mann specializes in women's health, digestive disorders and autoimmune disease. She practices at San Francisco Preventive Medical Group. Read more at [www.drjennymann.com](http://www.drjennymann.com) and [www.sfpmg.com](http://www.sfpmg.com)*

## Look at Your Whole Self



## Build the Foundation for Health Treat the Root and Core Imbalances

