



Knowledge is  
your secret  
weapon to good  
health.

## PAIN & INFLAMMATION

### Nerve Pain

*As much as we don't like to experience pain, it is a helpful mechanism to keep us out of danger, and most importantly, alive! Pain is meant to be a warning; when we are in contact with an outside stimulus, (such as a hot stove), nerves send a pain signal to the brain so you quickly pull your hand back before you burn yourself. If there is nerve damage or inflammation present, we may feel real pain with no real cause, or it may result in you feeling no pain even when you have suffered an injury. Nerve pain has different triggers such as certain body positions or activities and can include symptoms like: being overly sensitive to even the lightest touch, numbness/burning/tingling/sharp pain in hands/arms/legs/feet, feeling like you're wearing a tight glove or sock, or a buzzing sensation that feels like electric shock. Symptoms often present worse at night.*

#### Contributing Factors

Underlying health conditions (diabetes, shingles, carpal tunnel syndrome, multiple sclerosis, heart disease, stroke, cancer, etc.), injuries, long-term excessive alcohol intake, vitamin deficiencies (especially B vitamins), thyroid problems, chronic stress, hormone imbalances, blood sugar imbalances, inflammatory diet (excess sugar, caffeine, dairy, gluten, animal products, refined/processed foods), sedentary lifestyle, toxin exposure (pollution, herbicides/pesticides, EMF's, xenoestrogens, etc.)

#### Lifestyle Recommendations

- Reduce or eliminate inflammatory foods such as sugar, dairy, gluten, animal products, and refined/processed foods. Incorporate plenty of anti-inflammatory foods such as fresh vegetables (especially the leafy greens and cruciferous veg), bone broth, turmeric, garlic, and plant-based fats/proteins such as nuts, seeds, and avocados.
- Try alternative therapies such as acupuncture or massage. These can be very beneficial in cases of nerve pain.
- Nerve pain often progresses if left untreated. Take it seriously and seek professional medical help through your medical or naturopathic doctor.

#### Product Recommendations

- Correct deficiencies/imbalances of nutrients required by the nervous system: B Vitamins, Vitamin E, Calcium, Magnesium, Potassium, Sodium, Iron, Omega 3 and 6 Fatty Acids (Fish Oil, Flax Oil, Evening Primrose Oil, Borage Oil, Blackseed Oil), Multivitamin/mineral
- Anti-inflammatory/pain relieving herbs: Ginger, White Willow, Turmeric, Cayenne, Ginkgo Biloba, Serrapeptase
- Neurotrophic factors (promote the growth and proper functioning of nerve cells): Lion's Mane Mushroom, Cordyceps Mushroom, Reishi Mushroom, Bacopa, Horny Goat Weed, Vitamin B12 (Methylcobalamin/Dibenzoyl)
- Nervine herbs (herbs which soothe and nourish the nervous system): Passionflower, Hops, Schisandra, Chamomile, Lavender, Wood Betony, California Poppy, Skullcap, Valerian, Milky Oat (due to their effect on the nervous system, the nervine herbs can be beneficial for nerve pain relief, as well as sleep and stress)
- Antioxidants for nerve protection and function: Alpha Lipoic/R- Lipoic Acid, Vitamin C, Quercetin, Resveratrol
- Topical applications: Cayenne, Peppermint, Camphor, Lavender, Frankincense (may be found in creams/oils)
- Improve digestion (inflammation typically starts in the gut and transfers to the body): Probiotics, Digestive Enzymes, Betaine HCl (if necessary), Fibre, Gut Repair Nutrients (L-Glutamine, C-NAG, Zinc L-Carnosine)

**Book a free 15 minute consult with a GNN Product Advisor!**

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