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3 Health Gifts of Christmas

By Jesse Cannone, CFT, CPRS, MFT



It's the season of giving. And perhaps the most famous gift story ever speaks of wise men bringing three special gifts from afar to a tiny infant over 2,000 years ago.

You're probably familiar with the original story since many still enjoy the famous Christmas carol, We Three Kings, every year. But did you know the wise men's gifts of gold, frankincense and myrrh also carry powerful health properties?

Read on to discover the hidden health story behind each gift. Perhaps if you don't find these under your tree this year you should gift them to yourself!

Gold

Best known for its value in currency and beauty as jewelry, gold also offers several lesser-known health benefits.

Long before the wise men saw a star, Cleopatra was rumored to wear a gold mask while she slept to enhance her beauty. Which makes sense as gold resists bacteria and fights inflammation... helping skin conditions from acne and eczema to hyper pigmentation. Skin care products infused with gold can make a noticeable difference in as little as a week.

Colloidal gold can be taken internally as well. These tiny gold particles measured in nanometers are suspended in liquid or found in powder left after evaporating this solution.

Used for more than 80 years to treat rheumatoid arthritis and improve the immune system, better



continued on next page

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colloidal gold solutions appear intensely red as light reflects off smaller gold particles (100nm or less). Smaller particles provide a larger total surface area for the metal and improve your body's ability to absorb and benefit from gold's health properties.

Many also still use gold for its traditional uses including libido restoration, mental enhancement and overall energy improvement. And some swear by its ability to reduce cravings for nicotine, alcohol, caffeine and sugar.

Frankincense

This aromatic gum resin from the *Boswellia serrata* tree, has been burnt as incense in traditional religious ceremonies for centuries. But it likely has been used as herbal medicine even longer in the Ayurvedic tradition of India dating back to ancient times.

Doctors in India traditionally used frankincense, or *Boswellia* resin, to improve blood circulation and treat arthritis. It's also frequently combined with turmeric and ginger to reduce muscle and joint pain associated with inflammation. (You can find all three in our Heal-n-Soothe® supplement along with several other natural anti-inflammatories.)

Numerous modern studies prove *Boswellia*'s effectiveness as an anti-inflammatory and circulation booster... and more.

First of all, studies prove *Boswellia* extract really does greatly reduce joint pain and stiffness in osteoarthritic joints. One study even compared its effectiveness against the prescription NSAID valdecoxib.

While valdecoxib reduced pain and stiffness faster, *Boswellia* ended up being the superior option. Not only did *Boswellia* work as well... it continued to work for at least a month after ending usage unlike valdecoxib, which stopped working almost as soon as study participants stopped taking it. More importantly, valdecoxib was removed from the market due to severe adverse drug reactions while *Boswellia* has been safely used for thousands of years.

Boswellia's traditional use for improving circulation passes scientific muster as well. For example, antioxidant activity in *Boswellia* resin extracts show remarkable ability to counter atherosclerosis (plaque buildup in arteries). At the same time, *Boswellia* is an anti-thrombotic, helping prevent blood clots. Together, these health properties mean *Boswellia* may even save your life from a heart attack or stroke.

Recent studies on frankincense oil have also discovered it fights cancer better than chemotherapy. In one study which injected the oil into cancerous bladders, the oil killed off cancer-ridden

bladder cells while leaving healthy cells unaffected (unlike chemo). Other studies strongly suggest the oil is effective for breast, prostate, ovarian and colon cancer, too.

Finally, many love to apply frankincense oil directly to skin *with a carrier oil* for pain relief or use it in diffusers to break up phlegm when fighting colds and bronchitis.



Myrrh

Myrrh, extracted from the *Commiphora myrrha* tree, like frankincense carries much of its medicinal goodness in both its resin and oil. And it boasts many of the same health benefits: fighting inflammation, relieving pain and improving circulation.

As an antiseptic, myrrh has been used for centuries to help fight infection and works great as an oral health aid. And while it can aid digestion, only small quantities should be ingested and should not be used internally while pregnant.

Some promising recent studies also found myrrh effective at killing gynecological cancer cells though the cancer research hasn't advanced as far as it has for *Boswellia* extract yet.

I find its essential oil the most beneficial – and safest – form for using myrrh... and it wonderfully complements frankincense oil. Mix them together with a carrier oil and apply to wounds to help fight infection or to your skin in general for overall skin health.

Or add the essential oils to your diffuser to enjoy its lung-clearing, mind-clearing properties. A great rejuvenator, enjoy it every day like Christmas!

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Bioenhancement: A Natural Way to Peak Performance



By Ian Clark, Founder of Activation Products

Imagine being able to improve your health — on every level — beginning at the very foundation of your body. Imagine you could somehow get right inside every single cell and deliver to it the precise nutrition it needs.

There is one nutritional source, one whole food supplement, that gives you this power.

Marine phytoplankton is a microalgae that grows in oceans all over the globe. It feeds our entire marine ecosystem while simultaneously producing 90% of the oxygen in our atmosphere, more than all of our forests combined. NASA has called it “the most important plant in the world.”

Better Than Biohacking

This isn't about 'beating' nature or one-upping your biological design, this is about taking the very best of what nature provides and making it work for you to become the best version of yourself — better, healthier than you ever thought possible.

Accessing this nutritional marvel is a complicated problem, however. The ocean is terribly polluted, meaning that sourcing phytoplankton directly from nature brings with it toxins that could seriously harm you. Growing phytoplankton in an open pond poses similar problems as ponds are open to air and water pollution, as well as animal contamination.

Years of research have led to the development of a high-tech solution called a photobioreactor that, while complex, ensures only the purest elements from nature are involved in the growing of heirloom marine phytoplankton.

A photobioreactor is a series of glass tubes, exposed to the sun and filled only with purified sea water and hand-selected marine

phytoplankton. This process has an added advantage over sourcing phytoplankton from existing bodies of water as well...

There are more than 40,000 strains of phytoplankton currently living in our oceans.

Following many years of study, researchers were able to identify one strain (*Nannochloropsis gaditana*) that perfectly matches our human nutritional needs. Growing phytoplankton in a bioreactor means we can grow just that individual strain for maximum potency, along with another powerful, antioxidant-rich strain called *Tetraselmis* for maximum health benefit.

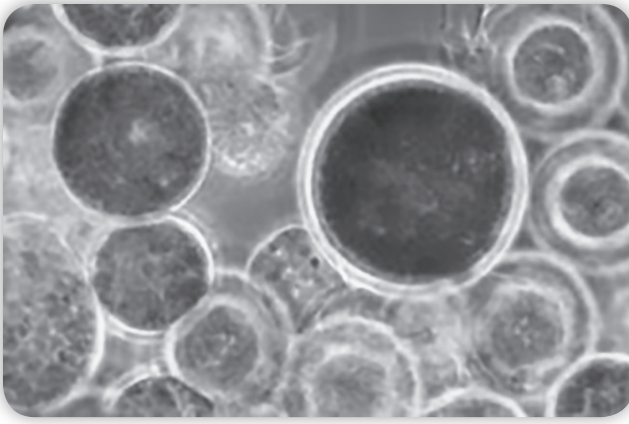
Beyond that, we can continually grow those two ideal strains in better and better batches. From each batch the best specimens are carefully selected and used to start the next one. It's like picking the best seeds from each season's garden and using them to grow the next year's crop.

Less is More

Part of the secret to phytoplankton's success is its incredibly small size. Five times smaller than a red blood cell, a *nannochloropsis* cell contains every nutritional molecule that has ever been discovered — as well as many that scientists haven't even identified yet. And amazingly, when taking this fresh algae as a nutritional supplement, you only need a few drops to get noticeable results.

Now, you're probably feeling skeptical. Every nutritional molecule? And how much? How could something so small have what your body needs to function?

The microscopic size of a phytoplankton cell — a single cell is only 2,000 nanometers in



Enhanced Phytoplankton, Enhanced Human Performance

When you take these strains of phytoplankton, the incredibly small particles contained within it are ‘unlocked’ by receptor sites on the surface of each cell in your body. This chemical conversation generates ATP energy, repairs DNA and produces human growth hormone. It also helps your body to produce powerful antioxidants and supports stem cell production.

In short, whether you are struggling with debilitating health issues or are already healthy and active, this has the power to elevate your health and make you feel even better. Most people report an almost instant increase in energy and mental focus. Over time, regular use can have an astonishing impact on everyone.

This is an elegant, sophisticated and natural way of making your body the best body it can be. By using science and technology to cultivate the cleanest, purest and most powerful phytoplankton on Earth we’ve created the possibility of enhancing your mental and physical being in a completely natural way.

diameter — means that your cells are able to absorb and use almost every molecule without any waste at all. When each phytoplankton cell is digested in your stomach, billions of nano-nutritional molecules are released to empower every cell in your body.

This is the part that’s confusing if you’re used to thinking about nutrition in terms of ‘daily values.’ Normally, in order to get enough of a particular vitamin, amino acid or phytonutrient, you need to take in large quantities of foods or supplements to give your cells what they need. This means significant quantities of other components in those foods and supplements, ones your body can’t use, are wasted.

That waste (if it isn’t excreted) is what leads to chronic excess inflammation. The same is true for pharmaceuticals. In order for your cells to take up the elements of a drug they need, your body must also deal with ‘extra’ material it can’t use. This is what leads to many side effects.

Nanotechnology is moving us closer to a place where human-made drugs and supplements will be able to achieve true bioavailability. Someday soon we may be able to access a wide variety of drugs and supplements that will be able to enter your cells and go to work efficiently, without waste, but as of now almost nothing has that power. Nothing but these carefully harvested, highly nutritious strains of phytoplankton.

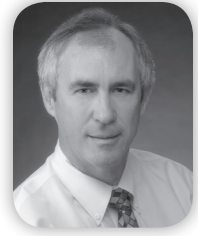
When Ian Clark was 46 years old, a number of life-threatening health issues hit him all at once. Refusing to accept the dire circumstances in which he found himself, he pursued a natural path to wellness.

Ian traveled the globe, uncovering potent remedies and whole foods with powerful natural health benefits, and Activation Products was born. Today, Activation helps tens of thousands of people achieve their health goals every day.

You can find the both powerful strains of phytoplankton discussed in this article in Activation Products’ supplement, Oceans Alive. Learn more at activationproducts.com.

Am I Operating on Your Pain or Anxiety?

By Dr. David Hanscom



My surgical decision-making has become clearer over the last couple of years – but in an unexpected way. Patients with significant anatomical issues I would previously perform surgery on now see their symptoms improve or resolve entirely – without surgery – after engaging in a self-directed, structural approach to emotional health. It appears that as the nervous system calms down the pain threshold rises.

The barometer I use before I help them make the final decision is whether they are sleeping well and their anxiety levels have dropped below a 5 on a scale of 10. My experience with performing surgery on a patient with a “fired up” nervous system has consistently been less than satisfactory. Pain control is difficult and even the longer-term results are marginal. There is often still a significant amount of residual pain.

Worse Than Physical Pain

Over a two-week period recently I had almost the same word-for-word conversation with four separate patients regarding their decision to undergo surgery. All were men between the ages of 45-65. They had leg pain originating from an identifiable problem in their spine. The pain was severe enough that each wanted to



have surgery; but they were all over an 8 out of 10 on the anxiety scale and were not sleeping well. Their stresses included a seriously ill child, loss of a job, marital problems, etc. and understandably, none of them were coping well.

They were familiar with the DOC (Direct your Own Care) project, which is a self-directed structured approach to chronic pain that is presented in my book, *Back in Control: A Surgeon's Roadmap Out of Chronic Pain*. However, they had not engaged with the concepts at a meaningful level. They were coming back for their second and third visits.

That's when I asked each of them the same question, “What would it be like if I could surgically solve the pain in your leg but the anxiety you are experiencing would continue to progress over the next 30 to 40 years?” Their eyes widened with a panicked look and each one replied, “That would not be OK. I could not live like this.” They also grabbed their leg and asked, “Won't getting rid of this pain alleviate my anxiety?” My answer was “No.”

I told them that although I would love to get rid of their leg pain with surgery my bigger concern was their severe anxiety and possibly chronic pain. I recalled my 15-year battle with pain and anxiety. I was on an endless quest to find the one answer that would give me relief; especially for the anxiety. I also remembered the intensity of that need. Raw, relentless anxiety is intolerable. At that moment I realized that each of these patients felt that by getting rid of the pain they could lessen or solve their anxiety.

Finally, I asked each of them, “What if I could resolve their anxiety but you would have to live with your leg pain? What would that be like?”

Although not completely happy about the scenario, they each thought they could deal with it. It was more palatable than experiencing no improvement in their fear.

These patients did not want to jump to surgery and chose to give the DOC program a try. Within six to twelve weeks their pain disappeared or subsided to a level where they were no longer even considering surgery.

Anxiety and Pain Are Linked

Although I knew pain and anxiety are linked circuits, I had never realized so clearly that many patients just need peace of mind. As your anxiety resolves it is common for pain to abate. There are several reasons this happens.

First, research has demonstrated that mental and physical pain are processed in similar parts of the brain and create the same physiological response of stress chemicals. They are considered equivalent entities.

Secondly, as anxiety decreases, adrenaline and cortisol also decrease which directly calms the nerve conduction and pain.

Finally, it is important to understand that “Neurons that fire together wire together.” Pain, anxiety and anger are tightly intertwined. As long as the anxiety/anger pathways are fired up they will keep the pain circuits firing. Decreasing anxiety diminishes pain.

My concept of pain continues to be turned upside down. I have seen a number of patients who had a tight compression of nerves in their lower back or neck with severe arm or leg pain and placed them on the surgical schedule. I thought that I should first surgically solve the problem and institute rehabilitation later. I felt it would be difficult for them to engage in meaningful non-operative care while in so much pain. I also thought that patients in chronic pain could not tolerate the additional pain of pinched nerves.

It turns out that adding the additional stress of a surgery onto a fired up nervous system

is a bad idea. Patients frequently get worse. The research shows there is a 40% chance of inducing chronic pain as a complication of any surgery and it can become a permanent problem 5% to 10% of the time. One of the risk factors is having surgery in the presence of pre-existing chronic pain.

About five years ago, I instituted what I term a “prehab” (rehab prior to surgery) process for all elective surgical patients for at least 8 to 12 weeks. The idea was to take the known factors that affect the outcome of surgery and systematically address them to optimize the outcome.

The prehab protocol includes:

- Ensuring patients get at least seven hours of sleep per night for six weeks. It is remarkable how much of a difference this makes.
- Pain medications must be defined and stabilized.
- Anxiety is being addressed with some improvement.
- A physical conditioning program should be in place
- There is a clear understanding about what surgery alone can accomplish.
 - Back pain will not be resolved.
 - Anxiety and depression will not improve over the long-term.
 - There are usually residual symptoms.
 - Is the discomfort you are having worth the risk of surgery. Every surgery has the potential for complications.

I have witnessed dozens of patients completely avoid surgery as these factors are addressed because their pain disappeared. When the surgery is done, I have seen more consistent outcomes.

The prehab process is straightforward and does not require a lot of resources. I currently

continued on next page

have them read my book and website as their personal action plan.

There are four things I ask them to do:

1. Learn about chronic pain. My book is the framework that allows you to figure out your own solution.
2. Begin expressive writing. This has been documented to be effective in over 300 research papers. You simply write down your thoughts and rip them up.
3. Combine the writing with an abbreviated form of mindfulness that I call, “active meditation.” You place your attention on a sensation for 5 to 15 seconds. You have now switched the sensory input into your nervous system. It is a basic reprogramming tool.
4. Get adequate sleep. There are eight steps outlined on the website.

Surgery may or may not help your arm or leg pain. It rarely solves neck or back pain. It doesn't work for anxiety. What relief are you asking your surgeon for?

Dr. David Hanscom is a leading orthopedic spine surgeon at the Swedish Neuroscience Institute in Seattle, WA. Though he believes that surgery and medication have a role, he avoids it when it will not be of benefit to the patient. Instead he provides the framework so the patient can find his or her solution allowing them to live free of pain, forever. His method, which transforms all kinds of pain including: back, neck, arthritis, fibromyalgia and migraines, is explained in **BACK IN CONTROL A Surgeon's Roadmap Out of Chronic Pain**. For more information, visit www.backincontrol.com

Do You Hurt More Today?

By Steve Hefferon, CMT, PTA

It's the pain season, at least in the northern hemisphere.

As the days shorten, so seemingly does our pain threshold. But there's a good reason... lower vitamin D from natural sunshine.

It's bad enough we tend to spend most of our days indoors, but during winter at higher latitudes vitamin D deficiency becomes epidemic. And numerous studies peg vitamin D deficiency with increased disease, illness and yes, pain.

A couple years ago we shared a study out of Saudi Arabia – a nation known for its ample sunshine – and how 83% of back pain sufferers there still had a vitamin D deficiency. Yet every one of them improved after taking a vitamin D supplement. And even most who did not have

a deficiency still improved by the supplement.

Here's the good news: you may be able to reduce your pain and chance of illness by increasing your daily vitamin D intake, too!

Dietary D

When you can't get enough strong sunshine, eating foods rich in vitamin D can help.

You'll find fatty fish like salmon, sardines and tuna high in the vitamin. Milk and eggs are also good sources of vitamin D – though the commercially produced milk you'll find at most grocery stores needs to be fortified.

Even fortified milk or orange juice typically has only 100 IU of vitamin D per glass. While



the RDA for adults ranges from 600 IU to 800 IU per day, that's the bare minimum to avoid disease directly related to deficiency – not enough for optimal health!

Chances are you'll rarely get enough vitamin D in food alone, so you may need to consider supplementation.

Supplementing D

Multivitamin supplements typically provide 200 to 400 IU of vitamin D. Since the upper tolerable range for vitamin D is 4,000 IU and most people are deficient you may never reach your optimal vitamin D level much less exceed it with a multivitamin.

That said, I highly recommend having a regular blood test for vitamin levels. A healthy level of vitamin D in your blood is considered somewhere between 45 to 50 nanograms per milliliter (ng/ml).

Using that information, take only those vitamins and minerals your body shows a deficiency for. This also helps prevent an excess fat-soluble vitamin or mineral imbalance that may occur with a multivitamin supplement.

When supplementing with vitamin D choose the cholecalciferol form, also known as vitamin D3, which is the natural form your body produces when exposed to sunlight.

Keep your vitamin D levels in check and soon you may no longer fear the "pain season" every year. Check out my family's favorite Salmon Eggs Benedict recipe below to start getting more vitamin D in your diet right away.

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Salmon Eggs Benedict

Ingredients: Yogurt Sauce

¾ cup plain yogurt
2 tsp. lemon juice
3 egg yolks
½ tsp. Dijon mustard
¼ tsp. salt
⅛ tsp. ground black pepper
¼ tsp. sugar
Dash of hot sauce
8 whole eggs
8 slices rye bread
8 ounces smoked salmon, thinly sliced
Chopped parsley and capers for garnish (if desired)

Directions: Yogurt Sauce

First whisk together the yogurt, lemon juice, egg yolks, mustard, salt, pepper, sugar and hot sauce in the top of a double boiler. Cook over simmering water, stirring constantly until sauce thick enough to coat the back of your spoon.

Directions: Eggs Benedict

Bring 2 quarts of salted water to a boil in a large pot. Break all of the whole eggs into the boiling water one at a time, being careful to keep the egg intact. Reduce heat to medium after all eggs are in the water. When eggs float to the top, remove them with a slotted spoon, letting water drain off the egg.

Directions: Assembly

Toast rye bread slices and place two slices on each of four plates. Add a slice of salmon to the toast then a hot poached egg on top of the salmon. Drizzle yogurt sauce over the egg. Garnish with parsley and capers if desired.

Serves: 4

Heal Wounds Faster with Less Scarring

By Jesse Cannone, CFT, CPRS, MFT

If I had to pick a favorite pain-relieving device, it would probably be our DeepHeat far-infrared heating pads. Of course, they feel great during cold winter nights (I sleep on mine!).

Unlike most heating pads which simply warm your skin, far-infrared rays are a safe form of energy invisible to the naked eye which penetrates up to two inches deep. This energy then converts into heat energy to provide comfort and warmth deep in sore muscles and aching joints.

However, far-infrared truly provides “healing heat” beyond mere warming and pain relief.

Far-Infrared Heals Wounds Faster

Inflammation is a natural part of the healing response. Immune cells release bradykinin and histamine, hormones used to signal a need for increased blood flow to the area. This causes localized redness, heat and swelling. It also causes pain and stiffness.

During this phase, permeability of blood capillaries increases so immune cells can

more easily enter to destroy any pathogens introduced during the injury, break down dead tissue and carry away trapped toxins and other waste.

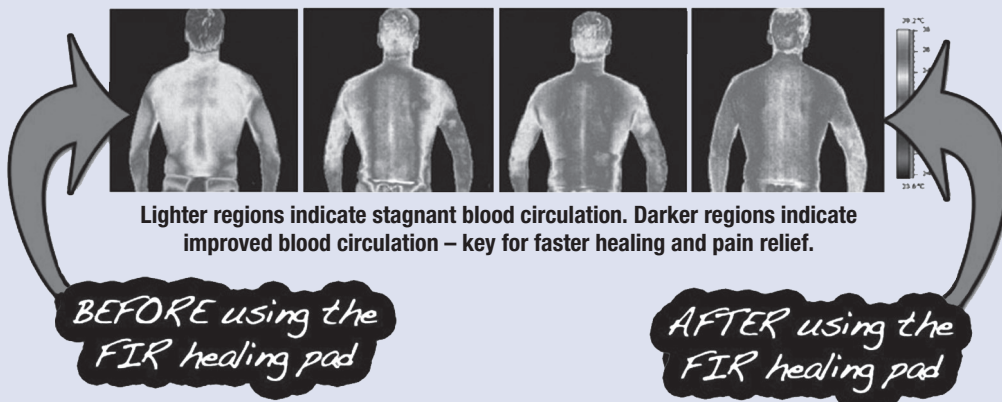
However, during the healing process insufficient blood circulation, especially near the skin, slows the healing process. That’s where far-infrared begins to shine.

When exposed to far-infrared, the resulting heat improves circulation. But far infrared also immediately stimulates nitric oxide production and reduces endothelial inflammation (the inner lining of your blood vessels).

Nitric oxide plays a critical role in keeping blood flowing freely. Boosting nitric oxide and reducing this blood vessel constriction allows blood to flow more freely. And with improves circulation comes faster healing and pain relief.

Interestingly, blood flow to the skin improves even more significantly *after* removing far infrared and was found to last as long as an hour after just 45 minutes of treatment.

Far-Infrared Dramatically Improves Blood Circulation in Minutes



Even Burns Heal Faster

We usually associate far infrared with heat, so its effect on healing of burn wounds may be surprising. What’s not surprising is how excessive or chronic inflammation interferes with the healing process for any wounds, including burns.

As it turns out, far infrared suppresses harmful inflammation and improves the body’s ability to break down injured tissues. Researchers found far infrared helps minimize scarring by helping prevent the loss of distinct collagen fibers and entry of inflammatory cells to the wound during healing.

Of course, one needs to be careful not to add direct heat to a burn. For that reason far infrared as delivered through the jade stones in our DeepHeat far infrared heating pads would not be recommended for burn treatment without a doctor’s supervision.

Overall, far infrared helps both traumatic and burn injuries heal faster, more completely and with less scarring.

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“Best Investment I Have Made”

“The infrared heating pad is the best investment I have made in regards to pain relief. I have suffered from neck and back injuries for over 10 years. I have several bulging discs, bone spurs, stenosis and arthritis in both my neck and lower back.

The many combinations of medications and various injections were the only sources of relief I had until I purchased the heating pad from the Healthy Back Institute. I have owned several heating pads throughout the years and while the heat helped ease the pain, the effects were short-lived. The relief I get from this heating pad lasts for hours.

I am able to move around much easier and perform the normal household work like vacuuming and mopping that I was told to avoid. Every morning before work and every evening after work, I spend ½ hour to an hour on the heating pad and get immediate relief from my lower back pain and then I use it on my neck and shoulders at the end of the day to relieve the tension built up from working on a computer all day.

I am so pleased with this product and have recommended it to many of my friends. Thanks to it, I am able to be more active and have a better quality of life.”

Peace Love Light,
Tammy
North Richland
Hills, TX



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Oh, Nuts!

Nuts are popular as gifts and at parties throughout the holiday season. But be sure to make these nutritional powerhouses part of your daily diet, too.

Chock full of unsaturated (good) fats, fiber and antioxidants, nuts not only taste great... a comprehensive review of 20 studies from around the world following more than 800,000 individuals found even a tiny daily portion significantly lowers your risk of numerous life threatening diseases.

For example, a single, 1-oz serving a day reduces your risk of:

- ✓ Coronary heart disease – 29%
- ✓ Cardiovascular disease – 21%
- ✓ Cancer (all types) – 15%

More than that... they reduce your overall risk of premature death by 22%. And if you have specific health concerns, you'll be delighted to



know nuts also reduce mortality rates from these specific causes by huge margins:

- ✓ Respiratory disease – 52%
- ✓ Diabetes – 39%
- ✓ Neurodegenerative disease – 35%
- ✓ Infectious disease – 75% (!!!)

And because nuts' anti-inflammatory properties are given much of the credit for their health benefits, you'll likely experience less pain from chronic inflammation as well when you add nuts to your daily diet.

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Coming Next Month!

Do you make New Year Resolutions then fall off track year after year once life gets in the way? My featured interview with productivity expert Craig Ballantyne next month will help you keep health a priority the full year through. And rip that envelope open the moment it arrives because I'm also sending you an extra special bonus gift inside the January issue!