

“Help! I’m always in pain!”

A staggering one in three of us battles chronic pain every day. The great news is that there are plenty of natural ways to kick the hurt to the curb!

1 Halt any pain!

Tap probiotics!

Your gut plays an essential role in how much—or how little—pain you feel, says Amy Myers, M.D. Good “probiotic” bacteria in your intestines help your body absorb the nutrients needed to

keep your neurons healthy. So when their numbers dip too low, you’re more likely to have headaches and other pain. The easiest way to ensure that doesn’t happen? Eat fermented foods that have tons of probiotics, including yogurt with live active cultures, kefir and sauerkraut, or take a probiotic supplement, such as Nature’s Bounty Probiotic Tablets; \$10.49, Target.com. More good gut news: Probiotics help cure the tummy bloat that can put painful pressure on your lower back, says Dr. Myers. **Important:** Consult an M.D. before taking a new supplement.

Go “fishin’”!

Increase your intake of omega-3 fish oils to alleviate pain! “Omega-3s decrease the inflammation that leads to pain, and they help rebalance the immune system, making you less susceptible to certain aches,” Dr. Teitelbaum says. “Try to eat more salmon and tuna. Or supplement with 1,000 mg. of fish oil daily.”

Take vitamin B!

Your body’s ability to absorb vitamin B-12 decreases over time, so consider taking a supplement. B-12 is vital to the produc-

tion of the protective sheath that insulates nerve fibers, keeping them functioning properly. It also helps reduce joint pain by reining in an amino acid associated with rheumatoid arthritis. One option: Nature Made Vitamin B-12, 500 mcg. tablets; \$5.39, Target.com.

2 Target specific aches!

Back pain? Get comfrey!

“In most cases, backaches are caused by muscle aches, sometimes aggravated by arthritis,” says Dr. Teitelbaum. His go-to fix is using the herb comfrey—topically! “Applying it to your back is like making your muscles go ‘ahhh,’” he promises. “The cream heals back pain by lowering inflammation. It even accelerates the healing of broken bones.” His pick: Traumaplant Comfrey Cream (\$30, Amazon.com).



Teitelbaum notes. That’s why he prescribes Curamin, a mix of several, including curcumin and boswellia. “It’s been a pain-relief miracle for my patients,” he says.

“Though it works quickly, its effectiveness increases over time, so give it six weeks to see the full benefit.” Try: Terry Naturally Curamin (\$20, VitaminShoppe.com).

Aching arms and hands?

“This exercise is easy and is great for alleviating arthritis pain,” says healthy aging expert Miranda Esmonde-White.

1. Extend arms toward a wall, elbows straight and hands flexed. Imagine you’re pushing a heavy weight as you do 8 slow pumps down toward your thighs.



wrists pointing upward, then pump them upward against an imaginary weight 8 times slowly.



4. Extend your arms sideways and pretend you’re throwing a ball forward; throw the “ball” 32 times.

2. Rotate arms so they point backward, then pump them against an imaginary weight 8 times slowly.



3. Extend your arms sideways with

5. Repeat steps 1, 2 and 3 two to four times.

Fibromyalgia? Get ribose!

A whopping 90% of fibromyalgia patients are women, and if you’re among them, supplementing with ribose is a must, Dr. Teitelbaum says. “In one recent study, 61% of fibromyalgia patients taking ribose, which is essential to energy production, experienced less fatigue and pain after just three weeks!” Try: Doctor’s Best D-Ribose (\$24, VitaminLife.com).

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Arthritis pain? Get Curamin!

“Many herbs and spices are highly effective at lowering the inflammation that triggers arthritis pain,” Dr.

Our expert panel



Amy Myers, M.D., author of *The Thyroid Connection*, has helped thousands of people recover from chronic illness with her dietary program, *The Myers Way*. Learn more at AmyMyersMD.com.



Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!*, is a frequent guest on news and talk shows, including *Good Morning America*, *The Dr. Oz Show* and *Oprah & Friends*. Visit him at Vitality101.com.



Former ballerina **Miranda Esmonde-White**—author of *Forever Painless*—is a nationally known expert in flexibility, who has helped train Olympic athletes using her fitness technique *Essentricks* (Essentricks.com).

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