

Is Pain Good or Bad?



Most people will say that pain is bad. And because of this very wrong fundamental flaw in our thinking, our daily approach to treating pain has been one that tries to suppress the signs and symptoms but not resolving the cause or the root of the problem.

Pain receptors are distributed all over our body. It is when these receptors are stimulated that signals are sent to the brain via the nerves and spinal cord. The brain deciphers the message and interprets it as pain. There is a girl in USA who is born without pain receptors. She needs to wear goggles, gloves and shoes all the time because she would injure herself, cut herself and leave a bloody trail or poke her eyes without knowing because she is not capable of feeling pain. So, is pain good or bad?

body's mechanism to try to bring in more fluid and blood cells to repair and rebuild the tissues that were damaged. Without blood cells, there would not be ligament tissues or skin cells for repair work. If an injury is not resolved or is left untreated, a degenerative process will start to happen. After years of degeneration, this will result in bone spurs, early and accelerated wear and tear, thinning of the disc, disc bulge, calcified ligaments and weakening of the muscles and ligaments of the injured joint (refer to diagram). Early action is always prudent and best — we need to listen to our body and not suppress pain by way of chemical drugs.

Chemical drugs do not go to the very site of the injury to correct the problems. Painkillers suppress the "feeling" of pain by numbing the sensation of the brain or by stopping the information from reaching the brain temporarily. They are derived from morphine or cocaine, the same drugs used by drug addicts to experience a temporary 'high'. When the liver and kidneys detoxify the drug away 3-5 hours later, the pain will recur again. Too much chemicals overwork the liver too!

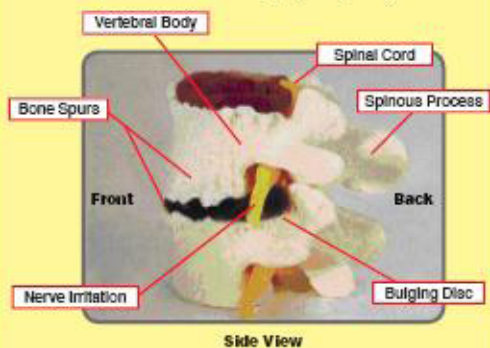
Chiropractic is a specialization founded in the USA and is now mainstream medicine in USA, Canada, Australia, UK and many European and African countries. Chiropractic specializes in the spine (nerves) and joint. Any spinal and joint disorders (back pain and joint pain — knee, leg, shoulder, arm, hand pain) and other problems result from spinal and nerve disorders like headaches, migraine, indigestion, acid reflux, bowel problems, ringing in the ear, jaw problems, tingling and numbness at the hand or feet, and

posture related problems are within the scope of chiropractic.

The goal of chiropractic doctors is to go to the root and cause of your problem or pain and correct, reverse, restore and strengthen the anatomy and function of the injured part. The reason why chiropractic is so popular in the West is that it is safe, effective, low in cost, natural and drug-free. In fact, for pain resolution, chiropractic is a fundamental and natural correct approach as it corrects and restores the compromise of the spinal or joint injury. Chiropractic doctors do not prescribe chemical drugs medication but may provide certain food nutrients to help in the recovery process. The doctor adjusts and corrects the misaligned spine or joint. He may also clear and restore scar tissue adhesions to help the injury heal properly and quickly. He will also provide a regiment of therapy to return and to condition (strengthen) the joint or spine back to normal motion and function. **U**

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Abnormal bony growth is a common response to uncorrected trauma or injury to spinal joints.



Pain is our body's natural feedback and protective mechanism. God put this mechanism in our body to tell us that a part of our body is compromised, injured or functioning wrongly. For instance, swelling is the