



PRESS PAUSE ON PAIN



orthoplex®

{ intro }

A PRICKLY SITUATION

Pain is a common condition, characterised by a highly unpleasant sensory and emotional experience. Everyone will experience occasional aches and pains at one time or another during their life, as pain is one of the body's natural protection mechanisms. But depending on the intensity and duration of the pain, it may cause discomfort and distress and can potentially be debilitating.

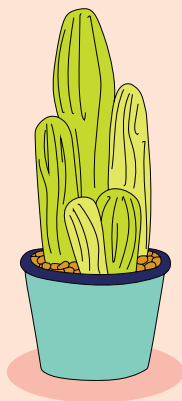
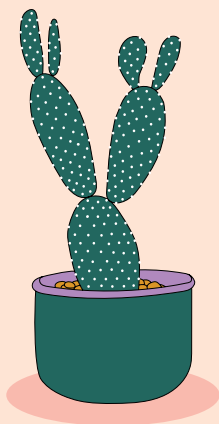
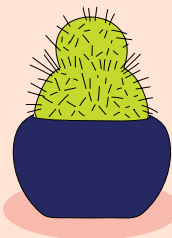
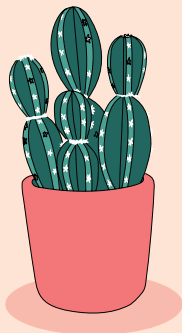
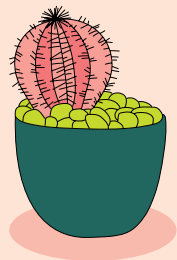
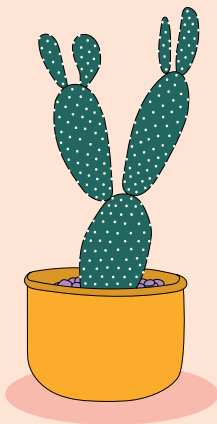
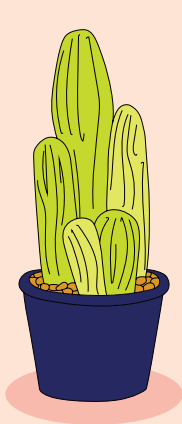
Pain encompasses a broad spectrum of sensations and emotions. Whilst pain is universal, the subjective experience of it is personal and often private. Some pain may be short term (acute pain), while other pain may persist long term (chronic pain). Persistent pain can be a heavy weight to bear and can have a significant impact on all facets of life – from relationships and responsibilities to movement and mood.

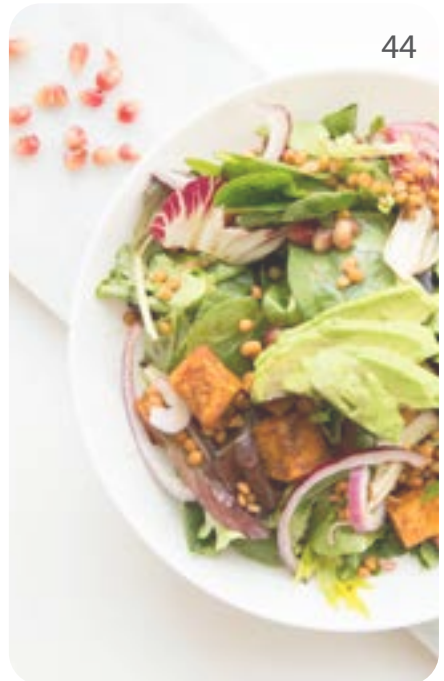
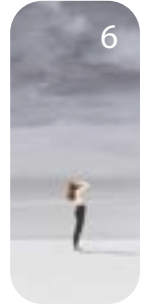
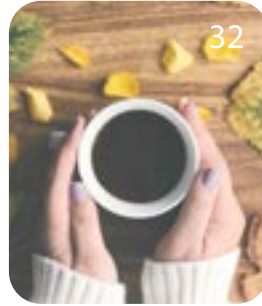
This booklet has been designed to help you better understand pain. It provides a brief overview of what pain is, why we all experience it and what influences the mind's interpretation of sensation.

This booklet includes some simple lifestyle and dietary recommendations that can accompany the advice made by your healthcare practitioner. If you're suffering from pain, understanding more about it can empower you to make informed decisions and play an active role in managing your pain.

As the prevalence of pain and inflammation in society increases, pain relief has become synonymous with popping a pill. The harmful consequences of overusing and misusing pain medications have reached critical levels. Natural therapies, when appropriately implemented, can provide alternatives to, or complement pharmaceutical treatments. Taking a multi-disciplinary approach to pain treatment and building a pain management team of healthcare professionals can help to provide optimal support for your symptoms.

The information in this booklet is generic in nature, so please consult your healthcare practitioner before making any lifestyle or dietary changes.





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THE SCIENCE OF PAIN



**Maybe you've felt it as a short sharp stab, or perhaps it's a dull ache.
Maybe you feel it in just one body part, or perhaps it's widespread.
It could be ever present, or it could come and go...**

Everyone experiences pain differently. This can make it difficult to objectively describe and define, diagnose and measure. Two people with the same pain condition may have distinctly different experiences of living with the pain. So there's no "one-size-fits-all" model.

However, the widely accepted definition of pain from the International Association for the Study of Pain (IASP), describes it as an unpleasant sensory and emotional experience associated with actual or potential tissue damage.

Pain is complex, in that it is not a single input to the body from a physical sensation. Rather, the brain evaluates and interprets both external and internal information, with the feeling of pain resulting as the output of the body's "danger detection" system.

Danger! ---

Pain is the body's natural, highly sophisticated protective mechanism, designed to keep you alive. Think of pain as your built-in alarm system, alerting you to actual or potential damage from harmful stimuli or perceived dangers, such as heat from a hot stove.

This danger detection system is called nociception. "Danger detectors" are spread through all tissues in the body, and when they identify something potentially harmful via sensory inputs, they send alerts up the spinal cord to the brain with the location and intensity of the threat. The brain evaluates all inputs – both external and internal – and decides whether you need protecting which usually triggers pain.

On a physical level, pain is expressed as an unpleasant feeling in your body designed to compel you to stop and change your behaviour (move away from the threat and protect yourself), since the brain perceives that the stimuli is putting you in danger. In chronic pain conditions, such as persistent muscle soreness, the wiring of your body's alarm system becomes faulty so that pain signals no longer operate in the intended manner.



A PAINFUL PERCEPTION

Pain sensitivity and tolerance levels vary significantly from person to person. This is because your individual perception of pain is generated and influenced by a range of information sources – not simply the external stimulus.

These include the context in which you experience pain; your personality and life experiences that shape your attitudes and beliefs around pain; and your emotional and mental state at the time. Additionally, pain perception can differ from one person to the next due to genetic variations.

Variables that influence perceptions of pain include:



Attention

If a person is distracted, they're likely to feel less pain



Psychological state

If a person is anxious, they're likely to experience more pain



Sleep deprivation

If a person lacks sleep, they're likely to be more sensitive to pain



Gender

Women are more likely to experience chronic pain than men



Social & cultural norms

In many cultures, men are discouraged from overtly expressing pain

A PICTURE OF PAIN

Two main categories of pain are:

Acute Pain

- Lasts for a short time
- Occurs following an injury, surgery, trauma or as a symptom of an illness
- Can be caused by structural, tissue or nerve damage
- Acts as the body's alarm system, designed to compel you to move away from danger, protect yourself from further harm and seek help
- Usually becomes less severe as the injury or condition heals
- Can transition into chronic pain if left untreated or poorly treated

Chronic Pain

- Usually lasts longer than 12 weeks
- Persists beyond the expected healing time of an injury, surgery, trauma or symptom of a disease
- Can also be a stand-alone condition and exist without a clear reason
- Characterised by changes to the central nervous system

{ tips }

GOT A BAD BACK?

Back pain, particularly lower back pain, is one of the most common complaints in chronic pain conditions. Most people will experience back pain at some stage in their life. Acute back pain usually resolves within three to six weeks, whilst some people can develop recurrent or persistent chronic back pain.

These days, many people live a sedentary lifestyle of prolonged sitting at work and during leisure time which is not beneficial for your back, and can contribute to or exacerbate back pain. However, both physical occupations and office work can place demands on your back.

If you're suffering from a bad back, the pain or discomfort can make it hard to concentrate on the tasks at hand. By examining your environment at work or at home, you can identify the aggravating factors, and take measures to counter them.

Back pain can be manageable, but it's important to work with your healthcare provider to identify a pain management approach tailored specifically for you.



CONTRIBUTORS TO BACK PAIN AND HOW TO COUNTER THEM

Force

Exerting too much force on your back

Lift properly

- When lifting or carrying a heavy object, lift with your legs and tighten your core muscles
- Hold the object close to your body
- Maintain the natural curve of your back
- Don't twist when lifting
- If an object is too heavy to lift safely, ask someone to help you or use a lifting device

Repetition

Repeating movements that involve twisting or rotating your spine

Modify repetitive tasks

- Alternate physically demanding tasks with less demanding ones
- Make sure your computer monitor, keyboard, mouse and chair are positioned properly
- Use a headset when on the phone and typing at the computer
- Avoid unnecessary bending, twisting and reaching
- Limit time spent carrying heavy bags

Inactivity & poor posture

Sitting all day without adequate support for your posture

Support your body & posture

- When standing, balance your weight evenly on your feet
- Choose a chair that supports your spinal curves and sit up straight
- Adjust the height of your chair so that your feet rest flat on the floor or on a footrest, with thighs parallel to the floor
- If you have to sit for long stints, change your position often
- Periodically walk around to gently stretch your muscles and relieve tension

WHEN PAIN PERSISTS

Chronic pain differs to sudden or acute pain and can be described as a sensitivity of the nervous system. It's also known as persistent pain since the pain persists beyond the expected healing time following an injury or illness – usually lasting longer than 12 weeks.

This can be due to changes in the body's electrical wiring and brain pathways which detect and transmit pain signals. As a result, your body becomes more sensitive to pain and continues to send pain signals to your brain, even after the external painful stimuli has passed. The longer pain is left untreated, the higher the risk that your body will become sensitised to pain and that it will become chronic. So it's essential to address acute pain quickly and effectively to prevent it transitioning to chronic pain. Seeking prompt advice from a healthcare professional can help at such times.

Chronic pain can occur in nearly any part of your body and may not feel the same in all areas or at different times. In some cases, chronic pain can be elusive to detect – the cause may show up on a scan or test, or there may be no physical explanation for its existence. Nevertheless, chronic pain can reduce and limit mobility, flexibility, strength and endurance, making it challenging to get through daily tasks and activities.

Persistent Pain Plagues our Population

- One in five Australians are reported to be living with chronic pain
- 54% are women and 46% are men
- 68% of those are of working age
- Those over 65 years of age are twice as likely to be living with chronic pain
- 35% of children and teenagers are living with pain
- The prevalence of chronic pain amongst Australians is estimated to double by 2050

HIGHWAY TO THE DANGER ZONE

Risk factors for chronic pain include:

Biological risk factors:

- Previous injury
- Surgery
- Being overweight or obese
- Being a woman
- Older age
- Genetics

Psychological risk factors:

- Childhood trauma
- Mood disorders

Lifestyle risk factors:

- Stress
- Smoking
- Unhealthy diet
- Sedentary lifestyle and prolonged sitting, especially at a computer
- Having a high-risk job that involves heavy lifting or strenuous physical activity
- High exposure to chemicals and pollution which can promote inflammation

CHRONIC CONDITIONS

Conditions that may involve chronic pain are best discussed with your healthcare professional. Conditions associated with chronic pain include:

Arthritis and joint pain

Musculoskeletal aches and pains

Lower back pain

Muscular spasms

Neuralgia and nerve pain

Fibromyalgia

Pelvic pain

Persistent post-injury pain

Sciatica

Persistent post-surgical pain

Migraines and headaches

Post-trauma pain

Abdominal pain and IBS

Psychogenic pain
(pain that isn't caused by disease, injury, or nerve damage)

INSIGHTS INTO INFLAMMATION

Like pain, inflammation is another of the body's natural defence mechanisms, designed to help fight illness and protect you from further harm. It works by activating the immune system to help fight off infection, or in response to tissue damage. This generates the red, hot, swollen and sore area around wounds or injuries. Your body attempts to strengthen the area that's under threat by calling in an influx of immune cells and fluid to the area, to fight foreign invaders and bolster your protection.

Inflammation is a necessary part of the healing process. It's designed to die down and stop once the danger has passed. The immune cells switch from attack-mode to healing-mode. As signs of inflammation ease off, the tissue returns to normal.

When the body fails to switch off this inflammatory response and it becomes faulty, it can lead to chronic conditions. The immune system remains stuck on, continuing to release inflammatory molecules and, in some cases, damaging the body's own cells even in the absence of a foreign threat. Inflammation continues and can be released at vulnerable sites such as the gut or joints.

In the modern world, inflammation triggers are everywhere, including environmental pollutants and daily stress. This keeps your immune system constantly armed and operating in a low-level state of inflammation. Whilst not exhibiting overt effects, this low-grade inflammation can complicate your internal environment which can potentially lead to more unpleasant conditions.



THE PSYCHOLOGY OF PAIN

Pain can be divided into primary and secondary pain.

Primary pain

Primary pain arises from damage to the body or nervous system, or from illness or disease and is the “unfiltered information” sent from the body to the brain.

Secondary pain

Secondary pain is the brain’s reaction to that unfiltered information. It’s controlled by an amplifier in the brain that can dial up or dial down the overall intensity of your pain – and consequent suffering.

Often, before you’ve even consciously registered the pain, it’s been heavily processed by your brain to come to its evaluation.

Putting your pain under the microscope, your mind picks apart all the different sensations you’re feeling, trying to identify the underlying cause to find a corresponding solution so that you can avoid further pain. As your mind searches for patterns or clues, it brings to mind memories of when you have felt similar pain in the past – in doing so, amplifying your pain in the present.

If you’ve suffered from pain for some time, you may have plenty of painful memories to draw upon, but few solutions which can increase anxiety about your situation. These negative thoughts feed back into your body, fuelling your tension. This vicious cycle can begin to create a well-worn path in the mind, so that you become more sensitive to pain in a futile bid to try and avoid it.

In fact, brain scans have shown that people who suffer from chronic pain have more brain tissue dedicated to feeling the conscious sensations of pain. If you find yourself in this situation, it can be important to seek the advice of a healthcare professional.

“Pain is inevitable, suffering is optional”

– Buddha

NO BRAIN NO PAIN

If you didn't have a brain, would you still feel pain?

While you feel pain in your physical body, it's your brain that's behind it. Your brain can turn on or turn up your pain, based on any credible evidence that suggests your body is in danger and needs protecting. Conversely, increasing evidence of your safety and security can help your brain dial down the pain. Understanding how pain really works, cognitive behavioural therapy, practising mindfulness and relaxation, moving your body safely and other coping strategies can all help cultivate a greater sense of safety.



CLOSE COMPANIONS CLOSE COMPANIONS CLOSE COMPANIONS CLOSE COMPANIONS CLOSE COMPANIONS

**Where there's chronic pain,
it's commonly accompanied
by these companions.**

Insomnia and Fatigue

Sleep is a driving factor that directly affects pain. When you have little or poor sleep, you can be more sensitive to pain. A painful condition also makes it harder to have a good night's sleep, and ultimately feeds the cycle. Sleep deprivation can lead to fatigue which permeates daily life and can make your situation even more difficult.

Substance Misuse

Substance misuse is reported in people with chronic pain, including the overuse or misuse of alcohol or prescription opioids.

Depression and Anxiety

Chronic pain can also place a strain on many aspects of daily life and may result in an inability to work. This can consequently influence finances and relationships which may take a toll on emotional health. It's reported that 45% of patients living with chronic pain also experience a reduction in mental well-being.



A PAINFUL PREDICAMENT

The burden of living with chronic pain can extend well past the condition itself, having a flow on effect into other areas of your life:

Stress

Financial effects

Work and study

Emotional impact

Travel, transport and holidays

Sleep

Everyday activities and daily routines

Family, friends, relationships and social life



IN A RELATIONSHIP WITH: PAIN

Creating a new relationship with your pain may help you to manage your symptoms with more compassion and objectivity. Consciously connect with your pain. Find out as much as you can about your condition, so that you don't stress or worry unnecessarily about the pain. It's also important to know when to listen to your pain and seek help or investigate further, because your pain could be from a multitude of origins or influences.

Rather than setting the expectation of completely eradicating your pain, focus on improving your day-to-day function. You may need to accept that your pain may not go away and that you may experience flare-ups from time to time. When these occur, be kind to yourself and give yourself the support you need. Talk to family, friends or your pain management

team to let them know what support you need at these times. See your healthcare practitioner for advice on new coping strategies and skills.

Where possible, try not to allow the pain to stop you living your life the way you want to. You may need to make some adjustments to accommodate and support your condition, particularly if you experience flare-ups. Gently reintroduce activities you used to enjoy and focus on finding fun and rewarding activities that don't make your pain worse.

A positive mindset and motivation can help you get through tough times. Try mindfulness-based stress reduction techniques or seek professional advice to help cultivate a new way of relating to your pain.



HEALTHY HABITS

FOR PAIN MANAGEMENT

- 
- 
- 
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- 
- 
- ✓ Eat a healthy, balanced diet
 - ✓ Move your body
 - ✓ Prioritise sleep
 - ✓ Avoid alcohol
 - ✓ Quit smoking
 - ✓ Set goals and pace yourself
 - ✓ Focus on a healthy distraction
 - ✓ Be social and participate in life
 - ✓ Schedule down time
 - ✓ Get all the rest you need
 - ✓ Keep a pain journal and document your pain score every day
 - ✓ Practice relaxation, use mindfulness and meditation tools to manage stress and pain
 - ✓ Work with your pain management team to understand any medications (including their side effects) and complementary therapies you may be taking
 - ✓ Ask for help



PRACTICES TO **PRESS PAUSE** ON PAIN

- 👍 Cold and heat application
- 👍 Diffuse or apply essential oils
 - 👍 Acupuncture
 - 👍 Yoga and Tai Chi
- 👍 Mindfulness meditation and deep breathing exercises
- 👍 Physical therapy
 - 👍 Talk therapy
- 👍 Spend time in nature
- 👍 Physical exercise (as approved by your health care practitioner)
 - 👍 Music
 - 👍 Massage
 - 👍 Quality sleep



{ article }

A PAINFUL PILL TO SWALLOW

Pain relief has become synonymous with popping a pill. The pain relief that these medications provide when used appropriately and managed together with healthcare professionals can be invaluable. However, our society's overuse of pain killers may be causing more harm than good.

Medications used to manage pain may include:

- Analgesics (e.g. paracetamol)
- NSAIDs (e.g. ibuprofen)
- Opioids (e.g. codeine)
- Anti-epileptics (e.g. pregabalin)
- Anti-depressants (e.g. selective serotonin reuptake inhibitors (SSRIs))

The overuse and misuse of legal prescription opioid medications is reaching crisis point in Australia. Pharmaceutical opioids were once reserved for treating pain that was short-term, terminal or related to cancer. In the 1990s, pharmaceutical companies began marketing them for chronic pain.

Since then, the use of these prescription opioids has substantially increased in many countries, including Australia.

It has the second highest level of use globally, second only to the United States. Whilst this illustrates that more and more people are living with pain, it also highlights the addictive nature of opioids. Dangerous overuse and misuse can cause accidental overdose, hospitalisation or death.

To counter the crisis, the Australian government is reviewing opioid pack sizes, indications, warnings and accessibility, as well as supporting education around pain management and opioid alternatives. At the same time, it's also important to work towards reducing the stigma associated with opioid medication use. By working closely with your healthcare practitioner, there's a lot that can be done for pain management and to improve your well-being.

Although pharmaceutical pain medications can provide relief, some people may experience side effects. These are more likely to occur with higher doses, long term use and where other medications are also being used. For potential side effects from analgesic medications, refer to the pack.



Legal pharmaceutical opioids (including codeine and oxycodone) are responsible for more deaths and poisoning hospitalisations than illegal opioids such as heroin.

- Nearly 150 hospitalisations occur daily in Australia due to opioid misuse, and
- 14 emergency department presentations per day involve opioid harm.
- In 2016, opioids – most commonly pharmaceutical opioids, rather than illegal opioids – accounted for 62% of all drug-induced deaths.

Issues associated with pharmaceutical pain medications, particularly opioids:

Side effects:

May cause addiction, breathing difficulties and even death

Efficacy:

May only be partially effective in relieving pain

Duration:

Long term use may result in harmful effects

Drug interactions:

Interactions with other medications may occur

MAKE A ~~M~~OVE

Whilst it may seem counterintuitive, movement can actually be helpful for those who suffer from aches and pains – even though it may be the last thing you feel like doing! Particularly when experiencing persistent pain, there's a tendency to avoid activities so as not to cause any flare ups of pain. But without exercise, your pain can become worse.

Inactivity from a sedentary lifestyle can cause muscles and joints to weaken over time. This can gradually lead to some people not being able to complete daily tasks like housework or activities they previously enjoyed.

Exercise can make chronic pain more manageable, helping with symptoms by improving muscle tone and strength and elevating energy. Exercise releases endorphins, the brain's feel-good chemicals or "happy hormones" that help to improve mood and sleep, whilst reducing stress and blocking pain signals from reaching the brain.

Exercise can be an effective way to reverse the downward cycle of deconditioning and worsening pain. As a result, exercise helps people with chronic pain to engage in essential activities of daily life and those that they enjoy with more ease.

It can be challenging to exercise when you suffer from chronic pain. Your condition may limit the type, amount and intensity of exercise and exertion you can manage. Look for movements that don't trigger more pain - it's imperative not to overdo it.

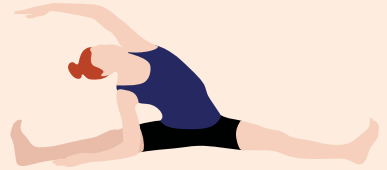
Before beginning any new exercise regime, consult with your healthcare practitioner. Ask them if aerobic, strengthening or stretching exercises would work better for you and your condition, and seek advice on training safely.

Tips for Managing Movement

- 1 Include enjoyable activities in your routine**
- 2 Break exercises into short intervals rather than long stretches**
- 3 Start slowly, monitor your symptoms and build up to more strenuous exercise**
- 4 Make sure you stop if exercise becomes uncomfortable or painful**

Stretching

Increases flexibility, relieves tension, reduces stiff and tight muscles, increases range of motion, alleviates muscle aches and helps with everyday movements



Yoga and Tai Chi

Gentle postures, deep breathing, meditation and visualisation can promote relaxation, reduce stress and improve flexibility and balance



Walking or Biking

Low impact aerobic exercise warms up joints and muscles, boosts energy, reduces stiffness, increases strength, endurance and heart health. Start slowly and work up to longer stints



Water Aerobics and Swimming

- Alternative to walking for people with mobility issues
- Low impact, relaxes muscles when in warm water, alleviates pressure on joints and weightlessness helps with movement
- Warm water promotes muscle relaxation
- Cold water can cause muscle tension but may reduce inflammation in some circumstances
- Swimming can be therapeutic and help clear your mind
- Water aerobics can also be a social activity



Strengthening Exercises and Pilates

- Helps build stronger muscles to support and stabilise joints to prevent future injuries
- Adequate core strength is important to maintain proper posture and balance, and reduce the risk of injuries
- Pilates consists of simple strengthening movements that focus on alignment





SCENTS TO SOOTHE



GINGER



PEPPERMINT



ROSEMARY



LAVENDER



GERANIUM



LEMONGRASS

Aromatherapy, as the name suggests, is the use of aromatic plant extracts, via inhalation or skin absorption, to promote physical and psychological health and wellbeing. This holistic healing therapy uses essential oils – highly fragrant oils extracted from the leaves, stems and other parts of aromatic plants – which contain the essence of the plant and its therapeutic benefits. Aromatic essential oils have a long history of use to help soothe the body and mind.

When using essential oils, you take in plant chemicals through tissues in your nose and lungs which travel up to the limbic system in your brain where they can provide positive physical, mental and emotional benefits.

Essential oils are highly concentrated which means you only need to use a little at a time.

HOW TO USE ESSENTIAL OILS

- Wave an open bottle under your nose or add a few drops of oil to a cloth or tissue and breathe in the aroma
- Add some drops to water in a spritzer bottle and spray into the air or onto clothing or bedding
- Add some drops to water in a diffuser and let the aroma infuse the room
- Dilute with a carrier oil (such as jojoba, fractionated coconut or almond) and dab onto your skin (such as at your temples) or rub between the palms and inhale the scent
- Massage diluted oil into your skin, particularly into painful joints
- Use body oils, creams, lotions or balms containing essential oils
- Add some drops to a warm bath
- Seek guidance from an aromatherapy practitioner if you aren't sure how to choose or use essential oils
- Pregnancy and lactation are times where professional guidance is recommended as not all oils are suitable for these special times
- Keep essential oils out of reach of children



BATH SOAKS TO **SOOTHE SORENESS** AND **SLIP AWAY FROM STRESS**

UPLIFTING

- 1 cup Epsom salts
- 2 drops orange essential oil
- 2 drops geranium essential oil
- 2 drops bergamot essential oil



RE-INVIGORATING

- 1 cup Epsom salts
- 3 drops peppermint essential oil
- 3 drops rosemary essential oil
- 3 bags green tea
- Sprigs fresh rosemary



GROUNDING

- 1 cup Epsom salts
- ¼ cup baking soda
- 1 tbsp coconut oil
- 3 drops lavender essential oil
- 5 drops eucalyptus essential oil
- 1 tsp ground cinnamon





BATH TIME



SOAK IT UP

Soaking in a warm bath can help relax stiff, sore muscles and joints and promote relaxation. Throw in 1-2 cups of Epsom salts to get the added benefits of soothing magnesium. Note that it's best to bathe in an Epsom salt bath when you have some food in your belly.

RUB IT IN

Essential oils pair well with massage which can be helpful for pain relief. Therapeutic massage promotes relaxation, soothes stress and anxiety and loosens up tight muscles, joints and tendons.

A top-down view of a person's hands holding a white ceramic mug filled with dark tea. The person has light purple nail polish and is wearing a white ribbed sweater. The background is a rustic wooden surface with scattered yellow and green autumn leaves. The text 'PUT THE KETTLE ON' is centered on the dark liquid in the mug.

PUT THE KETTLE ON

For thousands of years, herbs have been brewed in tea to soothe minor aches and pains. Brew up a cuppa in one of these varieties and sip to help support your well-being.



GREEN TEA



ROSEHIP



GINGER



TURMERIC



ROOIBOS



PEPPERMINT

A MINDFUL MOMENT

It's human nature to want to avoid pain. When you experience it, you want it to go away – immediately. The last thing you want to do is pay more attention to it.

Your mind wants to judge your pain, ruminating on how unpleasant it feels, how much you dislike it and how badly you want it to stop. Your mind begins brainstorming ways to escape the pain, desperately searching for a solution.

This mental struggle and cloud of negative thoughts can make your pain worse, adding more fuel to the fire by generating stress.

Doing your best to be present with your pain just as it is, without engaging with the mental melee, can help you to relate to your pain differently. That's what mindfulness aims to do.

Mindfulness is about paying attention to something on purpose and without judgement, instead using fresh eyes. Rather than letting your mind jump to and dwell on negative thoughts about your pain, you observe it with curiosity, exploring the sensations as they come and go from your body. This allows you to see your mind and body as they really are and let go of struggling with them.

Whilst it may seem counterintuitive, the practice of paying attention to your pain can actually be helpful. The critical distinction here is that being aware of your pain is very different to thinking about your pain. Bringing awareness to the present moment as it is, rather than distorting it with layers of critical thinking, releases some of the additional burden and can provide a more accurate picture of what you're experiencing.

Studies have shown that over time, mindfulness can change the structure of the brain which in turn helps to improve wellbeing. Mindfulness-based strategies include simply focusing on your breath or bringing awareness to each area of your body, part by part – particularly areas that your mind wants to avoid – in a full body scan.

Alternately, focusing your full attention on a distraction can make something else seem more important to your brain, rather than dwelling on your pain and discomfort. Pick a healthy distraction that will stimulate your brain or soothe your stress, like concentrating on a conversation with a friend, reading a book or playing a game.

***“People go through so much
pain trying to avoid pain”***

– Neil Strauss





RESCUE RECIPES

***“You never know how strong you are
until being strong is your only choice”***

– Bob Marley



FOODS TO MAKE OR BREAK

In many cases, diet and lifestyle can make or break inflammation in the body, with this condition often described as the precursor to disease. An anti-inflammatory diet has been recognised to improve overall health.

Many aspects of the Mediterranean diet align with an anti-inflammatory approach to eating since it's high in fruits, vegetables, nuts, whole grains, fish and healthy oils that may help ease inflammation.

Identify which foods to include and those to avoid, to make an eating plan you can still enjoy and stick to. Your healthcare professional will be able to guide you with individual dietary choices that will support your wellbeing.

Include

- ✓ Dark leafy greens
- ✓ Berries, cherries and dark grapes
- ✓ Cruciferous vegetables
- ✓ Beans and lentils
- ✓ Green tea
- ✓ Avocado and coconut
- ✓ Olives
- ✓ Extra virgin olive oil
- ✓ Nuts
- ✓ Fish
- ✓ Turmeric and cinnamon
- ✓ Dark chocolate in moderation
- ✓ Spices and herbs
- ✓ Lots of fresh, filtered water

Avoid

- ✗ White bread and pasta
- ✗ Processed snack foods
- ✗ Processed meats
- ✗ Sugary drinks
- ✗ Fried foods
- ✗ Soybean and vegetable oils
- ✗ Desserts
- ✗ Excess alcohol
- ✗ Excess carbohydrates

ANTI-INFLAMMATORY DIET

One of the best ways to fight inflammation begins with a trip to the grocery store. Making specific changes to your diet can have positive benefits. An overall healthy diet can help reduce inflammation in the body and lower the risk of chronic conditions. Maintaining a healthy body weight can also help manage pressure on joints. Even a 5-10% reduction in body weight can improve your quality of life.

Certain foods have been shown to reduce inflammation levels in the body. Choosing and eating the right foods and avoiding others, can be effective to prevent or minimise inflammatory symptoms.

A highly processed Western diet, packed with artificial ingredients, such as preservatives, additives and artificial and refined sugars can cause inflammation in your body. An anti-inflammatory diet is comprised of foods that reduce the inflammatory response by replacing these processed foods with fresh, whole, nutrient-dense foods.

This approach increases antioxidants to fight off damaging free radicals which increase the risk of certain conditions. Additionally, this dietary perspective encourages a more alkaline and anti-inflammatory environment within the body, as opposed to an acidic and pro-inflammatory state.

Eat Your Omegas

Healthy fats containing omega-3 fatty acids may reduce inflammation. These fatty friends can be found in:

Wild caught fish such as salmon & trout

Avocado

Sardines & mackerel

Olive oil

Nuts & seeds

IT'S ALL ABOUT MELLOW YELLOW DON'T **SKIMP** ON THIS **SPICE!**

In recent years, turmeric has been promoted up the ranks in the world of spices, proudly taking up position as the golden child, featuring on the menu of every self-respecting hipster café. It's also widely available in powdered or capsule form on supermarket and health food store shelves.

It's commonly known that the anti-inflammatory components in turmeric are not well absorbed from the root itself. Where turmeric is used to support health and wellbeing, new technologies are applied to the herb to overcome poor absorption. Talk to your healthcare practitioner for further information about this.

Spice Up Your Life!

Turmeric is no longer reserved for curries. With its unique but subtle flavour, it's a versatile spice that can complement all kinds of recipes from savoury soups and salad dressings to sweet smoothies and snacks.

{ recipe }

SPICE-CREAM

Ingredients

3 frozen bananas, sliced
½ - 1 tsp ground turmeric
½ tsp ground ginger
¼ tsp ground cardamom
¼ tsp ground cinnamon
Pinch ground cloves
Pinch ground black pepper
Sliced banana to serve
Drizzle of honey to serve

Method

1. Place all ingredients (aside from those to serve) in a food processor or blender and combine until the mixture is smooth and creamy.
2. Divide the mixture between two serving glasses.
3. Top with sliced banana, a drizzle of honey and sprinkle of extra turmeric to serve!



{ recipe }

TROPICAL TURMERIC SMOOTHIE

Ingredients

1 frozen ripe banana
1 cup frozen pineapple or mango
½ tbsp fresh grated ginger
½ - 1 tsp ground turmeric
1 - 1½ cups unsweetened coconut milk
or dairy-free milk of choice

Method

1. Place all ingredients into a blender and combine until smooth.
2. Pour into a glass and enjoy!





HEALING HUMMUS

Ingredients

400g can chickpeas, drained and rinsed
1 medium lemon, juiced
3 tbsp tahini
2-3 cloves garlic, peeled and minced
1 tsp fresh ginger, grated
1 tsp turmeric
1 tsp paprika
½ tsp ground cumin
¼ tsp cayenne pepper
¼ Himalayan sea salt, to taste
2-3 tbsp extra virgin olive oil (can substitute with water)
1-2 tbsp water
Parsley and pine nuts to serve (optional)



Method

1. Place all ingredients into a food processor or blender and combine on high until the hummus is smooth and creamy, scraping down sides as needed.
2. Add more oil or water to create a creamier texture.
3. Taste and adjust flavours as desired.
4. Serve as is, or garnish with a sprinkle of spices, parsley and lightly toasted pine nuts to make this more of a centrepiece.

GOLDEN GODDESS SALAD DRESSING

Ingredients

¼ cup tahini
¼ cup fresh lemon juice
2 tbsp extra virgin olive oil
1 inch fresh grated ginger
1 clove garlic, minced
1 tbsp apple cider vinegar
1 tsp ground turmeric
¼ tsp cayenne pepper
¼ tsp black pepper
1 tbsp honey
Salt to taste

Method

1. Place all ingredients into a blender and process until smooth.
2. Adjust seasoning as necessary
3. If dressing is too thick or thickens after storing, add some water to dilute it.
4. Pour over your favourite salad, protein or roasted vegetables.

BOUNTIFUL BUDDHA BOWL

Packed full of nutritious ingredients, your lunch will be far from boring with this rainbow bowl, while packing an anti-inflammatory punch.

Ingredients

2 heads broccoli, cut into florets
2 cups purple cabbage, finely shredded
1 large sweet potato, cut into small chunks
1 cup mixed quinoa, brown rice or wild rice, cooked
1 cup green lentils, cooked
2 heirloom carrots, grated into ribbons
1 blood orange or pink grapefruit, peeled and thinly sliced
1 avocado, sliced
2 tbsp raw hemp seeds, plus extra for serving
2 tbsp extra virgin olive oil
Juice of one lemon
Himalayan salt and cracked pepper
Pomegranate seeds and sprouts, for serving
Golden Goddess Salad Dressing (see page 43)

Method

1. Preheat the oven to 200°C.
2. Toss the sweet potato with salt, pepper and half the olive oil and place on a baking tray. Transfer to the oven and cook for 15-20 minutes, then remove from the oven.
3. Add the broccoli with the remaining olive oil and the hemp seeds, toss to coat.
4. Return to the oven and roast for a further 15 minutes until cooked to perfection.
5. While the vegetables are cooking, combine the cabbage, lemon juice and salt in a mixing bowl and massage with your hands for 30 seconds to 1 minute.
6. To assemble, toss the quinoa or rice with the lentils and divide among 4 bowls.
7. Add the roasted veggies, cabbage, carrots, avocado and orange or grapefruit.
8. Top with pomegranate, sprouts and hemp seeds and drizzle with turmeric dressing.







*“Although the world is full of suffering,
it is also full of overcoming it”*

– Paul Coelho

SOUTH INDIAN

SARDINE STIR-FRY

Whilst salmon is a popular go-to source of omega-3 fatty acids, these good fats come in more than one form of fish! For something different, why not give herring, mackerel or sardines a try? Whilst salmon is often farm-raised, these smaller “forage fish” are often caught wild, making them a more sustainable option. The addition of turmeric gives this meal an anti-inflammatory boost and you can add more veggies to the stir-fry base to bulk up your bounty of benefits.

Ingredients

- 1 tin sardines in water
- ¼ tsp turmeric
- ¼ tsp cumin
- ¼ tsp cayenne pepper, or to taste
- ¼ tsp paprika, sweet or smoked depending on taste
- ¼ tsp yellow mustard seeds
- ¼ tsp Himalayan salt
- ½ cup onion, finely chopped
- 1 clove garlic, minced
- 3 tsp coconut oil
- 6 curry leaves
- 2 tbsp desiccated coconut
- Cracked pepper, to taste

Method

1. Drain the water from the tinned sardines.
2. Marinate the sardines with salt, cayenne pepper, paprika, turmeric and cumin whilst you prepare the other ingredients.
3. Heat coconut oil in a pan and add the yellow mustard seeds, sautéing until they begin to pop.
4. Add the curry leaves and sauté for 30 seconds.
5. Add the garlic and sauté for another 30 seconds.
6. Add the chopped onion and sauté until light brown in colour.
7. Add the marinated sardines. Since they're already cooked, simply sauté for a few minutes to warm and mix everything together well.
8. Garnish with cracked pepper and grated coconut.
9. Serve over quinoa or brown rice with a side of greens.

Your next appointment is:



orthoplex®

Bio Concepts Pty Ltd

19a Guardhouse Road, Banyo QLD 4014 Australia

www.orthoplex.com.au

Clinical support: 1800 077 113

Phone: +61 (07) 3868 0699