



The ANTI-INFLAMMATORY DIET

**Prevent Inflammation In The Body
To Better Manage Chronic Pain**



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Introduction To Chronic Pain Syndromes

Chronic pain syndrome is a condition where the individual experiences pain as a part of various kinds of conditions for a long period of time. Some say it qualifies as chronic pain syndrome when it lasts longer than three months, while others use six months as the period of time required to call a pain condition “chronic.”

Chronic pain conditions can be called by many different names, and include conditions such as:

- Many Autoimmune Diseases
- Rheumatoid Arthritis
- Osteoarthritis
- Fibromyalgia
- Irritable Bowel Syndrome

The quality and character of the pain is different with each condition, and some chronic pain conditions have an identifiable etiology behind them, while others do not. Whether the pain condition has a known etiology or not, all the pain is real and is treated accordingly.

In some individuals who have chronic pain, there are biochemical changes within the body, resulting in chronic pain that is difficult to diagnose and find good treatment choices for. In chronic pain or neuropathic pain, the pain signals are triggered by the individual’s nervous system and continue to be triggered for many months and often for years. Doctors don’t know how this happens and some speculate that the problem is due to a lack of certain brain chemicals that are supposed to suppress feelings of pain.

CHRONIC PAIN

