



## **Pain Is Important But, Fix The Cause, Don't Just Deaden The Pain Three Possible Reasons for Pain, Tingles, And Discomfort**

Smart Sugars Lesson #80

by JC Spencer

Pain is a warning sign and the level of pain may indicate the seriousness of the cause. There are three principle causes for pain in your physical body. The severity of the alert is designed to tell us which action to take.

When our only action is to mask the pain, we miss the reason for the pain. Of course, we want the pain to turn to pleasure or at the very least for the pain to go away. But, don't give up on finding the cause. It can save and extend your life.

When we only treat (mask) the symptom instead of addressing the cause, we have mimicked the mind-set of mainstream medicine. Our astute warning system is to let us know in advance when something worse than the pain will happen and that we are to take action to correct the challenge. We receive clear warning signals but our inability to translate the signals into knowledge for action can be fatal.

The more obvious the cause for the pain the better we can respond. Trauma is the most obvious and demands immediate response. The US medical system is the best in the world (if you don't include Israel) when it comes to trauma care.

We are less sensitive to devastating health problems. Our medical establishment is not as well equipped for sickness care as for trauma care. In fact, the best place to catch some diseases is in the hospital. Any pain not inflected by trauma may be a warning of pending inflammation which is the final cause of health related deaths. Inflammation is the final cause of death from most traumas.

Throbbing pain in joints and organs or a soreness of the muscles are probably indications of inflammation. A pinched nerve, improper alignment, or irritation to any part of your body is the cause for the pain and can develop into a serious

inflammation problem if not addressed by you or your immune system. When your immune system is modulated and strong, it will better address the cause, be it a low immune challenge or an auto-immune problem.

The third cause for pain, tingle, discomfort, itch, passing excessive gas, or signal felt in the body is a warning of some kind about an external danger for which you need to be prepared. Is there a pending storm? Many people have increased joint pain prior to bad weather. Does the inflammation increase just before the storm or can it be that your system is detecting the change in the ions in the air of the coming storm?

The feeling, the pain, the tingle, or low level sensation is a mystery, that when solved, will allow us to better know our bodies and needs. The communication system of your cells, your body, and your brain is operated by special arrangement of Smart Sugars.

Glycoscientists are learning that these Smart Sugars determine the very health of the your cells and their ability to address infections, help dump the toxins, and protect you from the storm or dangerous conditions that could take your breath away. The early warning signs are present and danger is ahead. It may be chronic or slowly progressing. Regardless of the road ahead, it is much better that we take care of the important instead of waiting until it is urgent.

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