

TOP 3 **NATURAL** **PAIN RELIEVERS**

**YOUR PHYSICIAN WON'T
SHARE WITH YOU**



By Brian Klepacki, MS, CSCS, CISSN

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

LEGAL STUFF

© 2019 & Beyond, Critical Bench, Inc.
All Rights Reserved. International Copyright
www.CriticalBench.com

You are welcome to share this Special report with others. You may NOT, however, edit it, extract from it, change the contents or offer it for sale in any way shape or form. Trust me. It's not worth the felony charges, fines, possible prison time and bad charma.



NOTICE

The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

TOP 3 NATURAL PAIN RELIEVERS YOUR PHYSICIAN WON'T SHARE WITH YOU

By Brian Klepacki, MS, CSCS, CISSN

You're in pain and you're sick of it. We've all been there and you might still be there; pain that won't go away no matter how much medicine you take.

Trust me, I get it. Pain flat out sucks.

No one wants to be in pain or experience pain (unless you're a little twisted in the head).

Unfortunately, we can't always control the situation or the incident that will bring on pain **but we can control how we treat pain and overcome it.**

As a Certified Strength Coach, Sports Nutritionist and a Functional Movement Specialist I see pain A LOT. In my line of work there are two types of individuals who come to me for help: 1) Athletes looking to improve their athletic performance and 2) Individuals looking for pain relief.



TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

For my athletes, injury prevention is priority. If he/she is injured, they cannot compete.

For the individuals with pain, injury management is priority.

By prioritizing the persons needs I am able to successfully and quickly give the person what they need to become pain-free and progress forward to improving their personal performance, athlete or not.

When dealing with pain I'm sure you could think of a handful of hot spots that might be bothering you at this exact moment. Back pain, shoulder pain, knee pain...

The type or the cause of pain you might be experiencing isn't always that easy to pinpoint as pain can be defined/classified into three separate categories:

Somatic Pain

Somatic pain is caused by the activation of pain receptors in either the body surface or musculoskeletal tissues. A common cause of somatic pain is postsurgical pain from a surgical incision. It is usually described as dull or aching. Somatic pain occurs with increased frequency in the shoulder, hip, and hand, although it also occurs in the lower back and buttocks.

Somatic pain is probably caused by a combination of factors, such as abnormalities that may have always been



TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

there, inflammation, repetitive trauma, excessive activity, vigorous stretching, and contractions due to paralysis, spasticity, flabbiness, disuse and misuse.

Generally speaking, somatic pain is usually aggravated by activity and relieved by rest.

Visceral Pain

Visceral pain is the pain we feel when our internal organs are damaged or injured and is by far the most common form of pain. Visceral pain is caused by the activation of pain receptors in the chest, abdomen or pelvic areas. Visceral pain is vague and not well localized and is usually described as pressure-like, deep squeezing, dull or diffuse.



Neuropathic Pain

Neuropathic pain is caused by injury or malfunction to the spinal cord and peripheral nerves. Neuropathic pain is typically a burning, tingling, shooting, stinging, or “pins and needles” sensation.

Some people also complain of a stabbing, piercing, cutting, and drilling pain. This type of pain usually occurs within days, weeks, or months of the injury and tends to occur in waves of frequency and intensity.

Now you might be saying, “Whoa, I just have some knee pain and all that info is more than what I wanted to know.” Regardless of the type of pain you are experiencing, pain is not a good thing and you should be doing everything you can be doing to stay far away from it.

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

In short, pain is physical suffering or discomfort.

One of the leading types of chronic pain reported by Americans is joint pain. To take it a step further, arthritis is the most common type of joint pain; however, joint pain isn't only present in the elderly. Depending on its source, chronic joint pain can begin at any age.

The common types of joint pain include:

Osteoarthritis: This is from the wear and tear on joints over time. This joint pain is common in the elderly and usually affects one or more of the larger joints in the body.

Rheumatoid arthritis: Often present in early adulthood, RA causes swelling in the joint spaces. Eventually it also damages bones, ligaments and tendons.

Repetitive strain injury: Common in athletes and highly active individuals, frequent injuries over time can result in chronic pain. Typically, these involve larger joints, like the knee or the shoulder.



Growing Epidemic of Chronic Pain

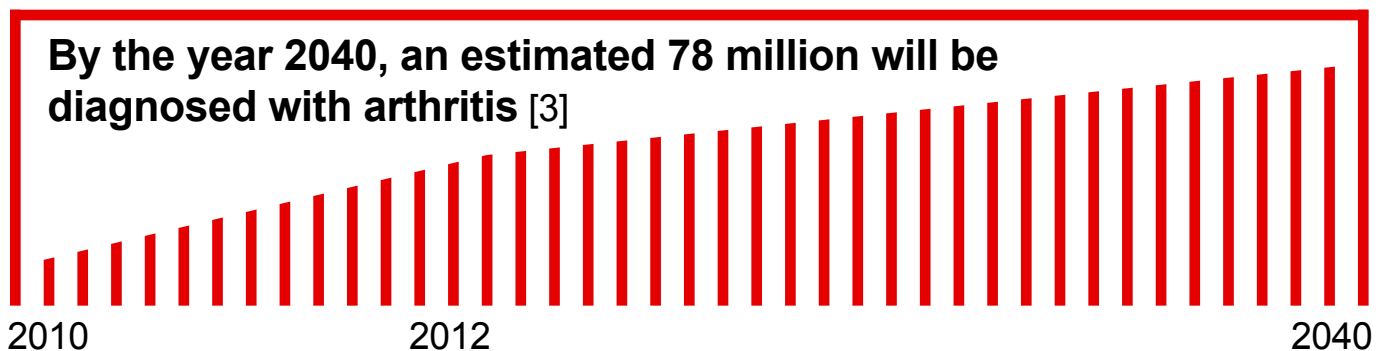
A 2011 market research report indicated that more than 1.5 billion people worldwide suffer from some sort chronic pain with incidence rate prevalence increased with age [1].

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

The Center of Disease Control estimated the average annual arthritis prevalence in the US adult population aged 18 years or older from 2010-2012 stated that 22.7% (52.5 million) of adults reported doctor-diagnosed arthritis, with significantly higher age-adjusted prevalence in women (23.9%) than in men (18.6%). Arthritis prevalence increased with age [2].

The average age of the US population is slowly on the incline and with this the prevalence of doctor-diagnosed arthritis is expected to increase in the coming decades. By the year 2040, an estimated 78 million (26% of the projected total adult population) adults aged 18 years and older will have doctor-diagnosed arthritis [3]



Also by 2040, an estimated 35 million adults (44% of adults with arthritis or 11% of all US adults) will report arthritis-attributable activity limitations [3]. These estimates may be conservative, as they do not account for the current trends in obesity, which may contribute to future cases of osteoarthritis.

These statistics I just presented to you should give you a reason for concern.

Let's face the facts; you will age and your body will go through the aging process and unfortunately through this aging process your body will begin to breakdown and that's when we are the most at risk for chronic pain.

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

White Coat or White Lie, What's Up Doc?

I've been fortunate to grow up in the technological era and have had the Internet at my fingertips for more than half my life. With this comes great ease but also comes great confusion.

Think about all the things you look up or read about online. Some good, some bad, some pointless but we all have learned a thing or two from the information superhighway.

I'm going to paint a scenario for you.

An older man, let's say his name is Steve, is approaching retirement and he knows his health has been on the decline for a decade or so thanks to the stresses of work, marriage, age, etc. Steve believes that something isn't right with his back and his knee as he has a hard time walking over distance and is sometimes forced to sit on the sidelines when his grandkids are playing in the backyard.

Steve finally schedules an appointment with his general physician to see what's up with his body and before he can even say "Hello Doctor..." Steve has been prescribed a mild painkiller and his appointment is over...

Did this ring a bell for you?

Have you been in the same shoes as Steve?

Now Steve goes home annoyed and refuses to take the pain meds that he was given because well, Steve had a relative that was killed from a painkiller addiction a few years back.

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

Steve plops himself down behind the computer and begins to research. He types in back and knee pain and in no time starts to dive deeper into the framework of it all and quickly realizes his doctor that he's trusted for the past 30 years is no longer caring about his well-being and longevity of life.

Steve decides to take matters into his own hands and by doing this Steve fixed his pain naturally and avoided the pit that many fall into without even knowing it.

Every year, drug companies pay doctors millions if not billions of dollars to push certain pills. It is an unfortunate reality that we live in... a time where traditional medicine is driven by pharmaceuticals.

When was the last time you weren't recommended to take a medication for a health problem? The current model is that there is a "drug for every symptom", and the idea that one can do something to improve a symptom without a drug is far from mainstream.

The Dangers of Modern Medicine

Many physicians and other medical professionals simply run medical tests to define a particular health issue and then, proceed to prescribe a whole host of drugs and procedures to correct the problem - without even considering an alternate method.

"Death by Medicine," is a compilation of statistical data that revealed alarming information on the negative effects of modern medicine. Besides revealing more than 750,000 deaths in the US every year (all due to poor medical care), this report also showed these yearly estimates: 20 million unnecessary prescriptions for antibiotics in treatment of minor viral infections; up to 8 million people being subjected to surgical or invasive medical procedures that are actually not

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

necessary; and, about 9 million people being hospitalized despite the lack of real need for it [4].

Do you ever wonder why such a disturbingly high percentage of Americans are obese, diabetic, depressed and stricken with cancer, heart disease, bone disease, and kidney disorders? Now consider the fact that Americans pay more per capita for health care than any other nation in the world.

Furthermore, Americans pay the highest prices for medications, imaging scans, blood work, surgeries, chemotherapy, clinic visits and hospital stays. And yet what does America have to show for it?

It might be safe to say that the USA is the most universally diseased population in the world -- and a nation on the verge of bankruptcy caused in part by modern day medicine.

Okay, I might have gone off on a little tangent here but before we move on to the next topic I want you to know that some modern medicine does serve its purpose and many doctors actually do care about our health and have our best interests in mind.

I fully believe in the doctors I have personally selected and I trust them with the information they share with me but I have also gone through MANY doctors to find the ones whose beliefs line up with mine.

A Lifestyle for Joint Longevity

Most of the chronic pain we experience is usually within or around the joints of our body; knee, hip, elbow, shoulder. Sometimes it is a muscular issue but even still the pain tends to be near the joints. This goes to show you that protecting those areas

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

of the body is crucial especially towards the later years of our lives.

I'm sure this wouldn't be the first time you've heard this but as we age our bones become fragile and more brittle as the years go on. However, there are some easy and natural solutions to combatting this inevitable process of life.

Exercise is crucial to increase joint longevity, and in particular, strength training. This type of training will increase strength and flexibility, will reduce joint pain, and will help fight against fatigue.



Of course, when stiff and/or painful joints are already weighing you down, the thought of walking around the block, swimming a few laps or participating in some light resistance training might seem overwhelming.

Talk to your doctor first about the type of pain you are experiencing and then discuss with him/her about adding exercise into your daily routine to reduce joint pain if you haven't done so already.

You might just get the help you're looking for from them but chances are your doctor would rather push a pill or some other medical device rather than exercise suggestions. And frankly, doctors aren't always the authority when it comes to regular exercise and physical fitness.

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

However, sometimes the correction required goes beyond just exercise to help reduce or possibly take away your joint pain.

Dr. Ronald Zernicke, the director of the University of Michigan Bone and Joint Injury Prevention and Rehabilitation Center, and his colleagues published results of their review of 50 years of research on diet's role in healthy skeletal tissue and overall bone health.

Dr. Zernicke stated, "Adequate nutrition is critical to the development and maintenance of a healthy skeleton. It's important for everyone -- young and old, people who participate in sport and recreational activities, and everyone in between -- to make dietary choices that provide the foundation for overall bone health and physical performance."

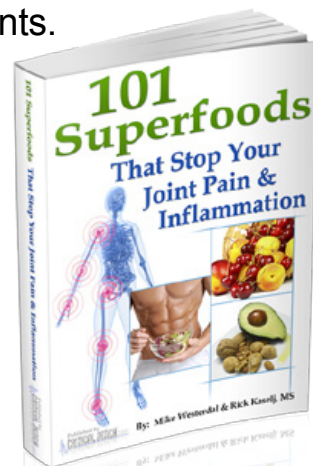
When choosing foods, your best bet is eating locally grown, whole foods in order to receive most of your nutritional needs. A diet in nutrient-rich foods will ensure you are getting maximum whole-food nutrition necessary for healthy joints and strong bones.

Regular intake of foods such as avocado, wild caught salmon and flaxseed all provide essential fatty acids ([Omega 3s](#)) and other bone strengthening nutrients. Other foods like kale, almonds and sesame seeds are rich in calcium, magnesium, vitamins and antioxidants necessary for healthy bones and joints.

[Click Here for 101 Superfoods That Stop Joint Pain & Inflammation](#)

Unfortunately, we often fail to meet our exercise recommendations as well as our daily vitamin and mineral needs so finding the pain relief we need through simple and

www.CriticalBench.com



TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

safe sources like exercise and nutrition is next to impossible. Sometimes we are forced to supplement with pain-relieving nutrients in order to either speed up the healing process or begin it altogether.

Fortunately for you there are dozens of powerful pain-relief players in the game but not all are the same and all are not recommended. Just because it's 'natural' doesn't mean it's safe or effective.

Here are the Top 3 Natural Pain Relievers that are universally accepted and backed by hundreds of scientific peer reviewed studies as well as many medical agencies. These 3 are tried and true and are available to you without a prescription or a specialized diet plan.

1) Zinc

Zinc, an essential trace element, is needed in small amounts every day in order to maintain health and perform important functions. This element benefits the body and will help you in many different ways:

- Helps with hormone production
- Wound Healing and tissue repair
- Improves immunity and reduces length of the common cold
- Facilitates digestion and boosts nutrient absorption
- Anti-inflammatory agent

Painful hip and knee joints have been linked to zinc deficiency. This is because bones normally contain a large amount of zinc to maintain thickness and strength and any deficiency could cause them to elicit pain and possibly other symptoms.

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

Also, the body's natural ability to heal from an injury would be compromised if there is a zinc deficiency.

2) Glucosamine HCL

Glucosamine is a naturally produced substance within joint capsules in humans and nearly all animals. Glucosamine also contributes to the slick consistency of the liquid within the capsules between most joints, called synovial fluid, which acts as lubrication between bones.

Reduced production of glucosamine, which becomes significant near the age of 50, leads to stiff, condensed cartilage in addition to the thickening of the synovial fluid and this is not good.

A healthy, mobile body requires this fluid to be in abundance and for it to flow easily... think of the Tin Man in The Wizard of Oz (Grab the Oil Can Dorothy!).

Numerous studies have found this variety, Glucosamine HCL, effective at reducing pain and inflammation, while increasing mobility in some cases of osteoarthritis, especially of large weight-bearing joints such as the knee and the joint of the hip.

Glucosamine HCL supposedly contains slightly more organic glucosamine within its makeup and is more stable within the body therefore reacting better with other compounds within the body in order to get the full effect.

Without glucosamine, everyday movements and tasks would be very difficult and painful. The body needs glucosamine for the production of certain proteins and lipids (fats) that form various important tissues, especially cartilage. This plays an important part in the construction and integrity of our joints, tendons and ligaments.

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

3) Organic Devil's Claw Powder

Organic Devil's Claw powder is a natural supplement derived from the root of the Devil's Claw plant (*Harpagophytum procumbens*), native to Southern Africa. Its unique name comes from the claw-like shape of the plant's fruit, but it is the root that holds significant medicinal value, especially for joint health.

Organic Devil's Claw is widely recognized for its powerful anti-inflammatory properties, primarily due to active compounds known as harpagosides. These compounds help reduce inflammation and ease joint discomfort by inhibiting the body's inflammatory responses. Regular use of Devil's Claw powder can lead to reduced stiffness and increased joint mobility, making it particularly beneficial for those suffering from joint discomfort or conditions like arthritis.

Research has highlighted that harpagosides, the active compounds in Devil's Claw, not only reduce inflammation but also provide pain-relieving effects similar to non-steroidal anti-inflammatory drugs (NSAIDs), but without many of the associated side effects. This makes it an appealing natural option for supporting overall joint health.

Recommended daily dosages typically range from 1 to 2 grams of Organic Devil's Claw powder, ideally split into two servings throughout the day. This powder can be easily incorporated into beverages, smoothies, or encapsulated for convenience.

While generally safe for most individuals, Devil's Claw may cause mild digestive upset in some cases. People with stomach ulcers, gallstones, or those taking blood-thinning medications should consult their healthcare provider before adding this supplement to their routine. Pregnant or nursing women should also avoid Devil's Claw due to limited safety research.

Organic Devil's Claw powder is just one of several natural supplements known for

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

supporting joint health, but it stands out due to its extensive research backing and proven efficacy. Like many supplements, Devil's Claw is readily available without a prescription. However, it can be challenging to navigate the crowded market filled with numerous joint supplements and blends.

In part 2 of this report, I'll guide you through choosing the right supplements effectively, helping you avoid confusion, save money, and confidently support your joint health naturally.



**[CLICK HERE for Part 2 of This Special Report:
The Safest Natural Herbs & Supplement Ingredients
That Drastically Reduce Joint Pain](#)**

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

ABOUT THE AUTHOR

Brian Klepacki has over 16 years of experience and education in the fitness and athletic world. He holds a Master's Degree in Exercise Science and holds numerous highly recognized certifications that have set his expertise and training above most others.

Brian has learned that in order for you to achieve your max performance, a multitude of training regimes must be implemented to stimulate all systems of the body.



As a competitive triathlete and an accomplished Strength & Conditioning Specialist, Brian knows how crucial it is to sort through fact and fiction when it comes to athletic training and human performance. His philosophy is simple, PURPOSE OVER PREFERENCE. He is not about those big box cookie cutter workouts and he doesn't prescribe a random program that has no purpose. His logic is specific. His training has a purpose.

Brian currently resides in St. Petersburg, FL with his wife and their two boys.

He is a coach with Team Critical Bench and is the creator of the international best sellers [Unlock Your Glutes program](#), [Crunchless Core program](#) & [The Inner Thigh Solution](#).

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

Connect with Coach Brian & Team Critical Bench

Facebook: <http://www.criticalbench.com/facebook>

YouTube: <http://www.criticalbench.com/youtube>

Pinterest: <https://www.pinterest.com/thecriticalbench/>

Podcast: <http://www.strongbydesignpodcast.com>

Instagram: [@thecriticalbench](https://www.instagram.com/thecriticalbench)

TOP 3 NATURAL PAIN RELIEVERS

YOUR PHYSICIAN WON'T SHARE WITH YOU

SOURCES

1. Global Industry Analysts, Inc. Report, January 10, 2011. <http://www.prweb.com/pdfdownload/8052240.pdf>.
2. Barbour KE, Helmick CG, Theis KA, Murphy LB, Hootman JM, Brady TJ, Cheng YJ. Prevalence of doctor-diagnosed arthritis and arthritis-attributable activity limitation-United States, 2010-2012. *Morb Mortal Wkly Rep.* 2013; 62(44): 869–873. PubMed PMID: 24196662
3. Hootman JM, Helmick CG, Barbour KE, Theis KA, Boring MA. Updated projected prevalence of self-reported doctor-diagnosed arthritis and arthritis-attributable activity limitation among US adults, 2015-2040. *Arthritis & Rheumatology.* 2016 Mar 25. [Epub ahead of print]. PubMed PMID: 27015600
4. <http://www.webdc.com/pdfs/deathbymedicine.pdf>