

# The C.H.I. Method for Managing Pain

- Improve  
**C**irculation
- Increase  
**H**ydration
- Reduce  
**I**nflammation

**Carol Merlo, M.Ed.**





Chronic pain impacts more than 51 million people in the US, according to research published in the US Centers for Disease Control and Prevention's Morbidity and Mortality Weekly Report. It is an interesting phenomenon. When we don't have pain we can barely remember what it is like but when it hits, we will do anything to fix it.

- **Low back pain** is one of the most significant health problems. Back pain is a common cause of activity limitation in adults.
- **Arthritis pain** affects more than 50 million Americans each year.
- **Headaches** affect millions of U.S. adults. Some of the most common types of chronic headaches are migraines, cluster headaches, and tension headaches.
- Pain from **auto immune conditions** like fibromyalgia contribute to this number.

Unfortunately, pain increases as we age. The aging body loses its ability to adequately produce several components that are necessary to maintain healthy joints, and so these components need to be

supplemented in order for the body to feel good and remain flexible. Or... we take drugs to suppress the pain.

## Using The Three-Step C.H.I. Plan for a Pain Free Body



What if you can reduce pain and feel better without resorting to drugs? I have boiled down pain management strategies into a simple acronym: C.H.I. We need to manage **Circulation, Hydration, and Inflammation** if we want to feel better and have a quality of life that enables us to be productive, happy, and active throughout our lives.

If we can improve blood flow, increase hydration, and reduce inflammation we cannot only improve our aging bodies and their pain, but we can dramatically slow down further deterioration across the board, including our cardiovascular and cognitive health.

This book will introduce you to the keys of the C.H.I. Method for Managing Chronic Pain and give you simple and effective tools to feel better and love being in your body, no matter what you feel like right now.

Let's begin by assessing which of the key areas you need to focus on first.

## The C.H.I. Assessment

<i>Rate yourself on a 1-10 scale in each of the areas below</i>	<i>Score</i>
1. When I pinch my wrist skin, it pops right back	
2. I have generalized pain throughout my body	
3. I have chapped lips most of the time	
4. My urine is generally medium to dark yellow	
5. I exercise regularly	
6. I choose water over carbonated and alcoholic drinks	
7. My feet are cold at night	
8. I am in pain almost all of the time	
9. My blood pressure is normal	
10. I take medications to control my pain (Including NSAIDS)	
11. I eat a diet that is low in refined carbohydrates 90% or more of the time	
12. I take regular saunas	
13. I get a massage at least once a month	
14. I have digestive problems most often (bloating, pain)	
15. I drink 8-10 glasses of water a day	

# Score Yourself

Add up your totals in each category

Question	C	H	I
1 - H			
2 - I			
3 - H			
4 - H			
5 - C			
6 - H			
7 - C			
8 - I			
9 - C			
10 - I			
11 - I			
12 - C			
13 - C			
14 - I			
15 - H			
<b>Totals</b>			

Now, let's begin with where you are right now. Again, measure yourself in the following areas:

**Section 1: A higher # is better ... 10 being excellent**

<b>My Overall Wellness</b>	<b>Over the Last Week</b>
I Slept Well	
My Mind was Clear	
I had Plenty of Energy	
I had Stamina	
It was Easy to Move	
I had a Feeling of Well Being	
I was Able to Exercise Easily	

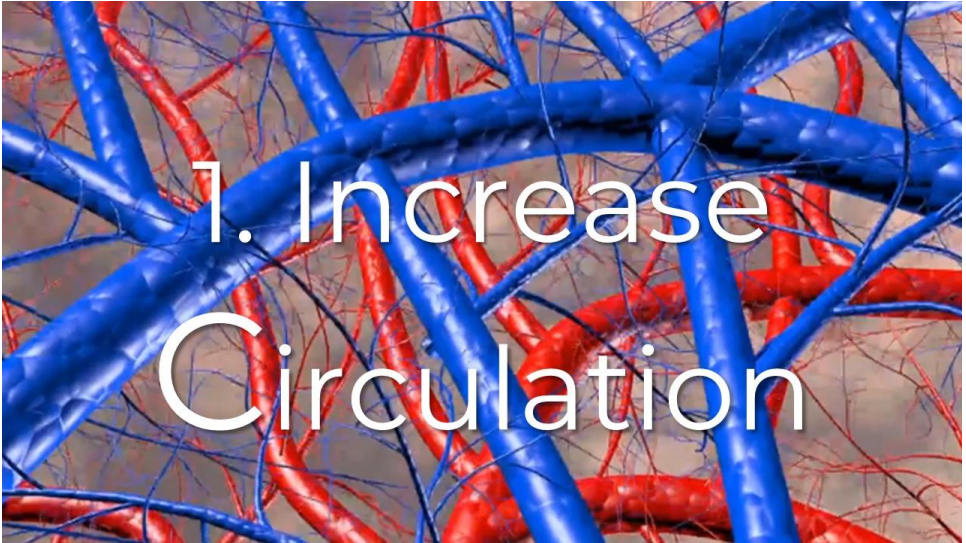
**Section 2: A lower # is better ... 1 being excellent**

<b>My Pain Levels</b>	<b>Over the Last Week</b>
Pain	
Inflammation	
Headaches	
Migraines	
Mood Swings	
I Relied on Drugs to Manage My Pain	

Now that you know where you are, lets see what we can do to help you navigate the mountains of information out there and find a strategy that you can follow to help you feel better, longer.



# 1. Increase Circulation



You may not immediately think about blood flow when you are dealing with pain, but it is right there, staring us in the face whenever we go to a massage therapist, physical therapist, or seek out a warm climate. We even buy heating pads by the droves. I bet you have a microwave pad in your house!

Now, think about this: when something hurts, our first instinct is to rub it. This causes more blood to rush to the area. We automatically desire to stimulate blood flow to reduce pain.

Healthy circulation impacts not only the amount of arthritis pain we have, but it also impacts our brain health, heart health, and even affects the health of our skin. There are two particular benefits of good circulation when it comes to joint health:



1. When circulation is improved, the synovial membrane in your joints is exposed to a steady supply of nourishing oxygen and nutrients.
2. Increased circulation triggers a biological process called autophagy, where damaged cells in the joint are broken down and removed, resulting in less pain and better mobility.

## Use Heat



The easiest thing you can do when you are dealing with arthritic joints is to get into the bath and have a good soak. The practice of using hot water to improve circulation and release toxins has probably been with humankind since before the Neolithic Age when nomadic tribes would find relief by soaking in the various natural hot springs they stumbled upon around the world. We are so fortunate that we don't have to take a trek to our nearest hot spring; we can simply buy some Epsom salts and turn on the tap to get hot water any time we want!

## Epsom Salts Baths

- Stay in the bath 40 minutes if you can, even if the water cools down.
- Add lavender to relax you or orange to energize you

## Saunas

Another quick way to get your blood flowing is to take a sauna or steam bath. Recently, infrared saunas have come into being. The radiant heat from the infrared sauna reaches down several inches below the surface of the skin to soothe the muscles. This works in several ways; infrared heat helps open the blood vessels, feeding nutrients to the muscles and ligaments. The warming action also makes muscles and ligaments more pliable and less stiff, so your pain is reduced.

- Stay inside the sauna for no more than 30 minutes at a time
- Lie down or sit for 10 minutes after using the sauna
- Drink mineralized or filtered water before and after
- Take frequent showers to cool down as well as remove substances from the skin and prevent their re-absorption

## Move



Although we might not like to confront it, exercise is the number one thing you or I can do to help maintain good circulation and reduce joint pain.

Regular joint movement and weight bearing exercise is important if you want to maintain healthy articular cartilage metabolism. The development of disease such as osteoarthritis is associated with dramatic changes in cartilage metabolism.

Further, stiff muscles due to inactivity can cause joint pain in the body or worsen conditions such as arthritis. So, you can help strengthen and stretch your affected joints and muscles, which will improve circulation and reduce pain.

If you are in a lot of pain when you move a particular area of your body, you might want to try getting into the sauna or hot tub first. This will relax and loosen the muscles to prepare you for exercise.

- **Flexibility Activities** - 5 minutes a day
- **Strengthening Activities** – 30 minutes a week
- **Endurance or Aerobic Activities** - 30 minutes a day

## Top 3 Supplements that Improve Circulation

- **Omega 3**
- **Beet Root**
- **L-Citrulline**

Discover more tools for circulation. Read [No Achy Joints.](#)

## 2. Improve Hydration



With increasing age, there is a decrease in the hydration of the collagen matrix in the joints. In addition, the ligaments and tendons that hold our joints together become stiff and the fluid that keeps the joints flexible begins to dry out. It becomes harder to bend over, get out of bed, and stretch.

It turns out that aging cartilage loses its ability to utilize water to hydrate the joints. Why is this? Articular (joint) cartilage does not have blood vessels, nerves, or lymphatics. That is why it has a limited capacity for healing and repair. Cartilage is primarily composed of water, collagen, and molecules that are combined proteins and sugars, called proteoglycans; one of which is chondroitin. This matrix in cartilage works like a sponge. For it to work effectively, it needs to be filled with water.

## Drink More Water

- 10 glasses a day of filtered water.
- Carry a Bottle.
- Add Natural Flavors to Your Water.
- Keep a Glass or Cup of Water Next to You.
- Keep Water Cold; It Tastes Better.
- Set a Schedule.
- Choose Water Over Other Drinks.

## Top 3 Supplements that Keep You Hydrated

- **Type II Collagen**
- **Hyaluronic acid**
- **Glucosamine and Chondroitin**

Discover more tools to manage hydration. Read [No Achy Joints.](#)

## 3. Reduce Inflammation

# INFLAMMATION

When we think of pain, we are usually referring to the sensation caused by inflammation. Inflammation is the natural result of assault or injury to a part of the body and is required for the healing process to take place. It is the body's way of signaling your immune system to heal and repair damaged tissue, as well as defend itself against foreign invaders, such as viruses and bacteria. Inflammation can also be an indicator of infection when the healing process fails.

In many cases, however, inflammation can often be the underlying cause of pain and always accompanies chronic pain. So, if you have chronic pain, it is imperative that you handle inflammation.

### Tip: Modify Your Diet

#### Reduce Dietary Sugar

Eating foods high in sugar (bread, starchy vegetables, sweet fruit, and simple sugars) can cause inflammation. This occurs because sugary foods cause a spike in the hormone insulin which starts a cascade of biochemical reactions that lead to the production of inflammation.

## Eliminate Any Foods You May Be Sensitive To

Food sensitivities are basically mild food allergies. The Center for Food Allergies states that a food allergy can result in joint inflammation. Some allergy symptoms don't show up immediately and can develop over a day or more after eating a specific food. This delay can make the connection to which food is causing the inflammation difficult to identify which food is causing the inflammation. For example, if you're sensitive to wheat, by the time the proteins are absorbed into your body, it can be hours later that your joints become inflamed and painful.

- Chicken Eggs
- Gluten and Lectins
- Nightshades

## Top 3 Supplements that Reduce Inflammation

- CBD
- Proteolytic Enzymes
- Turmeric (Curcumin)

Discover more supplements for inflammation. Read [No Achy Joints.](#)



# The Healing Power of Minerals



Most of us take a multivitamin that includes minerals but often that is not enough to manage joint and bone problems or detoxification.

Trace minerals are often missing from the diet and can contribute to the deterioration of bone, leading to pain. Toxins can lodge in joints and contribute to overall inflammation and pain.

Learn more about toxins in our food and what to do about them. Read [Create a Happy Body](#).

It's not just about being deficient in minerals. There are also those that we ingest in excess. These are the heavy metals that are abundant in our environment due to air, soil, and water pollution, which lead to toxicity. So, we have a double edged sword when it comes to mineral balance; we need to supplement those missing trace minerals and eliminate the toxic ones. This process can help with inflammation, bones, joints, and even your heart.

## The Supplements

### Circulation



### Omega 3

Omega 3 fish oil is one of those supplements that has so much benefit for people that doctors often recommend it to their patients for everything from improved eye health to cognitive health. The evidence is overwhelming for using omega 3 to reduce inflammation.

## Beet Root

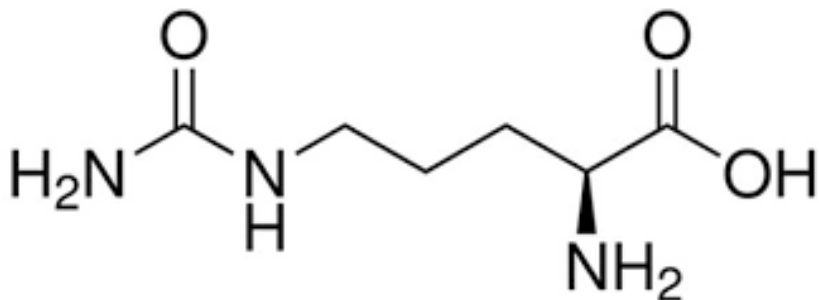


Nitric oxide is an essential molecule required for overall health. Its most important function is vasodilation, meaning it relaxes the inner muscles of the blood vessels, causing them to widen and increase circulation.

Betalains are water-soluble, nitrogenous compounds that constitute the main pigments of plants like beets. According to the Cleveland Clinic, beets' high concentration of betalains possess anti-inflammatory properties, which can reduce inflammation throughout your whole body and soothe joint pain.

When you consume nitrate, your body converts it to **nitric oxide**, which in turn causes blood vessels to relax and dilate, lowering blood pressure.

## L-Citrulline



Another supplement that will help create nitric oxide in the body is L-citrulline. L-citrulline is the byproduct of another amino acid called L-arginine. It directly produces nitric oxide through a process called the L-arginine-NO pathway. When L-arginine is converted to nitric oxide, L-citrulline is produced as a byproduct. L-citrulline can then be recycled back to L-arginine and used to increase the body's natural production of nitric oxide.

Studies have found L-citrulline to increase blood flow, improve exercise performance, and lower blood pressure.

# Hydration

## Type II Collagen



Collagen and hyaluronic acid are the components in joints that are produced in lesser amounts as we age, so replacing those components will improve mobility and prevent further deterioration of cartilage.

The best form of collagen to take for joints is undenatured type II collagen, sometimes known as UC-II®.

## Hyaluronic Acid



You will typically find that Type II collagen supplements also contain hyaluronic acid. Hyaluronic acid's main function is to reduce friction in your joints to keep them moving smoothly, as well as keeping your eyes lubricated. It is also a critical part of your skin that keeps it moist by pulling water from your body. Researchers believe that as you grow older, your body's ability to produce hyaluronic acid decreases, increasing your risk of developing osteoarthritis, dry eye, and even glaucoma. You can take as much as 80 mg a day to help alleviate joint pain.

## Glucosamine and Chondroitin



Glucosamine and chondroitin supplements have been around for a long time to treat joint pain and you have probably heard of them. A large study found that you get relief if you take 1500 mg per day of glucosamine and 500 mg per day of chondroitin in supplement form. And, there is no way to get too much.

# Inflammation

## CBD



By now, you have probably heard about using CBD oil to manage pain. If not, this review will introduce you to a solution that may do wonders for you. My book, [Cannabinoids and You](#), provides more in depth information on hemp and CBD oil.

When it comes to anti-inflammatory effects, CBD is a clear winner over drugs. A 2017 study called 'Attenuation of early phase inflammation by cannabidiol prevents pain and nerve damage in rat osteoarthritis' showed a significant reduction of blood levels of proinflammatory cytokines when using CBD. So, CBD reduces the levels of inflammation



in the body. Externally, it can be used as a topical ointment that relieves nerve pain and tingling in hands and feet.

Many studies suggest that CBD oil can reduce joint pain. A 2012 study published in *Journal of Experimental Medicine* found that CBD significantly suppressed chronic inflammatory and neuropathic pain in rodents without causing analgesic tolerance. In other words, you don't need to continue to increase the dose to get a response.

CBD also connects to the same brain synapses as opioids. This is big news, because when used in conjunction with an opiate, CBD will reduce the likelihood of opiate dependence.

## Proteolytic Enzymes



Proteolytic enzymes are a form of digestive enzyme that can break down existing proteins in the body when they are eaten on an empty stomach.

Proteolytic enzymes, such as serrapeptase, bromelain, papain, pancreatin, trypsin, chymotrypsin, and rutin, are essential regulators and modulators of the inflammatory response. Italian researchers have shown that the ability of proteolytic enzymes to reduce inflammation is equal to or superior to steroidal and non-steroidal anti-inflammatory drugs.

## **Turmeric (Curcumin)**



Turmeric has long been used as an anti-inflammatory treatment in traditional Chinese and Ayurvedic medicines. Turmeric and its derivatives modify certain proinflammatory cytokines. As a result,

turmeric and its components have been reported to be beneficial in treating joint pain. It is typically used for joint pain as an extract that is standardized to 80–95 percent curcuminoids, primarily curcumin.

A recent study from Italy involved 50 patients who were diagnosed with osteoarthritis of the knee. Half the patients took the turmeric formula in addition to standard medical treatment and those in the second group continued following their physicians' recommendations.

After 90 days, the researchers found a 58 percent decrease in overall reported pain and stiffness as well as an improvement in physical functioning among the turmeric group compared to the controls. Blood tests showed a 16-fold decline in C-reactive protein, a marker for inflammation. Patients in the turmeric group were able to reduce their use of non-steroidal anti-inflammatory drugs by 63 percent, compared to the other group.

## Detoxifiers

In addition to the CHI Method, another important way to manage chronic pain is by detoxifying the body of unneeded toxins and minerals. Toxins can lodge in joints and contribute to overall inflammation and pain.

Minerals are not only detoxifiers, but certain trace minerals also that are often missing from the diet and can contribute to the deterioration of bone, leading to pain which are not readily available in the diet so need to be supplemented.

# The Top 3 Detoxifiers

## Bentonite Clay



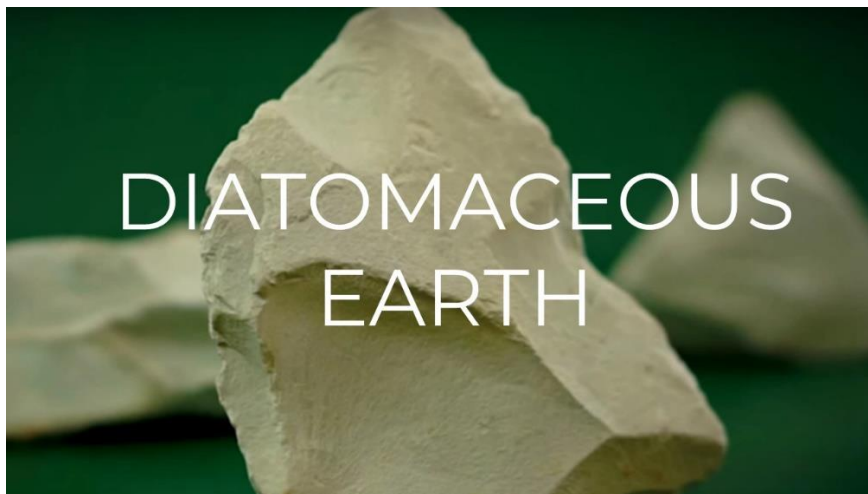
Bentonite clay, also called *Montmorillonite* clay, is a tasteless detoxifier that works wonders on a bloated gut and for toxicity. It has been used for centuries around the world.

The main benefit of bentonite clay is that it draws toxins from the body and provides a range of minerals, including calcium, magnesium, silica, sodium, copper, iron, and potassium. It also benefits the body because it has the ability to produce a type of electric charge when it comes in contact with liquid, so when the clay touches any type of fluid (normally water), it takes on a different charge, which will bind to any toxins that are present in the fluid. When you drink it, it will absorb the toxins and gas, and reduce the inflammation in the gut.

You can drink bentonite clay or even bathe in it. Try adding 1/2 to 1 teaspoon to water once per day. Mix the clay with water, preferably in a jar with a lid where you can shake the clay and make it dissolve. Then

drink it right away. You will notice that it barely tastes like anything so it can be easily drunk.

## Diatomaceous Earth



Diatomaceous earth (DE) is a natural product made of fossilized remains of tiny, aquatic organisms called diatoms, whose cell walls are made of biogenic silica. Deficiencies in silica can contribute to joint pain caused from poorly formed joints and reduced contents of cartilage and collagen.

When eaten, DE can improve the body's use of calcium, help mineralize bone, and protect joints. The silica within DE helps with normal bone metabolism and joint formation, with evidence over the past 30 years suggesting a positive association between dietary silicon intake and better bone mineral density.

Scientists believe it is possible that silicon helps synthesize collagen. While more research is needed, it appears that silica supplementation

can help support normal metabolic processes, preserve joint health, and prevent bone disorders.

You can purchase food-grade diatomaceous earth in some health food stores or online. I buy it in 10-pound bags. It lasts forever.

The best way to take DE is to mix one teaspoon of food-grade diatomaceous earth in water once a day. It's best used on an empty stomach at least one hour before or two hours after eating. Be sure to drink additional water because it will suck up moisture in your body.

You should increase your dosage slowly over several weeks, working your way up from one teaspoon to two teaspoons daily, or one tablespoon max. You can tell when you are taking too much because it will give you indigestion, of sorts, so take it slow.

This is not something to do every day. It's safest when you give your body breaks and don't use it continuously for exceedingly extended periods of time.

## Modified Citrus Pectin



Pectins are gel-forming polysaccharides that come from plant cell walls, especially from apple and citrus fruits. Although pectins are not digestible by humans, modified citrus pectin (MCP) is altered to increase their absorbability. While modified citrus pectin is most often used as an adjuvant to cancer therapy to prevent metastasis, it has also been shown to chelate the blood to detoxify the body from heavy metals, so is a great detoxifier.

## **Do a Semi Annual 30 Day Detox**

- 1 tsp Diatomaceous Earth each morning
  - Modified Citrus Pectin
  - Bentonite Clay in a glass of water each evening – don't take with pills
  - 30 minute sauna, at least three times a week
  - 40 minute Epsom Salts soak, two times a week
  - 10 ounces of water eight times a day or 20 ounces of water four times a day
-

## Quick Supplement Guide

Use this handy supplement guide to help you with your main problem area first and then expand into the other CHI areas to improve your health across the board.

Name	Purpose	Suggested Amounts	Frequency
Omega 3	Circulation	1500 mg	daily
Beet Root	Circulation	2000 mg	daily
L-Citrulline	Circulation	1.5-5 grams	daily
Type II Collagen w/ HA	Hydration	40 mg	daily
Glucosamine	Hydration	1500 mg	daily
Chondroitin	Hydration	500 mg	daily
Full Spectrum CBD	Inflammation	200-300 mg	daily
Serrapeptase	Inflammation		
Turmeric	Inflammation	400 mg	3 X per day
Bentonite Clay	Detox	1 tsp in water	as needed
Diatomaceous Earth	Detox	1 tsp in water	as needed
Modified Citrus Pectin	Detox	1 gm	daily



# Let's Keep Track

Ready to start? OK!

Start your 4-week pain reduction strategy.

Choose one Inflammation Supplement and one Circulation Supplement for two weeks and keep track of your pain levels using the check sheets below. If you have a high pain score at the end of two weeks, then add one hydration and one circulation strategy. This way you are able to progressively improve without overwhelming yourself.

Give yourself a week to detox and then track your pain levels for one week. (NOTE) Some supplements take up to 12 weeks before you can absolutely determine whether they work or not.





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WHAT HURTS MOST				
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WAKING UP

WHAT HURTS MOST

DIET TODAY

SUPPLEMENTS

HEAT METHOD

HYDRATION

OVERALL

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WAKING UP

WHAT HURTS MOST




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WAKING UP

WHAT HURTS MOST





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OVERALL

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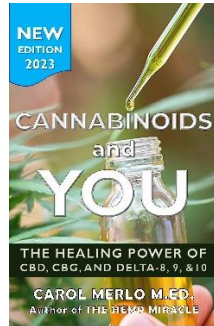


**OTHER BOOKS BY  
CAROL MERLO, M.Ed.**



# Cannabinoids and YOU

Understanding CBD, CBG, and Delta-8, 9, and 10



Since deregulation, hemp products have provided relief and healing to millions of people. More research has been done to understand how these compounds can impact emotional and physical health and new products are on the market to help you feel better and manage well-being.

Discover the latest science about the power behind this simple plant and HOW you can transform your life to feel and heal better.

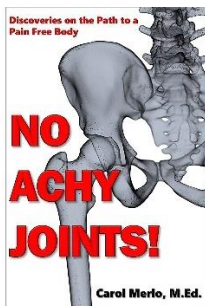
**CANNABINOIDS AND YOU** teaches you everything you need to know, buy, and use the best products for you, including how much to take and which products are best for your needs!

## Discover

- Which form can best Heal Your Body
- How to USE CBD, CBN, and DELTA-8
- How to get the best quality for the lowest price
- The power of Terpenes
- Why it Works

# No Achy Joints

Discoveries on the Path to a Pain-Free Body



## Are You Tired of Living with Chronic Joint Pain?

No Achy Joints shares the journey that so many people who are dealing with arthritis take and who end up spending thousands of dollars on pills and practitioners, only to get worse.

What if there are real solutions that can help with the management and progression of the disease that does not require the use of drugs or surgery? Discover solutions that can offset the need for medications and even surgery.

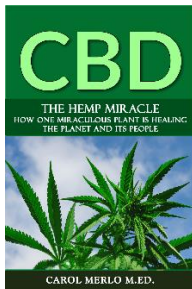
This book will help you wade through the confusing mountains of hype and give you a clear path to having a pain-free body.

## What you will learn:

- The Role of Inflammation in Joint Pain
- The Amazing Benefits of CBD Oil
- Supplements that Work
- Foods That Make a Difference
- How Hormone Imbalances Cause Joint Pain
- Why You Have to Improve Blood Flow
- What to Do If it Still Hurts

# The Hemp Miracle

How one miracle plant is healing the planet and its people



This practical guide to understanding CBD and industrial hemp products is a detailed, yet easy-to-read tool for anyone who wants to feel better without wading through the fluff and buying products that work. Take it from someone who knows what it is like to be in pain and hates the hype.

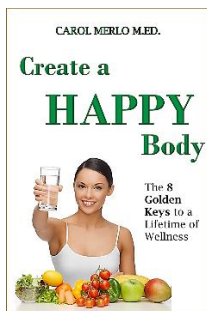
**Read this easy-to-understand guide to the health benefits of hemp and CBD**

**In this Book You'll Discover:**

- Why you need CBD
- An overview of the endocannabinoid system
- How CBD is made
- The research that has been done on health conditions
- How to buy safe, quality products
- How much to take
- The fascinating history of hemp throughout the ages
- The science behind CBD's health benefits, both as a food and as a dietary supplement.
- The many industrial uses of hemp, including green housing, fuel, and plastics
- The legal status of hemp and CBD across the world.

# Create a Happy Body

## The 8 Golden Keys to a Lifetime of Wellness



What if you could tap into simple, effective tools to maintain health and wellness and experience greater happiness and vitality? If you don't feel "quite right," it's time to [Create a Happy Body](#). Find out how easy it is to make a couple of simple shifts to transform your energy and pain levels. You will find your answers here for more excellent mental health or strategies for improving your longevity.

### Discover. . .

- How to stick to your goals to get leaner and feel better
- How to overcome the single biggest obstacle to creating the life you want
- How our food supply became toxic and what you can do to protect yourself
- A simple tool that will drastically improve how you eat.
- What Superfoods can you do to transform your health
- How you can have fun getting the exercise you need
- The most crucial thing you can do to extend your life — and it's FREE!
- How to overcome emotional ups and downs that create stress and negatively impact your happiness.