



"And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; and patience, experience; and experience, hope: and hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us."
Romans 5:3-5

Health & Wellness: Pain & Inflammation

February 2026 | Issue 7

Understanding Pain and Inflammation

What is Inflammation?

Inflammation is the body's natural response to injury or infection. It helps heal damaged tissues and fight off invaders like bacteria and viruses. There are two main types of inflammation:

- **Acute Inflammation:** This is a short-term response that occurs immediately after an injury or infection. Symptoms include redness, heat, swelling, and pain. It usually resolves within a few hours to days.
- **Chronic Inflammation:** This type persists over a longer period, sometimes for months or years. It can occur when the body continues to send inflammatory cells even when there is no danger, leading to potential damage to healthy tissues. Chronic inflammation is linked to various diseases, including heart disease, diabetes, and autoimmune disorders.



The Connection Between Pain and Inflammation

Pain often accompanies inflammation. When tissues are injured, inflammatory cells release substances that can stimulate nerve endings, causing pain. This is known as nociceptive pain, which can be classified into:

- Superficial Somatic Pain: Sharp and well-defined, often from skin injuries.
- Deep Somatic Pain: Dull and aching, originating from deeper tissues like muscles and bones.
- Visceral Pain: Diffuse and difficult to locate, arising from internal organs.

How Foods Contribute to Inflammation? Certain foods can trigger or worsen inflammation in the body. These include:

- Refined Carbohydrates: Found in white bread, pastries, and many cereals.
- Fried Foods: Such as French fries and other deep-fried items.
- Sugary Beverages: Including soda and fruit juices high in added sugars.
- Red and Processed Meats: Like burgers, hot dogs, and sausages.
- Trans Fats: Present in many processed snacks and fast foods.

These foods can promote the release of inflammatory substances in the body, leading to chronic inflammation.

Foods That Fight Inflammation - On the other hand, some foods can help reduce inflammation:

- Fruits and Vegetables: Especially berries, tomatoes, and leafy greens.
- Healthy Fats: Such as olive oil and omega-3 fatty acids found in fatty fish like salmon.
- Nuts and Seeds: Almonds and walnuts are particularly beneficial.

- Whole Grains: Foods like brown rice and quinoa.

Incorporating these anti-inflammatory foods into your diet can help manage inflammation and improve overall health.

Lymphatic System and Pain Relief

The lymphatic system is crucial for removing waste, toxins, and excess fluid from the body. It supports immune function and helps maintain fluid balance. When this system is sluggish or not functioning properly, it can lead to pain, inflammation, and delayed recovery from injuries or illnesses.

Connection to Pain and Inflammation

When lymphatic flow is impaired, waste products and toxins accumulate in tissues, which can trigger inflammation. This inflammation is a significant contributor to pain. Conditions like lymphedema, where fluid builds up in limbs, can cause swelling and discomfort.

Benefits of Supporting Lymphatic Health

Improving lymphatic function can help alleviate pain and inflammation by:

- Reducing Swelling: Lymphatic drainage techniques can help move excess fluid away from swollen areas.
- Enhancing Recovery: A well-functioning lymphatic system clears out cellular debris and inflammatory waste, promoting faster healing.
- Supporting Immune Function: A healthy lymphatic system aids in fighting infections and managing inflammation.
- Methods to Improve Lymphatic Flow
- Exercise: Physical activity stimulates lymphatic circulation through muscle contractions.
- Manual Lymphatic Drainage: This specialized massage technique encourages lymph movement and reduces swelling.
- Hydration and Nutrition: Staying hydrated and consuming anti-inflammatory foods can support lymphatic health.

By focusing on the lymphatic system, individuals may experience reduced pain and inflammation, leading to improved overall well-being.

What can help?

Exercise

Exercises that can help the lymphatic system include walking, swimming, and rebounding on a mini-trampoline ([watch this video](#)).

Drink lots of water with mineral salt (Modern Roots Life)

- Hydration and Electrolyte Balance
 - Improved Hydration: Salt helps your body retain water, enhancing hydration at the cellular level. This is particularly beneficial for athletes or those in hot climates.
 - Electrolyte Replenishment: Sodium, a key component of salt, is essential for maintaining electrolyte balance. This balance is crucial for muscle function, nerve signaling, and overall bodily functions.
- Digestive Health
 - Aids Digestion: Drinking salt water can stimulate the production of stomach acid, which is necessary for breaking down food and absorbing nutrients. This may help alleviate issues like bloating and indigestion.
 - Detoxification: Salt water is thought to help cleanse the digestive system by promoting bowel movements and flushing out toxins.
- Other Potential Benefits
 - Improved Sleep: Some studies suggest that adequate sodium intake may enhance sleep quality by regulating sleep patterns.
 - Stress Reduction: Higher sodium levels can inhibit stress hormones, potentially lowering stress levels during challenging situations.

Check out the following website by the Happy Homestead - Amanda offers tinctures, teas, candles, health tips, and much more. She is wonderful! [HAPPY HOMESTEAD](#)

A congratulations to our very own Kathy of *Kathy's Korner*, she has started a website. Check it out at [KATHY'S GARDEN GOODS](#)

Kathy's Korner

Cacao

(Theobroma cacao)



Did you know that Americans consume 2.8 billion pounds of **chocolate** each year, or over 11 pounds per person.

Who doesn't love chocolate?

Most of us use cocoa to bake delicious chocolate desserts. However, there is a difference in cocoa and cacao (sounds like ka-COW) as notated in the picture above.

Cacao is one of nature's superfoods.

Superfoods are those foods that contain more concentrated amounts of antioxidants, vitamins, minerals, and additional chemicals that help in other ways, such as being antiinflammatory, immune-boosting, and reducing the ravages of normal aging on the body. Some familiar superfoods you've probably heard about are blueberries, acai berries, spinach, salmon, and black beans. And...there's **cacao!**

There are many ways you incorporate cacao into your diet such as teas, **chocolate drinks**, smoothies, or add it to your yogurt. As well, you can replace cocoa in most of your recipes with cacao.

Enjoy experimenting with cacao as you seek to add more nutrients to your diet.

Spring is on the way!

There is only 37 days until SPRING! Yipee!!!

Will you plant a garden this year?

If you don't have room for a garden you can always plant a few things in containers (tomatoes, peppers, herbs) or grow bags. (potatoes)

I am in zone 8a so it is time for me to start some of my seeds indoors. It is expensive to buy plants, so this saves money and I am able to use my saved seeds which have acclimated to my climate. As well, I love trying new varieties so I ordered **Pink Banana winter squash** and **Finocchio fenne**l to plant this spring. If you are new to gardening and just don't know where to start here is a great video by Ali's Organics - **If I Had to Survive on My Garden, I'd Grow These Crops.**

Ask rain from the Lord in the season of the spring rain, from the Lord who makes the storm clouds, and he will give them showers of rain, to everyone the vegetation in the field.

Zechariah 10:1

Chocolate & Mint Herbal Tea

INGREDIENTS:

- 2 PARTS DRIED PEPPERMINT LEAVES
- 1 PART COCOA NIBS
- 1 PART LEMON BALM
- 1/4 VANILLA BEAN CUT INTO SMALL PIECES OR A GOOD VANILLA EXTRACT
- 1 PART THYME (OPTIONAL)

DIRECTIONS:

- BOIL FRESH WATER
- ADD 1-2 TSP TEA TO AN INFUSER
- POUR 12-16 OUNCE OF BOILING WATER OVER THE TEA
- STEEP FOR 10-15 MINUTES DEPENDING ON THE STRENGTH YOU DESIRE
- SWEETEN WITH HONEY OR MAPLE SYRUP TO YOUR LIKING

www.kathysgardengoods.com

Cacao Uses and benefits

- brain health
- heart health
- energy and mood levels
- skin care
- weight management

Ways to prepare

- capsules
- food and drink
- salves, balms, lotions
- syrup
- tincture



How did you like this email?



Move on the Beat | Getting Ready for the Spring Way | WAKE FOREST, NC 27587 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email & social marketing for free!