

What you should know about natural pain management.



Four out of five American adults experience back pain sometime during their lives. It is one of the most common (and most costly) ailments in our society. The combined cost of treatment, time lost from work, insurance, physical/occupational therapy and surgery runs into the billions of dollars annually. Because low back pain has many individual causes, each patient must be treated differently based on his or her medical history, environmental exposures and lifestyle choices, according to the principles of natural medicine applied to chronic pain management.

And that's just back pain. What about arthritis joint pain, neck pain, headaches, postsurgical pain, shingles, diabetic neuropathy (nerve pain), extremity pain and any number of other chronic-pain conditions that may have been caused by accidents, injuries, sickness and environmental exposures?

Traditional medicine often seeks to treat pain with powerful prescription medications or invasive surgical procedures. Natural pain management, on the other hand, seeks to treat pain with only integrative and natural therapies. These natural remedies are often designed to help the body heal itself.

Self-healing and survival.

The human body has an amazing capacity for self-healing and survival. If you cut your finger, the cut will heal by itself without bandages or topical healing agents. The body can build new arteries to detour around a blocked artery, making cardiac bypass surgery unnecessary in some cases. This phenomenon is called collateral vascularization.

At Lemire Clinic, we specialize in enhancing the body's capacity for self-healing. We address the inflammatory and nutritional aspects of pain. We recommend anti-inflammatory diets and proven nonprescription therapeutic nutrients to decrease pain and improve function.

We use therapeutic massage, Reiki and several detoxification procedures to rid the body of chemical and environmental toxins that can cause pain and illness. Our services include colon hydrotherapy, ionic foot baths, chelation therapy, lymphatic drainage and prolotherapy – all designed to detoxify the body and further aid self-healing.

While no single treatment can eliminate all pain problems for every individual, many people find that Dr. Lemire and his multidisciplinary team of specialists can help tremendously. Following the latest clinical research from around the world, we emphasize lifestyle and nutrition modifications to relieve your pain and return you to your life.

If you have not responded well to other treatments and therapies, you may experience significant pain relief with comprehensive, individualized natural therapies and attentive, compassionate personal care from Lemire Clinic.

With this non-traditional approach to pain management techniques and detoxification therapies, we can cleanse the body of chemical, heavy-metal and environmental toxins. We have successfully reduced pain and symptoms and improved the overall condition for many patients.

Even if you have given up on traditional Western medicine, we can help you. We also welcome your referrals for natural pain management.



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