

The three Ts

I am often asked why people feel pain. The body is very complicated but broadly speaking there are three common causes of pain. They can be called the three Ts.

Trauma: Repetitive loading such as digging, picking up toddler, poor posture, an accident, lifting a heavy weight, etc.

Toxins: Poor diet, too much alcohol, too much sugar, too much meat etc

Tension: Lack of sleep, worry, pressure, work and home life.

Given the right environment the body can heal. When the body is overloaded with any of the above mentioned we can get a breakdown of muscle and joints causing pain. Improving diet, bettering work or home physical activities, and decreasing stress are obviously great ways of keeping the body happy.