

# Dr. Joe Tatta

## Conquering Chronic Pain

### PODCAST SHOWNOTES

#### **Conquering Chronic Pain**

Today's show is all about conquering chronic pain. It turns out that there are some pretty simple things that you can do – some things that you are *already* doing if you're following any of my diets – that can make a massive change quickly. Dr. Joe Tatta has some information that will help control your pain and manage your leaky gut.

Dr. Tatta is the author of the forthcoming book, *Heal Your Pain Now: A Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life*. He's a doctor of physical therapy and a certified clinical nutritionist. His mission is to help transform the health of 20 million people and win our battle with chronic pain. Dr. Tatta has a private practice in New York City, and you can learn more about him at [www.drjoetatta.com](http://www.drjoetatta.com).

#### **How are we currently dealing with chronic pain?**

We have a chronic pain epidemic, which has led to an opioid epidemic. When we talk about the everyday aches and pains, opiates don't work very well – we shouldn't be prescribing them for long-term use. We need to use a variety of integrated strategies.

When it comes to chronic pain, we know that x-rays and MRIs don't do a good job of understanding what we need to know. We all feel pain differently. A good example is a herniated disc: if I pull 100 people off the street and looked at their spine, most people would have some form of herniated disc. However, most people wouldn't show any pain at all. We can get confused by simply looking for the problems, rather than understanding how the problems impact patients' lives.

#### **What's the biggest driver of all of this pain that people are experiencing?**

It's simple: as people's BMI increases, their pain increases. For every one pound you gain, it's like adding four extra pound on your joints. We need to look at this on a biochemical level. The fat cells are biologically active, and they're producing chemicals that inflame parts of your body. We see this in metabolic syndrome, type-2 diabetes, and some neurodegenerative diseases. People don't seem to be aware of the connection between fat, illness, and pain.

#### **If movement is one of the things that helps reduce pain, how do we deal with getting people to move if their bodies already hurt?**

Chronic pain is defined as pain that lasts longer than three months. When you have pain, there are maladaptive practices that start to develop in the brain, and the pain that starts to initially develop is really a warning system from the brain that something is *starting* to go wrong. People need to understand this. This means that you can move a little bit without fear of causing further damage.

Obviously, if you haven't exercised at all, then don't just rush out and start doing Crossfit! But if you can get that body moving, your brain will start to create natural opioids, and you'll see a positive impact on your life.

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