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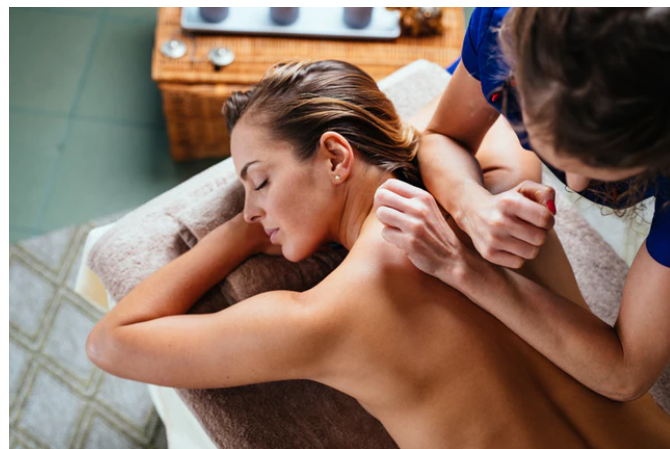
BUSTLE

9 Types of Everyday Pain That May Actually be Caused By Inflammation

By Jordan Bissell | May 20, 2019



"Inflammatory pain tends to pop up in unusual areas at unusual times," functional medicine expert **Elroy Vojdani MD, IFMCP**, tells Bustle. "For example, if you wake up first thing in the morning with knee pain and stiffness, that's inflammatory." You'll be able to tell if it's actually just everyday joint pain if the soreness follows intense exercise or some kind of injury, he says. But if you haven't done anything that might explain your joint pain, inflammation might be the cause.



In the same way that joint pain can be caused by either inflammation or by a more everyday cause, muscle pain can too, says Dr. Vojdani. If you haven't done anything that could have led



to muscle pain, inflammation might be to blame. "Diet is a powerful influence on total body inflammation," he says. "Eating plenty of anti-inflammatory foods, like wild-caught seafood, chia seeds, walnuts, berries, avocado, green tea and olive oil, is a great start."

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