

# What's the Problem, Dr. Korman?

by Dr. Laura Korman

**Q:** Why do my joints hurt?



**A:** As a chiropractic physician of nearly 32 years, I have treated thousands of people with various types of spine and joint pain. Most joint pain is musculoskeletal in nature and arises from improper alignment, repetitive stress or injuries. This type of pain is often worse on one side of the body, and without proper care, it can lead to osteoarthritis, a localized inflammatory, or a wear-and-tear condition.

Often, I see patients who present with bilateral joint pain, meaning the pain exists on both sides of their bodies. When this happens, especially in the same joint (e.g. bilateral shoulder pain), I become suspicious of a systemic inflammatory process throughout the entire body. This type of inflammation can affect multiple joints with or without a significant history of trauma. This inflammatory joint pain and destruction can occur in patients with unresolved infections, toxins or food sensitivities.

Several years ago, I had a mother of three young children come in to see me, complaining of bilateral hand pain and numbness that interfered with her ability to care for her children. She was told that she had carpal tunnel and required surgery in both hands. After carefully listening to her history and asking questions about what made her pain worse or better, I suggested we test her for food sensitivities. Two weeks after eliminating gluten (found in wheat) and processed carbohydrates from her diet, she was completely free from hand pain and numbness which also eliminated her need for surgery. She told me that she had her life back, and was now able to care for her home and family without pain.

Traditionally, we are programmed to reach for an Advil or Tylenol to manage our aches and pains. Although these over-the-counter medications can help to “put the fire out” or allow us to feel better for the time being, they do not address the root cause of pain. The analogy I use is that if local firemen were called repeatedly to the same house to extinguish fires, they would probably ask who the arsonist is or why the house keeps catching on fire. This is what I do as a Functional Medicine physician—I find the root cause of chronic pain so that optimal health and mobility can be restored without unnecessary medications or surgeries.

*For more information on how lifestyle programs can help you achieve permanent weight loss, call Dr. Korman at 941-629-6700 or visit [DrLauraKorman.com/Learn-More](http://DrLauraKorman.com/Learn-More).*