



KATALYST



Renew Your Lifestyle Guide

7 Simple Steps To Kill Your Pain
And Bring You Back To Life

Kaylea M. Boutwell, MD

1. Knockout Your Nutrition



ANTI-INFLAMMATORIES

Just about everybody these days knows what an “anti-inflammatory” is. Over the counter pills and topical options abound, as do higher potency versions available by prescription. Their costs quickly add up financially, but did you also know they carry a substantially increased risk of gastrointestinal, kidney and cardiovascular – heart attack and stroke – disease?

Despite understanding that most “ANTI-inflammatories” get into the body by way of the GI tract, many people fail to recognize that PRO-inflammatories use that route, too!

What is a pro-inflammatory, you ask?

Any substance that enters the system and actually causes it to react by becoming inflamed, leading directly to increased pain. What is the one thing we put in our bodies in this way every day? FOOD.

Given this, recognizing which foods FEED and which foods FIGHT your inflammation should be your FIRST line of defense against this kind of pain. The most common foods that feed the problem are: Sugars and Artificial Sweeteners; Dairy; Industrial Raised and Processed Meats/Eggs; Genetically Modified Wheat, Corn, Soy & Peanuts (which is most available to us here in the US); processed then preserved “foods” (can you pronounce every word on that ingredient label?); and anything cooked in poor quality or burned fats. When you ingest these types of “unrecognized intruders” your body reacts to them by causing pain in an effort to warn and protect you from consuming them again.

FOOD CAN BE OUR FRIEND

The good news is that nutrition can be just as potent of an ally instead of an enemy when it comes to fighting the problem! Delicious, fresh, brightly colored berries and vegetables, free-range/wild-caught meat (eat things that ate what THEY were supposed to eat, too) and healthy fats are all front and center on this menu! Eating organic (when possible/necessary), seasonal REAL foods (would your ancestors recognize that) is a simple way to determine whether or not your body was designed to thrive, pain-free, on the food you’ve chosen.

Losing the junk not only means improved PAIN from less inflammation in your body, it means clearer THINKING, better decision making and better sleep quality from less inflammation in your BRAIN. (You didn’t know it went there, too, huh?!)

It also has the sneaky side effect of weight loss, so not only are you carrying less inflammatory chemicals around that are stored in your fat cells, but your soft tissues, bones, and joints feel better from reduced mechanical (weight) stress you carry 24/7.

YOUR CHOICE

COMMIT to cutting out the crap. This is 100% YOUR choice, under YOUR control. Your body will be thanking you – in more ways than one – in no time!





2. Activity Budgeting



PHYSICAL ABILITIES CHANGE

One of the simplest means of reducing your pain is to “budget” your activities. I joke with my patients, for example, that there is a reason there is a Senior PGA (Pro Golfers Associations) tour, but no Senior NFL (National Football League) tournament. There are just some things bodies are not meant to do in certain quantities, or at certain times of life.

I know this may seem obvious, but do a quick assessment of where in your life you frequently find yourself “paying for” the activity or outing you engaged in. Was it a smart decision to participate in the first place? Could you, if you thought ahead, have made some easy modifications to your positioning, tools used, your travel route or deadline for

completion that would have prevented you from paying back with “interest” on your activity investment??

It’s okay to acknowledge that there are some things you can’t do now that you used to be able to do. Or things you can only do now if you divide the task before you can conquer it in smaller bites. That’s a natural part of being human. That comes down the pipe for all of us someday – but if Today is TOO soon, read on...

Make the few other simple changes listed here and commit to them as LIFESTYLE MEDICINE. You will be putting “money” back in your activity bank account. Before you know it, jackpot!



3. Therapeutic Movement



KEEP MOVING

So earlier I was telling you to move less. Or, at least more thoughtfully... this bullet point picks up there. Reducing activity TOO much leads to stiffness (brittle, uncomfortable body when moved), weakness, lethargy, poor sleep quality, weight gain, and depression – to name a common few. Doing what you CAN do, and bothering to get creative if you feel your options are severely restricted due to your pain, is critical to preventing a further, uni-directional downward spiral.

In my practice, presenting options like daily home stretching, AQUATIC physical therapy (formal, coached, covered under insurance

OR independent, a la YMCA or neighborhood gym), emphasizing yoga, pilates, tai chi, and simple inversion are just a few endeavors that have made profound differences in my patient's lives. Even if it was just the KICKSTART to bigger strides and better bodies.

From an evolutionary standpoint, this makes sense.... our ancient brains rewarded our ancestors for finding food and shelter – which meant MOVING. We can cash in on creating that feel-good chemistry RIGHT NOW by simply MOVING the hinges that will, and working by way of the other bullet points to help unstick the ones that won't.

What are you NOT doing that you COULD be doing that would tap into this benefit?



4. Sleep Hygiene

POWERING DOWN

Perhaps the least “sexy” and sellable, and yet likely the most powerful of the recipes you read here, is sleep hygiene. Human beings regardless of race, creed, culture, geography, etc, all have five basic things in common. We eat, drink, defecate, urinate and.... Wait for it.... Yes, sleep.

It's when our “factory” repairs itself. When our “car” refuels. And NO other time.

So what are the heavy hitters when it comes to rekindling our romance with our long lost lover, sleep? There are several and, good news, they are simple.

First, turn off the artificial lights a minimum of one hour prior to bed. That means TV, that means phone, that means tablet. All of it, OFF. The type of light they emit excites your brain, saying “wake up!”. NOT the message we need to be sending. Dim those lights, light a candle (everybody is prettier anyway when you do) and get ready for your trip to SnoozeTown.



RELAXING BATH

Next, take a hot bath with Epsom Salts. The Magnesium is excellent for sleep duration, the warmth is excellent for loosening up/comforting muscles and soft tissues, and the melatonin (for sleep onset) naturally secreted when you exit the bath into the cooler air ALL help improve sleep quality. Add some of your soothing essential oils – lavender, eucalyptus, etc – for an added enjoyable experience.

After your bath, dress comfortably for bed, preferably in similar clothes each night. Our skin recognizes this additional natural tactile “queues” signaling that (GOOD) sleep is straight ahead.

5. Control Your Own Chemistry



THINK GOOD THOUGHTS

Growing up in the Midwestern United States, there was very little emphasis on the “Mind/Body” connection. Because of this, the concept of changing your own pain experience and overall health by thinking healthy thoughts seemed very mystical and even “woo woo.” Until using the strategy myself and seeing amazing improvements in my patients, I had very little appreciation for the power of this simple, immediate and FREE form of medicine.

Think for just one moment about the best thing that EVER happened to you. Recall that moment when, if you’d died a minute later, you would have done so happy! Now, notice that change in your face, your body and your energy? That “lift” you feel was instant AND entirely voluntarily – you CHOSE the thought,

then the thought changed YOU! That change is not only organic, it is also available to you 24/7.

At least one time a day, commit to thinking of something you are truly, deeply grateful for. For example, a moment like the one you just recalled, your favorite place to vacation or your favorite person in your entire life. Challenge yourself to think of something different every day, as well as recollect the previous things that came to mind. The creation of feel-good chemistry is not only REAL at that moment, but it also adds up over time to be more “potent” every time you repeat the process.

Can you even think of ONE easier way to feel better INSTANTLY? I can’t!





6. Supplementation and Pharmacology

VITAMINS AND NUTRIENTS

As outlined earlier, the importance of good nutrition cannot be overstated. But getting this key needle-mover perfect every day is virtually impossible. Unless your diet consists strictly of fish plucked straight from a pristinely clean ocean, all organic produce and purely healthy fats, you stand to benefit significantly from simple yet strategic supplementation. It's not only the "easy button" for this pain-relieving approach, but it also directly impacts your overall health.

Beware buyer, however! The supplement industry is notoriously poorly regulated. Short cuts to save on manufacturing costs can cost you time and money. Invest in yourself by using only high-quality supplements, certified by NSF ([nsf.org](https://www.nsf.org)) and/or GMP (Good Manufacturing Practices). For treating pain due to inflammation, Turmeric/Curcuminoids are a must. For overall wellness, Omega 3 and Vitamin D + K should be at the top of your list.

Don't delay in getting these on board and working for you!



7. Targeted Tissue Therapy



SIMPLE STEPS TO RELIEF

Don't underestimate the power of a simple shift in temperature! Ice is nature's highly effective anti-inflammatory. Heat is equally effective at loosening up soft tissues where tension and stiffness is your main culprit. After direct application of the ice/heat to your area of pain, massaging the area to improve blood flow – which brings in nutrients and takes out toxins – is a secret weapon against even severe aches and pains.

THE PAIN RELIEF
YOU NEED,
THE WONDERFUL LIFE
YOU WANT

About Kaylea M. Boutwell, MD



Kaylea M. Boutwell, MD, is a Missouri native, born and raised in Springfield, MO. Since the completion of her medical training and residency at Saint Louis University Hospital (2001 - 2008), and subsequent Specialty Fellowship at the world-renowned Cleveland Clinic Foundation Hospital, her practice has been devoted exclusively to top-tier Pain Management.

Understanding that optimal health is the ultimate “wealth”, she has worked tirelessly to provide progressive treatment options that avoid the common pitfalls of pain management and restore hope for a life that is truly enjoyable and fulfilling.

Having seen firsthand the crippling impact of degenerative intervertebral disc disease in her own father, Dr. Boutwell was already steadfast in her mission to successfully treat spine pain. It was in 2011, at only 32 years old, when she herself was taken entirely out of physical commission by an injury resulting in the rupture of two lower back discs.

The journey back to a state of strength and physical predictability was arduous, but it imparted the blessing of an entirely new level of commitment and compassion for the patients who trust her with their care for pain in all its places and forms.

As a reflection of her own rehabilitative course, Dr. Boutwell constructs entirely customized and multi-faceted treatment plans for every clinic patient. No meaningful strategy is overlooked, ranging from simple nutrition switches and activity modifications to the implantation of highly-sophisticated, minimally invasive devices in appropriately selected patients. Dr. Boutwell’s approach also constitutionally entails high-level lifestyle advising in the areas of stress management, medical fitness, and sleep hygiene.

She has built Katalyst from the ground up — and continues to constantly refine it’s services — to transform the lives of individuals who want to live life on their own terms.

Katalyst was established to provide patients with a clear, concise roadmap to feeling vital, energetic, physically capable, and in control of their body’s future.

When Dr. Boutwell is not at work (some argue that she is never not at work!), she is a wife to husband Christopher, a fellow physician, and health enthusiast; and mother to twin three-year-old girls. She is a life-long equestrian whose dreams have historically been high-jacked by back pain, yet another reason she is so personally committed to exploring and executing significant, sustainable injury management solutions.

Dr. Boutwell is known to sing in the operating/procedure room with some regularity and — be warned — frequently tells truly terrible jokes in an effort to put her patients at ease.



Empowering Our Patients Is In Our DNA

The Katalyst team, lead by Dr. Kaylea Boutwell, takes pride in helping our patients live the lives they dream of.

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