

Chronic pain: Effective non-drug treatments.



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Causes of pain.

- Nutrient imbalances/diet
- Imbalanced intestinal microbiology
- Toxins
- Food intolerances
- Stress/emotional
- Lack of quality sleep
- Hormones
- Chronic infections
- Structural

Multi-factorial model.



Comparison of views of causes of chronic pain.

	Dr. Alex Vasquez	Dr. Jacob Teitelbaum	Dr. Sherry Rogers	Dr. Norman Shealy
Dysbiosis	XXX	XXX	XXX	
Nutrient imbalances/diet	XXX	XXX	XXX	XXX
Hormones	X	XXX	X	X
Toxins	X		XXX	
Food intolerances	XX	X	XXX	X
Chemical sensitivities & inhalant allergies			XX	
Lack of quality sleep		XXX		
Chronic infections	X	X	X	
Structural	X	X	X	X
Stress/emotional	X	X	X	XXX

Mechanisms of pain.

- Poor tissue oxygenation/circulation.
- Inflammation.
- Acid/base imbalance.
- Impaired mitochondrial function.
- Oxidative stress.
- Neurotransmitter imbalance.
- Neurological conditioning.

Treatments.

1. Treating causes.
2. Symptomatic.

Treating causes.

Nutrients/diet.

Magnesium deficiency signs/symptoms.

- Muscle cramps, spasms or pain (e.g. back ache, neck ache, leg/foot cramps)
- Muscle tension
- Muscle twitches, tics or jerks
- Muscle weakness
- Muscle tremors
- Restless legs
- Fatigue / sighing
- Breathlessness / chest tightness
- Heart palpitations / arrhythmias / mitral valve prolapse
- Numbness or tingling of skin or "creepy-crawly" feeling under skin
- Sensitivity to loud noises or sudden bright light
- Headaches / migraines
- Menstrual cramps / pain
- Teeth grinding (bruxism)
- Frequent constipation or anal spasms
- Difficulty falling asleep or frequent nocturnal awakenings

Nutrient imbalances/diet.

- Magnesium.
 - Oral.
 - 'Magnesium Colloid' by Full Health (7.5 ml bid)
 - 'Ultra Muscleteze' by Bioceuticals (1 tsp bid)
 - Topical.
 - 'Magnesium Chloride Oil' by Essence of Life.
www.echolife.com.au
 - Epsom salt baths.
- Use.
 - Migraines + other headaches
 - Fibromyalgia

Vitamin D.

- Vitamin D optimization (25-hydroxy-vitamin D > 100 nmol/L).
www.vitamindcouncil.org
- 5000 IU D3 often needed
- Links.
 - Lower back pain
 - Bone pain
 - Fibromyalgia
 - Joint pain

Minimize foods which promote inflammation:

- Trans fatty acids - e.g. margarine, deep fried foods, cakes, biscuits and other processed foods.
- Omega-6 fatty acids - e.g. foods which contain safflower oil, sunflower oil, corn oil, sesame oil, grapeseed oil, margarine and animal fats.
- Saturated fats - e.g. animal fats and palm oil.
- Refined sugars - e.g. soft drinks, fruit juices, cordial, honey, jam, lollies, molasses, maple syrup, corn syrup, brown sugar, ice cream, chocolate, biscuits, cakes, sugary breakfast cereals, etc.
- High glycemic index foods - e.g. white rice, white bread, white flour, corn flakes, potatoes.
- Charbroiled foods.

Emphasize foods which decrease inflammation.

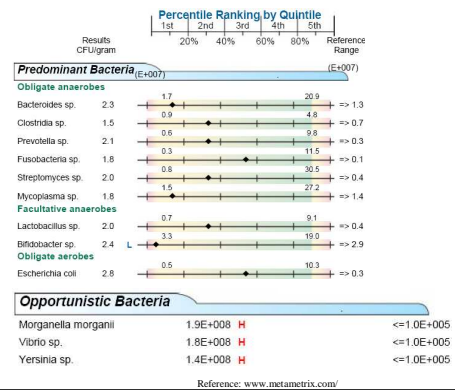
- Omega-3 fatty acids (salmon, flax seeds, walnuts and fish oil).
- Extra virgin olive oil.
- Ginger.
- Specific fruits and vegetables:
 - Brassica (crucifera) family vegetables: Broccoli, brussels sprouts, cabbage, bok choy, collard greens, etc.
 - Other dark vegetables: Spinach, carrots, romaine lettuce & shiitake mushrooms.
 - Allium family: Onion, garlic, leek, chive, scallions.
 - Antioxidant rich fruits: Blueberries, strawberries, blackberries, raspberries, cherries & pomegranates.

Dysbiosis.

Dysbiosis link.

- Fibromyalgia.
- Rheumatoid arthritis.
- Headaches.

Intestinal flora testing.



Yeast testing.

Mycology

Candida sp.	+1 => 100 pg DNA/g specimen	Neg
Rhodotorula acheniorum	+1 => 100 pg DNA/g specimen	Neg
Saccharomyces sp.	+1 => 100 pg DNA/g specimen	Neg

Reference: www.metametrix.com/

Parasite testing.

Parasitic Protozoans

Blastocystis hominis	Positive	Neg
Giardia sp.	Positive	Neg
Strongyloides sp.	Positive	Neg

Reference: www.metametrix.com/

Toxins.

Hair mineral analysis.

ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE				
			2.8 th	16 th	50 th	84 th	97.5 th
Calcium	488	300- 1200					
Magnesium	48	35- 120					
Sodium	430	12- 90					
Potassium	110	8- 38					
Copper	12	12- 35					
Zinc	180	140- 220					
Manganese	0.28	0.15- 0.65					
Chromium	0.49	0.20- 0.40					
Vanadium	0.052	0.018- 0.065					
Molybdenum	0.019	0.028- 0.056					
Boron	1.1	0.30- 2.0					
Iodine	0.29	0.25- 1.3					
Lithium	0.008	0.007- 0.023					
Phosphorus	198	160- 250					
Selenium	0.82	0.95- 1.7					
Strontium	2.0	0.50- 7.6					
Sulfur	50800	44500- 52000					
Barium	0.65	0.26- 3.0					
Cobalt	0.005	0.013- 0.050					
Iron	17	5.4- 14					

Reference: www.doctorsdata.com/

Provoked urine testing recommended by:

- American Board of Clinical Metal Toxicology (ABCMT).
- American College for Advancement in Medicine (ACAM).
- The Institute for Functional Medicine (IFM).
- Defeat Autism Now! (DAN!).
- Doctor's Data, Inc. (DDI).

Provoked urine toxic elements.

METALS	RESULT µg/g CREAT	REFERENCE RANGE	WITHIN REFERENCE RANGE	ELEVATED	VERY ELEVATED
Aluminum	< dl	< 35			
Antimony	< dl	< 1			
Arsenic	65	< 120			
Beryllium	< dl	< 0.5			
Bismuth	< dl	< 15			
Cadmium	0.4	< 2			
Lead	36	< 5			
Mercury	36	< 4			
Nickel	4.3	< 12			
Platinum	< dl	< 1			
Thallium	0.2	< 0.8			
Thorium	< dl	< 0.3			
Tin	1	< 10			
Tungsten	< dl	< 1			
Uranium	< dl	< 0.2			

Case reports from Dietrich Klinghardt, MD, Ph.D

- 10 consecutive fibromyalgia patients
- Excluded those with hypothyroid, hypoadrenia or motor vehicle accident or trauma history.
- Toxic metal results:
 - Mercury: 7 of 10
 - Lead: 3 of 10
 - Cadmium: 1 of 10
 - Aluminum: 1 of 10
 - Zirconium: 1 of 10
- Chelation results:
 - 9/10 - Improved
 - 5/10 - Complete disappearance of symptoms

Food intolerances.

Food intolerances.

- Trial avoiding nightshade foods for 3 months (Dr. Sherry Rogers).
 - Potatoes, tomatoes, peppers, eggplant, tobacco, cayenne, chili, paprika.



Remove food allergens/intolerances.

- Methods of assessment:
 - Elimination diets.
 - IgG food intolerance testing.

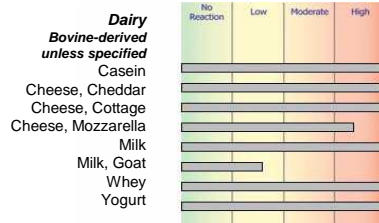
E/P testing vs. IgG testing.

	E/P	IgG testing
Pro	<ul style="list-style-type: none"> •Free •High reliability 	<ul style="list-style-type: none"> •Minimal effort involved •Investigates 96 foods
Con	<ul style="list-style-type: none"> •High effort required •Only can investigate 10-12 foods •Symptomatic change not always evident in time frame 	<ul style="list-style-type: none"> •Cost (\$250) •Significant false positive & negative rate

Elimination/provocation testing.

- www.nutritional-healing.com.au → Articles → 'Elimination diet'

IgG food testing via US BioTek.



www.usbiotek.com/Services-IgGOnly.htm

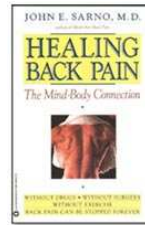
Stress/emotional.

Stress/emotional.

1. Current stress.
2. Past issues.

Mind-body treatments.

- Dr. John Sarno's treatments -
www.healingbackpain.com



Dealing with past issues.

- Neuro-physiological / 'energy psychology' therapies.
 - Emotional Freedom Techniques (EFT).
www.emofree.com
 - BMSA (Brief, Multi-Sensory Activation).
www.realhelpfordepression.com
 - WHEE (Wholistic Hybrid of EMDR and EFT).
www.wholistichealingresearch.com

Relaxation/brain training therapies.

- RelaxMate II photostimulation glasses.
www.selfhealthsystems.com
- Guided imagery CD's.
 - 'Stress Relief Through Guided Imagery' CD -
www.thehealingmind.org
 - 'Letting Go of Stress' by Dr. Emmett Miller -
www.drmliller.com
- emWave stress relief technology by HeartMath.
www.heartmath.com.au
- Holosync audio technology.
www.meditate.com.au/ & www.centerpointe.com/
- Meditation.

Lack of quality sleep.

Sleep optimisation.

- Aim for 8+ hours/night.

Sleep options.

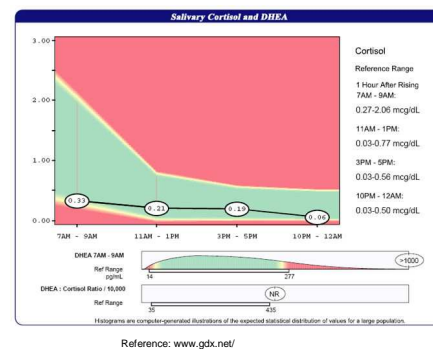
- Audio tracks.
 - 'Easing Into Sleep' by Dr. Emmett Miller. www.drmillier.com/
 - 'Beat Insomnia' by Rick Collingwood. www.mindmotivations.com/
 - 'Natural, Restful Sleep' by Dr. Martin Rossman. www.thehealingmind.org/
- RelaxMate II photostimulation glasses. selfhealthsystems.com
- Supplements:
 - Valerian/hops – ReDormin by Flordis. www.flordis.com.au/
 - Melatonin.
- Protein in the morning and carbohydrates in the evening.

Hormones.

Mild adrenal insufficiency signs/symptoms.

- Fatigue/lethargy not relieved by sleep Trouble getting up in the morning Feel weak and shaky
- Low blood pressure
- Light-headed or dizzy when getting up
- to stand from lying down or sitting
- Feel unwell during/after emotional stress e.g. exhausted, shaky, trembling or confused
- Crave salt or salty food
- Light sensitivity
- Decreased tolerance for cold / frequently feel cold
- Crave sugar
- Tendency for low blood sugar e.g. irritable when hungry or need frequent meals
- Increased frequency or severity of allergies e.g.
- asthma, hay fever or food/chemical sensitivities
- Poor exercise tolerance
- Decreased ability to handle stress/pressure
- Increased time to recover from infection
- Increased susceptibility to infections (e.g. the flu)
- Anxious or panic attacks / easily startled
- Insomnia / sleep disturbance

Saliva Adrenal Stress Profile.



Symptomatic treatments.

Natural anti-inflammatory/analgesics.

Natural anti-inflammatory/analgesics.

- Fish oil, flax oil and evening primrose oil.
- Curcumin - 'Nalgescic Forte' by Nutrition Care.
- Willow bark - 'Saligesic' by MediHerb.
- Boswellia.
- Ginger.
- Cherry.
- Aspen, goldenrod and ash combination - 'Phytodolor' by Flordis.
- Green lipped mussel - 'Mobicosa'.
- Enzymes (e.g. bromelain and papain) between meals - 'InflamZyme' by Bioceuticals.

Topical and intranasal botanicals.

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- Capsaicin - Topical or intranasal.
- Peppermint oil or menthol - Topical.



Amino acid neurotransmitter modulation.

Amino acid neurotransmitter modulation.

- 5-HTP → Serotonin.
- DL-Phenylalanine → Endorphins.
- GABA → GABA.

Electrical therapies.

Cranial Electrical Stimulation (CES).

- Alpha-Stim SCS.



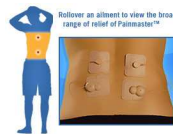
Cranial Electrical Stimulation (CES).

- Applies a small current (microcurrent) of electricity to the brain
- Increases and normalizes serotonin and endorphin levels in both cerebrospinal fluid (CSF) and blood

Alpha-Stim availability.

- The Alpha-Stim SCS device can be rented from www.pacificmedistim.com.au/ for \$100 per month rental for two months minimum (\$80 if health or pension card holder).
- More information - www.alpha-stim.com
- Research - www.alpha-stim.com/pain_research.html

Painmaster MCT patch



- www.patchmct.com
- Currently unavailable.

Mind-body treatments.

Mind-body treatments.

- Guided imagery for pain CD's.
 - 'Pain Relief' by Dr. Martin Rossman - www.thehealingmind.org
 - 'Headache Relief' by Dr. Martin Rossman - www.thehealingmind.org
 - 'Change The Channel On Pain' by Dr. Emmett Miller - www.drmler.com
- Temperature biofeedback - www.cliving.org/stressthermometer.htm

Guided imagery study.

- Recurrent abdominal pain in children
- “Although refractory to conventional treatment by their physician and pediatric gastroenterologist, the children experienced a 67% decrease in pain during the therapy...”
- Clinical Pediatrics, Vol. 42, No. 6, 527-532 (2003)

Neuro-physiological / ‘energy psychology’ therapies.

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BSMA for chronic pain study.

- 8 subjects
- Old whiplash injuries, degenerated vertebrae or femur, pain associated with sport injury and chronic fatigue syndrome, and neuropathic pain associated with paraplegia.
- Results:
 - 8/8 – Reduced pain
 - 5/8 – Zero pain

Energy therapies.

Energy therapies.

- IceWave patches.
www.lifewave.com/icewave.asp
- Electro-acupuncture via ‘SheLi TENS’ on Dr. Norman Shealy’s ‘Ring of Fire’ acupoints.
www.selfhealthsystems.com
- Comfort/Pain Aura Patch.
www.aurapatches.com
- Acupressure meridian sedation by Donna Eden. Book – ‘Energy Medicine’

Magnetic therapies.

Magnetic therapies.

- Static magnets
 - Dr. William Philpott's magnetic products.
www.azunimags.com



- Pulsed electromagnetic field (PEMF)
 - Magnopro. www.magnopro.com.au
 - Quantron Resonance System (QRS).
www.quantronmedicine.com

Shielding/tapes.

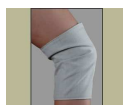
Biotape.

- Biotape - www.biotape.net & www.healpain.net
- "... [I] believe the root cause of pain is broken, cut, or suppressed endogenous electrical signals between cells. To heal pain, the broken circuits must be reconnected... I developed a highly conductive, silver membrane to be applied over the site of pain. Once the membrane is applied, it acts (electrically) like a living part of the body."



Farabloc.

- Farabloc - www.farabloc.com
- "As an electromagnetic shielding fabric, Farabloc contains extremely fine stainless steel fibres and nylon, with an appearance similar to linen. This drug-free product has a significant shielding effect on high frequency electromagnetic fields (EMF) while permitting low frequency EMF through which stabilize the cell by polarization."



Physical therapies.

- Dr. Joseph Weisberg's therapeutic movements system. Book - '3 Minutes to a Pain-Free Life'. www.amazon.com
- Massage.
- Heat/cold application.

Summary.

- Identify and address causes.
- Use safe symptomatic treatments in the meantime.

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