

**Not all pain is BAD!** The “good pain” is the one that tells you that you need to do something before your body will be permanently damaged! When it gets to that point, you are on the “bad pain” phase. The recovery is slower and with side effects, and is rarely complete. PLEASE, do not wait that long! Have one of us or another health care provider checking the CAUSE of your pain and get adjusted so your body will be able to heal faster.

**Did you know?** It is estimated that one in three people in the United States will experience chronic pain at some point in their lives (that means about 100 million). Of these people, approximately 50 million are either partially or completely disabled!

### “Good Pain” = Nociceptive Pain

- Pain caused by stimulation of “pain receptors”
  - Pressure / force
  - Temperature
  - Chemicals
    - histamine, bradykinin, prostaglandin,
    - Substance P
- With or without tissue injury
  - skin burns / cuts
  - broken bone
  - Headaches
  - muscle cramps
- Proportional with stimuli intensity
- Special nerve fiber mediated
- Opioid sensitive

### “Bad Pain” = Neuropathic Pain

- Pain caused by *nerve* injury
- Develops in days or months after original injury or due to continuous injury
  - pain related to a persistent or degenerative disease
  - Direct nerve injury at spinal level (disks, facets, etc)
  - cancer pain,
  - long-term pain from an unidentifiable cause
- normal stimuli may induce it or may be even spontaneous!
- More than one nerve type are implied
- Opioid partial *insensitive*

### What to do for pain:

Here are some suggestions from my Seminar about Pain: cheat it, rub it, freeze it, warm it, pack it, zap it, tease it, tap it, fold it, and more. They are listed for informational purposes only. None of them are designed to diagnose, treat, or cure any problem. You should contact our clinic or your doctor for further information, diagnosis, testing, or advice on how to use the information/products listed here.

### “Cheat it” = Stimulate your own endorphins (\*)

Body produces its own painkillers called endorphins. Here is how to increase their production:

- Laugh – everyday, as often you can! NO side effects – except if you have a fractured rib!
- Sex – I can’t give you a prescription for this, but check with your spouse. It has side effects too!
- Exercise
  - Minimum 20 - 30 minutes of Aerobic ONLY (level 4-5-6 – see Levels below)
  - Target hearth rate = 60% - 75% of maximum HR (between 120-180 beats per minute, depending on your age and resting heart rate).
    - Level 1: I'm watching TV and eating bon bons
    - Level 2: I'm comfortable and could maintain this pace all day long
    - Level 3: I'm still comfortable, but am breathing a bit harder
    - Level 4: I'm sweating a little, but feel good and can carry on a conversation effortlessly
    - Level 5: I'm just above comfortable, am sweating more and can still talk easily
    - Level 6: I can still talk, but am slightly breathless
    - Level 7: I can still talk, but I don't really want to. I'm sweating like a pig
    - Level 8: I can grunt in response to your questions and can only keep this pace for a short time period.
    - Level 9: I am probably going to die.
    - Level 10: I am dead.

### “Light it” (\*)

- Use a cold laser locally, according to the manufacturer instructions.

**“Freeze it”, “Warm it” and “Rub it” (\*)**

(you try to have more nerves involved in these sensations than with pain)

- Cold:

- Useful in ACUTE cases ONLY
- Also reduces inflammation and decreases the speed of molecular processes
- 10 - up to 20 minutes, every 2 hours while you MOVE the part of the body that is in pain

- Heat (moist heat is the best!)

- Also increase blood flow, helps healing and reduces muscle tension
- Better in chronic cases – up to 30 minutes every 4 hours
- NOT in the first 48 hrs or if there is bleeding; and do not burn your skin!!!

- Light touch and gentle massage ONLY

- Must be done long enough (minutes) so the body will change its biochemistry and the nervous system will change its patterns

**“Tap the energy out of it!” (\*)**

- Tap the acupuncture head points\* while touching the pain area with the other hand (or use a BRT vial), and mentally repeating a phrase like “it is OK for my pain to ease and my ...(area of pain)... to heal”
  - Must be done long enough (about 100 taps) so the body will change its bioenergetic circuits and the nervous system will change its patterns;
- \* Ask me at your next visit about the acupuncture head points that are the best for you or you can use all of them – i.e. the beginning/ending points of Yang meridians.

**“Drug it” (using natural substances, of course, both on the outside and inside) (\*) - for example**

- Inflammacin® (PRLab product: [https://www.qncstore.com/NET/item\\_detail.aspx?ItemCode=2356](https://www.qncstore.com/NET/item_detail.aspx?ItemCode=2356) ):

- ¼ teaspoon every 4 hours or rarely if pain decreases

- Soothanol® (NorthStar Nutritionals product:

[http://www.northstarnutritionals.com/p/Soothanol\\_X2.htm?gclid=CIyB0PHY5ZACFUaPOAodA0vFYA](http://www.northstarnutritionals.com/p/Soothanol_X2.htm?gclid=CIyB0PHY5ZACFUaPOAodA0vFYA) )

- Few drops massaged locally, every 4 hours or rarely if pain decreases

The main ingredients in these products are designed to help the repairing too not only to reduce the pain:

- Curcuminoids and piperine – in tumeric and black pepper
- Willow bark extract – more than just a “herbal aspirin”
- Boswellia serrata extract – especially for joint inflammation
- Capsaicin/Capsicum - the pungent agent in chilli peppers
- Menthol – stimulate cold receptors (only locally)

**“Pack it” (\*)**

- Use clay packs (with vinegar or turmeric extract) or green cabbage packs ones or twice a day.

\* If you need more instructions about Mud Packs or Cabbage Packs please ask our Clinic

**“Tease it” – use homeopatics\* that remind the body what to do (\*)**

\* Use 6C (or 12C) x 3 – 4 / day, until you begin to notice improvement, at least 30 minutes apart from meals.

- **Arnica** helps overcome the shock, severe pain, trauma. Use it as an emergency remedy after any injury.
- **Bryonia:** useful when each movement causes excruciating pain, and possibly great irritability.
- **Hypericum:** after nerve lesion.
- **Rhus toxicodendron:** sprains and strains; better while moving about, but are painful and stiff upon getting up or first moving. The pain causes restlessness, and heat and warmth help.
- **Mag Phos:** homeopathic aspirin

**“Repair it” = support tissue repair and regeneration:**

- Vitamins C, B3, B4, B12, D,
- Alfa lipoic acid;
- Glucosamine, MSM, Chondroitin;
- EFA (especially omega3 – flax seed oil, fish oils);
- Oxygen;
- Get adjusted by a gentle chiropractor;
- Pray.