

NATURAL APPROACHES

for PAIN management



Presented by Dr. Adelena Izold N.D.

Did you know..

Chronic pain
affects over 50
million
Americans.

Dr. Deborah Ellis (U.S. Pain Foundation)





DIFFERENT TYPES OF PAIN



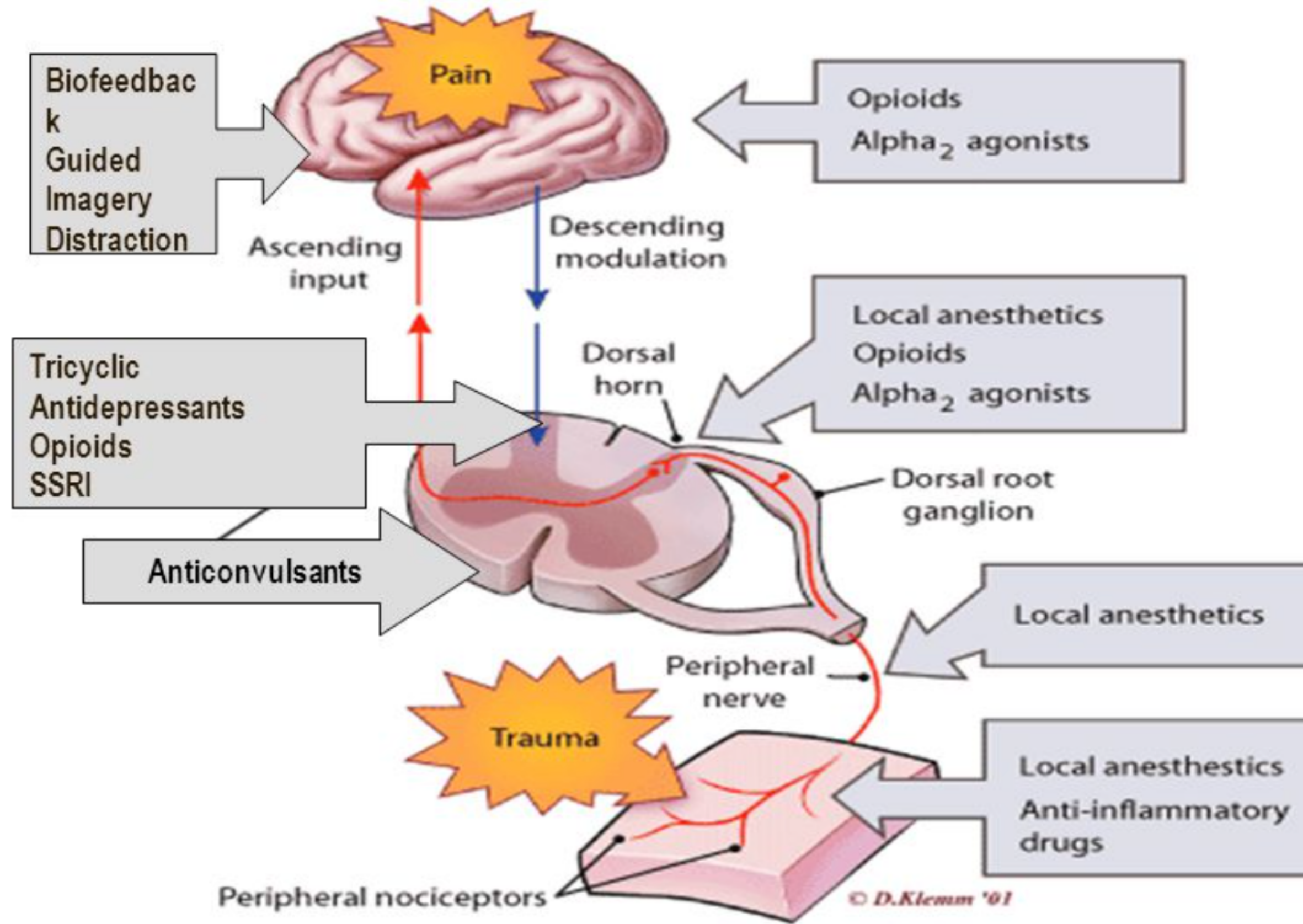
Neuropathy

Nociceptive

Visceral

Somatic

Pain Pathway – Pain Management



PAIN MEDICATIONS

<p>ACETAMINOPHEN (TYLENOL) Max dose 3000 mg/d NOT AN NSAID</p>	<p>HEPATOTOXIC GI BLEED</p>	<p>Preferred over NSAIDS PAIN RELIEF NOT ANTI-INFLAMMATORY</p>	<p>NAC used for overdose Good for HA, OA, pain. AKA Paracetamol outside US</p>
<p>NSAIDS BELOW ALWAYS USE LOWEST DOSAGE FOR SHORTEST TIME</p>	<p>GI perf 1% in 3-6 mo., 2-4% 1 yr 1 year MI risk post MI 20/100 (control 12/100) RENAL TOXIC</p>	<p>INHIBITS PG SYNTHESIS VIA COX1 and 2 GI bleed risk Avoid use with: Aspirin, steroid, SSRI, anti-coagulants and smokers</p>	<p>Better for fever and inflammation than acetaminophen</p>
<p>ASPIRIN Max dose 4 g/d</p>	<p>CI IN CHILDREN (REYES) GI BLEED, RENAL TOXIC</p>	<p>Inhibits platelet aggregation, inhibition of COX1/2 via PG</p>	<p>Use buffered or enteric coated</p>
<p>IBUPROFEN Max dose 3200mg/d Preferred max 1200 mg/day)</p>	<p>STROKE, MI, GI BLEED, RENAL</p>	<p>Relieves pain and inflammation Short acting, better acute</p>	<p>ADVIL, MOTRIN</p>
<p>NAPROXEN 1500 max (delayed) Max dose 1000 mg/d</p>	<p>GI BLEED, STROKE, MI, RENAL</p>	<p>Relieves pain and inflammation Long acting, better chronic, More GI issues</p>	<p>ALEVE</p>
<p>DICLOFENAC ORAL Max dose 100 mg/d</p>	<p>MI, STROKE, GI BLEED, RENAL AND HEPATOTOXICITY,</p>	<p>Used for OA, RA, AS Analgesic, anti-inflam, antipyretic, inhibits substance P</p>	<p>Gel Topical has similar warning, less incidence</p>

DIET ANTI- INFLAMMATORY

Do EAT

- Plenty of veggies (3-5 cups per day)
- 1-2 servings of fruit (if no insulin resistance or diabetes)
- Omega-3 rich foods: fish, walnuts, flax, chia
- Seeds, nuts
- Beans, legumes
- Lean meats: fish, turkey, chicken, lean cuts of grass-fed beef/buffalo, organic soy
- Bone broths (from quality sources) for collagen
- Drink plenty of water! (1/2 your body weight in oz)





DON'T EAT

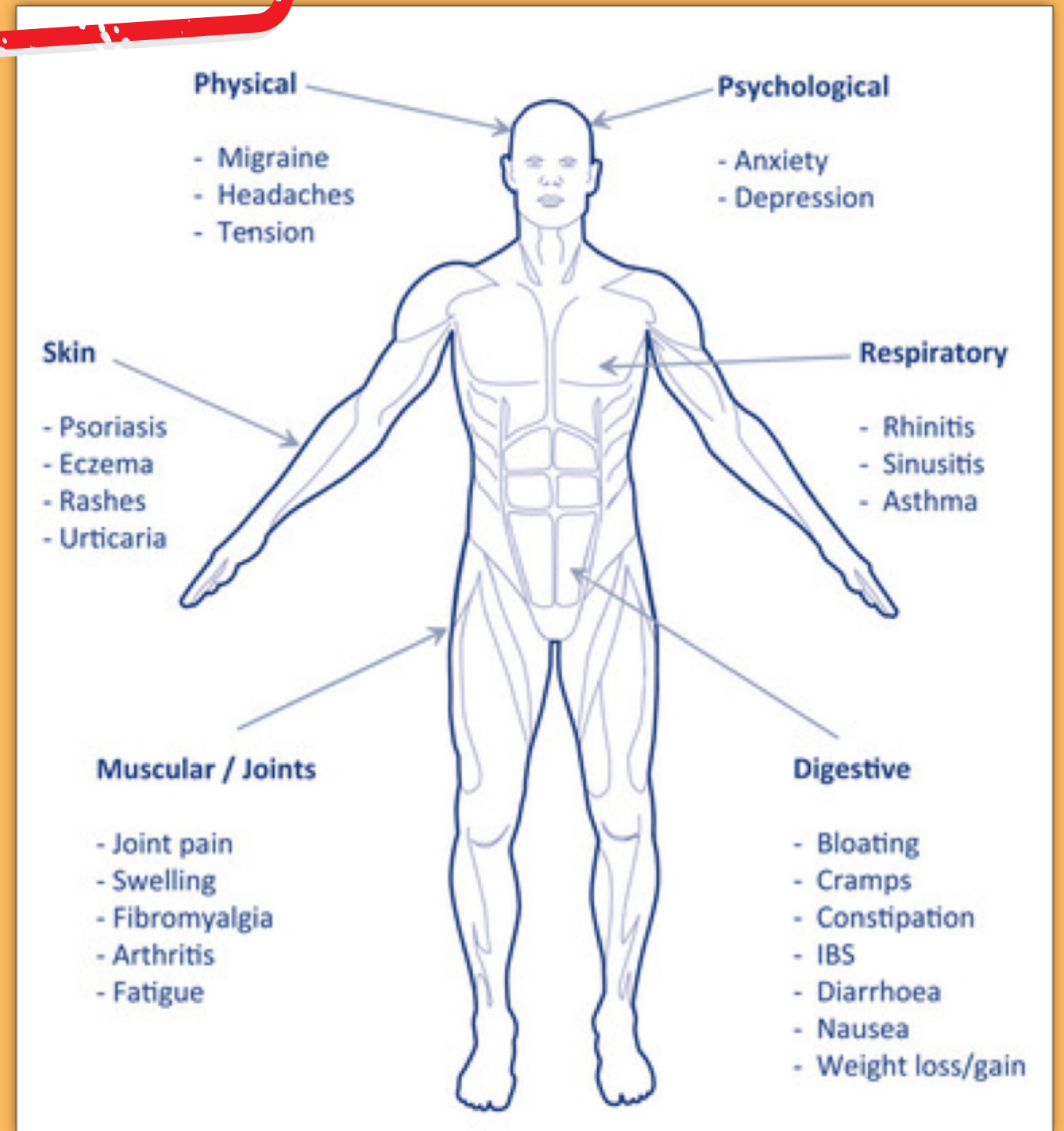
AVOID

- Arachidonic acid containing foods: milk/dairy, beef, pork, lamb
 - Prostaglandin and leukotriene forming= pro-inflammatory
- Saturated fat, processed oils: canola, corn, soy, etc
- High glycemic foods: white flours/grains, corn, potatoes, refined sugars
- Processed foods

CHRONIC PAIN

FOOD ALLERGIES/INTOLERANCE

Consider allergy testing with CHRONIC inflammation





NUTRIENTS

Products that can aid with inflammation

- Fish oil: at least 3000 mg of combined EPA/DHA for a therapeutic effect
- Magnesium: about 400-800mg QD (>500 possible diarrhea)
- Vitamin D3: 2000-5000 IU QD, more if deficient
- Vitamin C, zinc, and copper: assist with tissue repair after injury
- Vitamin A, Vitamin E, NAC, Alpha Lipoic acid (neuro): antioxidants
- B vitamins
- Bone related conditions: calcium and vitamin K
- MSM: 3000-6000mg QD
- Glucosamine/Chondroitin sulfate: 1000-1500mg
- Proteolytic enzymes

BOTANICALS

Topicals, analgesics, anti-inflammatory

- Tanacetum parthenium
- Scutellaria baicalensis
- Rosmarinus
- Glycyrrhiza
- Coleus
- Actea
- Boswellia
- Zingiber
- Curcuma
- Harpagophytum
- Salix
- Tart Cherry
- Pulsatilla (low dose)
- Gelsemium (low dose)
- Piscidia (low dose)
- Corydalis
- Piper
- Peonia lactiflora (white peony)
- Castor oil & T-Relief (TOPICAL)
- Cannabis





MIND BODY CONNECTION

Research of 23,109 patients, 11 studies conclude people with depression are 60% more likely to develop back pain in their lifetime (next slide Major Depressive Disorder)

- Pain and anxiety share similar pathophysiological pain pathways
- Depression and anxiety exacerbates pain
- Depression occurs as a result of chronic pain
- Depression related to chronic inflammation
- Pain disrupts sleep, circadian rhythm,
- HPA axis and ANS



TRADITIONAL CHINESE ACUPUNCTURE MEDICINE

- Chinese botanicals
- Cupping
- Gua Sha



PHYSICAL MEDICINE

- Manual Medicine
 - Manipulation, myofascial, craniosacral, massage, Bowen, visceral Acupuncture
- Physiotherapy
 - Interferential, EMS, Ultrasound, Laser, Diathermy, Hydrotherapy
- Injection Therapies:
 - Trigger Point, Biopuncture
- Regenerative Therapies
 - Prolotherapy, Platelet Rich Plasma (PRP,) Neural therapy, Neuro Prolotherapy, Prolotherapy, Stem Cell

EXERCISE REHAB

- Range of Motion
- Muscle Strengthening: weight training, use of bands (i.e. quad strengthening for patellar tracking issues)
- Balance Exercises:
 - Proprioceptive rehab Wobble board, balance shoes, exercise ball
- Endurance Exercise: cycling, running
- Flexibility: yoga, pilates, swimming, stretching exercises



SHOCK WAVE THERAPY

1st line of support in Europe

Shockwave therapy is a multidisciplinary device used in orthopaedics, physiotherapy, sports medicine, urology and veterinary medicine. Its main assets are fast pain relief and mobility restoration. Together with being a non-surgical therapy with no need for painkillers makes it an ideal therapy to speed up recovery and cure various indications causing acute or chronic pain.

HELPS WITH:

- Increasing range of motion
- Decrease inflammation
- Decrease pain & swelling
- Aid with creating new pathways of blood flow
- Calls on your resonant stem cells to come to the area!



ASK US

We'd love to hear from you

ANYTHING

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