

Non-Opioid Pain Management

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With the epidemic of opioid addiction getting more attention in the press, I wanted to give you a simple, systematic approach that will help you apply some of the powerful tools you have at your disposal. I have included a more detailed discussion for the really tough cases.

By now, everyone is on board that chronic inflammation underpins almost every major disease. Dr. Alex Vasquez reframes the term “chronic inflammation” and calls it “sustained inflammation.” This is an important concept because patients have to understand the lifestyle and dietary choices they make “sustain their inflammation and pain.” Dr. Vasquez points out four major areas that contribute or sustain inflammation: poor diet (or fuel) choices, xenobiotic compounds, infections and subsequent microbial toxins, and a leaky gut.

Let's look at these briefly and a solution to overcome them. Poor diet... the standard American diet creates oxidative stress because it is low in antioxidants, and at the same time, creates oxidation and



impairs the ability of the body to fight infectious agents. Remember, the study that showed a hash brown, egg, and sausage breakfast sandwich caused a 150% increase in the pro-inflammatory NF-kappaB for 2 hours? Many people consume foods that will sustain inflammation all day long.

Let's look at the second area... xenobiotic compounds. One of the easiest ways to help patients jump start their diet and eliminate xenobiotic compounds is with the NutriClear Plus cleanse program. NutriClear Plus comes with 30 pouches of a gut healing/restoring powder that mixes well

and taste good and 30 packets of supplements to promote digestive/liver health. Take one pouch and one packet of nutrients twice a day either as meal replacements or in between meals. You can see a link for the exact ingredients. But the best part of the program is the easy to follow anti-inflammatory diet. With chronic pain, changing one's diet is essential. This program takes all the guess work out of the equation by giving foods to increase and avoid as well as sample menus.

The third area that sustains inflammation is one we've been talking about for years... infection and subsequent

microbial toxins. Microbial toxins impair mitochondrial function, and if a patient has mitochondrial impairment, they don't have the cellular energy for tissue and cellular repair. So, if you suspect an infection or gut issue, you have to start there first.

On the other hand, many people around the world carry infections and parasites in their gut and don't have chronic pain. By restoring the integrity of the gut, increasing the biodiversity of the microbiome, and re-establishing healthy bile flow, the immune system in the GI tract can often restore order. So, unless there are obvious infections or SIBO (small intestinal bacterial overgrowth), let's support the body's detox functions and repair the gut. At the same time, use nutrients that globally support the health of the cell and the brain first. If that doesn't make the difference, we can hunt for hidden infections. The 15-day NutriClear Plus program starts this process.

To address the fourth area... leaky gut, once the 15-day cleanse program is completed, continue with the anti-inflammatory diet and add the following supplements to support gut health and reduction of pain and inflammation.

CurcumRx: Research suggests curcumin may be helpful in treating a variety of inflammatory conditions such as inflammatory bowel diseases, joint pain, rheumatoid arthritis, obesity, metabolic syndrome, heart disease, atherosclerosis, degenerative disorders, Alzheimer's, and others. Curcumin appears to reduce NF-kappaB, a genetic pain/inflammation amplifier, as well as reduces amyloid plaque. Another benefit is that it upregulates the body's ability to make its own antioxidants like superoxide dismutase and glutathione. As a bonus, curcumin supports or maintains intestinal barrier function. Consider 1 bid.

KappArest: Seven of the eight phytonutrients are specifically designed to reduce NF-kappaB. It is the synergy of the nutrients that has made KappArest an all-star in the Biotics line to

support the genetic down regulation of NF-kappaB. Consider 3 bid.

IPS: Intestinal permeability support. IPS is designed to stimulate growth and repair of the intestinal mucosa and also aid in gut detoxification. Dr. Gary Lasneski developed IPS to calm an overactive gut and immune system. Use 2 bid.

BioDoph-7 Plus: To restore microbiome diversity, BioDoph-7 Plus contains prebiotics to ensure food and housing for healthy bacteria and 7 different probiotic strains yielding 20 billion organisms per capsule. Use 2 at bed.

Bio-D-Mulsion Forte supplies vitamin D3 and has multiple mechanisms to reduce inflammation and can reduce CRP by 23%. Vitamin D can help alkalize the system which reduces pain and increases endorphins. It is also vital to maintain tight junctions in the gut. Each drop of Bio-D-Mulsion Forte contains 2,000 IU of vitamin D3. Use 5 drops a day.

Biomega-1000: Omega 3 fatty acids have been shown to be essential for all cell membranes, especially gut membranes, pain modulation, and brain health. Consider one tid.

Bio-Allay contains a proprietary combination of three unique herbal extracts: White Willow, Devil's Claw, and Boswellia which collectively support comfort levels and promote enhanced activities of daily living. Use 2 tid.

Dr. Vasquez has written extensively on the mechanisms to reduce pain. See the links to his work. Our goal as clinicians is to develop a simple program to help patients experience what it's like to live without inflammatory triggers, while providing botanical extracts, essential fatty acids, and key nutrients that inhibit or turn off the genetic expression of pain and inflammation.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.