PAIN CONTROL/AMELIORATION
Nerve Pain or Tingling/ Tissue Pain/ Bone or Joint Pain/General

1. Pre-Disposing Factors and Clinical Indicators: Serum changes will vary depending upon the locus for the pain, however the supplementation indicated below is generally effective in controlling the pain, irrespective of the locus. If the nerve pain/tingling is due to diabetes, the micro-albumin will generally be abnormal, glucose will be elevated and A-1c and/or fructosamine will be increased and the lipid fractionization test will generally be abnormal.

a. Infection.
b. Trauma.
c. Food allergy/sensitivity.
d. Post-operative.
e. Endocrine/hormonal dysfunction (very common with headaches).
f. Arthritis.
g. Herpes zoster (shingles).
h. Joint misalignment requiring manipulation.
i. Lactic acidosis.
j. Dehydration.
k. Over-exertion of poorly toned muscles and/or weak joints.
l. Diabetes resulting in peripheral neuropathy.

2. Dietary Suggestions:

a. Avoid refined carbohydrates, dairy products (except butter), gluten, citrus, hydrogenated fats and oils, caffeine, nightshades and foods where sensitivity is suspect.
b. Increase protein, raw foods and raw oils. If an increase in protein results in gas and/or bloating, rule out hypochlorhydria and biliary dysfunction.
c. Drink at least 8 full glasses of pure water daily (no well water or city water).
d. If the patient is overweight and the renal function is not compromised, insure they do not exceed 60 grams of carbohydrate daily.

3. Primary Supplemental Support in order of need: If present, insure the pre-disposing factors indicated above are addressed (consult the sections of this manual covering those problems). In any case, until the pain is controlled, use the following:

a. **Bio-Allay** – 2 bid increase if needed. Note: Although this is a natural product derived from various herbs, it contains salicylates and should not be used with patients who are allergic to aspirin.
b. **BioMega 1000** – 3 tid.
Note: These supplements should be used in any case where pain is a problem. If other supplements are needed they should be used concurrently with the above.

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With Bone or Joint Pain - Add:

a. **Osteo-B II-** 2-3 tid.
b. **Chondrosamine Plus** or **Chondrosamine-S-** 1-2 tid.
e. **Niacinamide-500-** 2 tid. If the patient develops an upset stomach as a result of this dose, reduce to 500 mg, tid and increase slowly.

With Pain from General Inflammation (Not Fibromyalgia) Add:

a. **KappArest** - 4 capsules twice a day in the morning and at night and **Intenzyme Forte-** 7-8 bid on an empty stomach.
b. **Bio-D Mulsion Forte** - 2-3 drops daily. After 30 days complete a serum 25-OH vitamin D to ensure the vitamin D levels are greater than 50 ng/dL but, less than 100 ng/dL.

With Pain from Nerve Inflammation and/or Destruction Resulting in Peripheral Neuropathy - Support elevated blood sugar as indicated in the section of this manual covering this subject and see the section of this manual covering peripheral neuropathy for further supplementation.

With Pain from Tissue Inflammation or Fibromyalgia - See the section of this manual covering fibromyalgia.