



MONARCH | NATURAL
MEDICINE

The Problems of Chronic Pain
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ACUTE vs CHRONIC PAIN LEVELS & LAYERS OF PAIN

Definitions are still arguable, but...

- Acute
 - Less than 3 weeks in duration
 - Typically, one provider suffices
- Chronic
 - More than 3 weeks in duration
 - Often, more than one provider

Where does pain “live”?

- In the body
- In the emotions
- In the mind (= intellect + will)
- In the spirit

Follow the STEPS: The Therapeutic Order

Suppression, chemo, surgery, palliation

7

Address pathology with pharmaceuticals

6

Address pathology with nutraceuticals

5

Correct structural integrity

4

Address weak/damaged systems

3

Stimulate the inherent self-healing of the body (*Vis*)

2

Remove obstacles to cure; restore/establish determinants of health

1

Teach the patient to keep track of both Subjective and Objective symptoms/signs, script conversation with prescriber as over-medication becomes apparent, reduce/remove meds in reverse order or as dictated by s/sx!

Naturopathic Principles

- 1) First, do no harm
- 2) Stimulate the *vis*!
- 3) Treat the whole person
- 4) Treat the cause
- 5) Educate/model "health"
- 6) Focus on prevention

HEAR the STORY. Note the language chosen to reveal the underlying (unspoken) issues.

- Special intake form for “pain”?
 - NO boxes to check!
 - Write/type out the narrative
- Trauma Timeline
 - Birth story to present in 10-year chunks
 - Anything that altered perceived trajectory
 - Note any strong emotions, where/when
- Medical History overlay
 - AFTER the TT is done, have the patient/client write the Medical History along the timeline
 - Any insights?

WHAT TO *DO* WITH SUCH INFORMATION? **MANAGE OR REVERSE!**

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The PLAYERS LEVELS & LAYERS OF PAIN

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Things to remember not to forget...

Vitamin D and pain

PTSD, ACES, Addiction, Trauma and pain

Breath work for pain (Buteyko, gratitude journaling, slow movement, biking/hiking/swimming, "boxed breathing")

I

I am Pain—most people hate me, think me cruel, call me heartless, study ways to bribe and fool me, try by every means to slay me, dope themselves with anaesthetics, fill themselves with patent nostrums, call the doctor with his poisons, seek the Christian Science healer, beat the tom-tom of the savage, build the altar, burn the incense, seek to sate the wrath of devils, pray to saints, and Gods, and angels; not to cure the ills within them, not to cleanse and purify them, just to calm the pain that hurts them, just to kill the guide that warns them.

II

Pain am I, but when you know me, when you once have learned my secret, how I come to help and bless you, warn you, guide you, teach and lead you; when you know my loving nature, how at first I gently twinge you, lightly twinge you as a warning, hoping thus, by kind reminder, you will bear my voice and listen—sure am I that when you know me, you will gladly then embrace me, call me friend and give me welcome, call me friend and ask my message.

III

This the message I would bring you, this the reason for my visits, this the warning I would give you, this the secret I would teach you: when you learn to live as Nature in her great and boundless mercy, in her tender, loving kindness, in her wisdom and her goodness meant that men should live and labor, when you learn to shun the by-ways leading off to vicious habits, when you learn to keep your body strong and clean and pure and active, give it work in right proportion, give it air, and food, and water, fit to build its every member, fit to nourish every function, when you teach your mind and spirit pure and noble thoughts to harbor, drive out fear, and hate, and malice, cherish love and kindly motive, when you learn these things I've told you, when you know them, when you do them, then I will depart and leave you, then no more will Pain be needed.

IV

This is, then, the truth I bring you, that I hurt you but to warn you, not to harm you but to heal you, that I come to guide and teach you. I am God's most blessed angel, sent to point the way to virtue, sent to teach the noblest manhood, sent to fill the mind with wisdom, sent to rouse the soul to action.

V

Love me, trust me, heed my message; I will bring you peace and bless you!

- Chasing the Scream, by Johann Hari (and his TED Talk, https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong)
- In the Realm of Hungry Ghosts, by Gabor Mate
- Holistic Counseling: Introducing the Vis Dialogue, by Moshe Daniel Block
- www.Drugs.com/pro
- 30 years in health care

I totally get that I may have RAISED more questions than were answered. Let me know what y'all decide!

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