Practical Pain Relief

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Who am I?

I’ve always been interested in helping superheroes
Why Study Pain?

20 years of chronic neck pain and headaches
What is A Functional and Practical Approach to Treating Pain?

We know the **WHAT** of chronic pain

**MY NECK HURTS!**
The “How” of Chronic Pain

Arthritis / DJD

Peripheral Sensitivity

Central Sensitization
But Why?

1. Limited mobility and physical activity
2. Poor diet and nutritional deficiencies
3. Excessive mental and emotional stress
4. Poor sleep and rest
5. Social isolation and loneliness
Addressing Mobility

Assess and correcting structural imbalances affecting the function of:

1. Joints
2. Muscles
3. Tendons
4. Ligaments
5. Bones
6. Posture

That result in poor mobility and pain.
Addressing Rest and Recovery

Hundreds of Scientific Studies Demonstrate that Meditation Can:

1. Improve sleep quality
2. Speed recovery from illness and injury
3. Improve healing and regeneration
4. Improve brain health
5. Improve memory and focus
6. Improve energy
7. REDUCE PAIN
Addressing Isolation

1. Promoting community support
2. Assist networking
3. Community events
4. Promoting group classes and exercise
Addressing Nutrition

Assessing and Addressing Dietary Imbalances and Nutrient Deficiencies

Adequate Nutrition Supports:
1. Healthy tissues
2. Healthy nerves and brain
3. Hormones and other vital functions

Inadequate nutrition Results in:
1. Pain
2. Inflammation
3. Premature aging
The Nitty and The Gritty - Nutrition

Dietary imbalances are the number 1 contributors to

1. Obesity
2. Diabetes
3. Cardiovascular Disease
4. Poor energy and Fatigue
5. Premature Aging
6. Inflammatory Conditions
   a. RA
   b. AS
   c. Lupus
   d. Gout
   e. Fibromyalgia
Common Nutrition Imbalances

Vitamin D - From sunlight (UVB), fish, eggs and milk

1. Function:
   a. A hormone that regulates over 1000 genes in your DNA
   b. Tissue repair and wound healing
   c. Tumor and cancer suppression
   d. Healthy skin, bones, tendons and ligaments

2. Deficiencies:
   a. Delayed injury healing
   b. Sleep issues
   c. Poor energy
   d. Higher risk of bone fractures
Common Nutrition Imbalances

B Vitamins (Folic Acid, B6, B12) - From leafy green veggies, eggs, fish, meat and nuts

1. Functions:
   a. Repair DNA
   b. Health of brain and nerves

2. Deficiencies:
   a. Fatigue
   b. Weakness
   c. Neuropathy
   d. Inflammation
   e. Poor wound healing.
Common Nutrition Imbalances

Magnesium - A mineral found in leafy green vegetables, nuts and seeds

1. Functions:
   a. Energy production
   b. Nerve conduction
   c. Muscles tone
   d. Blood sugar
   e. Immune system

2. Deficiencies:
   a. Low energy
   b. Muscle tension and pain
   c. Neuropathy
   d. Autoimmunity - Inflammation
Insufficient Nutrition

Poor food choices

Poor food quality

Genetics and Epigenetics
Move Your Body - Use it or Lose it!

1. Better mobility
2. Lower risk of falls and injury
3. Better hormone levels
4. Better circulation
5. Less Inflammation
6. Better sleep quality
7. Less pain overall
Sleep Loss “The sleeping killer”

1. Low energy
2. Muscle tension
3. Poor wound repair
4. 4 x risk of cancer
5. Poor memory
6. 50% increase risk for obesity and diabetes.
   a. Increases cravings for sugar and junk foods.
Isolation and Loneliness

1. Increases rumination and worry
2. Decreases emotional resilience
3. Increases likelihood of drug and alcohol abuse
4. Increases inflammation and pain in the body
   a. NF-κB pathway
The Chronic Pain Formula

Poor Diet + Sedentary Lifestyle + Poor Sleep + Isolation = PAIN
Healthy Diet + Mobility + Community + Good Sleep = FEELING BETTER
Ok then...what am I supposed to do about it?

General Sleep Recommendations to Reduce Pain:

1. 30 - 60 minutes of exercise every day
2. 30 minutes of sunlight every day (45 minutes on cloudy days)
3. Go to bed at the same time each night
4. Avoid stressful activities, conversations, and experiences before bed
5. Relaxation Meditation
   a. Reduce stressful thoughts, worry and rumination
6. Avoid Blue Light for 2 hours before bed:
   a. Televisions, tablets, smartphones, computers, halogen / fluorescent light
Ok then...what am I supposed to do about it?

General Nutrition Recommendations to Reduce Pain:

1. Eat ample leafy green vegetables
2. Eat ample eggs, nuts, seeds, coconut and olive oil
3. Eat ample fish: salmon, trout, sardines, anchovies, herring
4. Eat a moderate amount of poultry and meat
5. Reduce Sugar and Sweets
6. Reduce Alcohol
7. Take a high quality multivitamin and Omega-3 (check with doctor)
8. Drink 2-3 liters (quarts) of water per day
Ok then...what am I supposed to do about it?

General Mobility Recommendations

1. Stretch your body every day
2. Walk outdoors 30-60 minutes per day
   a. Don’t worry about distance or pace
3. Walking alternatives:
   a. Yoga
   b. Swimming and aquatics
   c. Cycling and elliptical machine
4. Specific rehabilitation exercises
Enhancing Our Social Experiences

Audience Brainstorm
Even a Toothache is Distracting!

Chronic pain conditions are overwhelming!

They distract us from:

1. Health
2. Relationships
3. Recreation
4. Living fully
A Powerful Effort is Necessary to Overcome Health Challenges

- Believe you are capable of feeling better
- Be willing to try something new
- Exhaust all options for improving your health
- Start an intentional, healthful process and practice consistently
- Identify your resources
- Connect with others that have similar goals and support one another
Thank you!

Visit

www.practicalpainrelief.org

To start your online pain reduction program