



## HOW TO REGENERATE NERVE TISSUE WITH NUTRIENTS

The most common misunderstanding or lack of knowledge among persons with IPS is that they must have a tissue regeneration component in their treatment program if they are to achieve much in the way of relief and recovery. Most persons with IPS are so focused on (it's a natural response) taking symptomatic pain relievers that they don't realize that inflammation in the central nervous system (CNS-brain and spinal cord) is active and continuously damaging and destroying tissue. This is the major reason why persons with IPS get progressively worse and also why one may wake up and find that their symptomatic pain medications such as opioids, ketamine, and gabapentin quit working like they used to work.

### KEY TO RELIEF AND RECOVERY

Constant pain means you have inflammation in the CNS that is progressively damaging and destroying tissue. You must counter this sad fact by regrowing damaged tissue and strengthening other tissues so that your inflammation in the CNS can't easily destroy more tissue. There are four ways to promote tissue regeneration inside the CNS:

1. specific nutrients
2. specific hormones
3. electromagnetic energy
4. oxygen

All persons with IPS should pursue all four of these. This chronicle focuses on some specific nutrients we recommend.

### SPECIFIC NUTRIENTS IDENTIFIED FOR IPS

1. Vitamin B-12 Take 500 to 1,000 mg. a day. Dissolve tablet in your mouth. You can and should also take it with an injection of Toradol®, Medrol®, dexamethasone, estrogen, or testosterone.
2. Vitamin C Take 1,000 to 2,000 mg orally a day. Intravenous therapy and injections help many IPS patients.
3. Magnesium L-Threonate Use the L-Threonate as it gets the magnesium across the blood brain barrier and into the CNS. Magnesium suppresses inflammation, relieves pain, and promotes neurogenesis. Follow directions on the label.
4. Taurine Most needed amino acid in CNS. Acts as a neurotransmitter. Not Only promotes neurogenesis, but acts as a pain reliever and clears out "mental fog." Dosage is 2,000 to 4,000 mg a day.

#### References:

1. Buesing S. Et al. Vitamin B12 as a Treatment for Pain. *Pain Physician*. 2019; 22:E45-E52.
2. Li L, Et al. Ascorbic Acid Facilitates Neural Regeneration After Sciatic Nerve Crush Injury. *Front Cell Neurosci*. 2019;13:108.
3. Pan HC, Et al. Magnesium supplement promotes sciatic nerve regeneration and down-regulates inflammatory response. *Magnes Res*. 2011;24(2):54-70.

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