



THE INTRACTABLE PAIN SYNDROME NUTRITIONAL PROGRAM

Part 1 of 5-Part Series

There are diets for diabetes, weight-loss, gastrointestinal disorders, bladder disease, high cholesterol, and gluten free among others. Diet names include Paleo, Keto, Anti-inflammatory, and Atkins, to name a few. Once someone develops the Intractable Pain Syndrome with cardiovascular, endocrine, and auto-immune complications, a diet and nutritional program must be specific for this disorder.

BASIS OF THE IPS NUTRITIONAL PROGRAM - CATABOLISM

Persons who have IPS develop what is known as a “catabolic state.” The term means that the cellular matrix of the body is slowly degenerating, rather than in its normal state which is one of constant cellular regeneration or “anabolic state.”

In IPS, cells and tissues inside and outside of the brain and spinal cord (CNS) progressively degenerate because of IPS’s combined effects of inflammation, hormonal deficiencies, and auto-immune attacks on tissues. If one has a genetic connective tissue/collagen disorder (EDS or other) cellular catabolism or deterioration is grossly multiplied.

WHY THE CATABOLIC STATE MUST BE CONTROLLED

Cellular deterioration in IPS initially attacks small nerve fibers and the small cells in the CNS and the skin, but later other tissues may be involved. Muscle mass deteriorates and is replaced by fatty tissue, so weight gain occurs. In late stages severe muscle loss may occur, giving the patient the appearance of starvation and emaciation. Weakness and fatigue set in. Memory, reading ability, and logical thinking decline. Medications, including opioids, may not be maximally effective. Persons with IPS must daily attempt to control catabolism.

BASIC NUTRITIONAL PROGRAM

The basic nutritional program for IPS has two parts of which will be detailed in parts 2 thru 4 of this series of chronicles.

1. ANABOLIC DIET Daily protein, low sugar and starch and green vegetables

2. ANABOLIC NUTRITIONAL SUPPLEMENTS
 - a. Vitamins C and B12
 - b. Collagen-Protein
 - c. Amino Acid: Carnitine
 - d. Minerals: Magnesium, Boron, Selenium

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