

## INTRACTABLE PAIN SYNDROME (IPS) HAS 2 KINDS OF PAIN

A major reason that persons with IPS experience such misery is that when pain is the constant (24/7) variety, it has two parts: ascending and descending. Both types need to be treated for relief. This is a recent discovery about pain due to new scientific research.

### THE DIFFERENCES IN TYPE OF PAIN

**ASCENDING PAIN;** Pain electricity travels from the disease or injury site **UP** the nervous system to the brain. Example: Knee to brain.

**The critical point is that usual pain treatment only treats ASCENDING pain, not DESCENDING pain.**

**DESCENDING PAIN;** Pain electricity travels from an inflammatory site in the brain **DOWN** the nervous system into muscles, skin, tendons, joints, fatty tissues, and the large and small (peripheral) nerves.

How do you know if you have descending pain? You have muscle aches all over which are usually labeled as fibromyalgia. You hurt everywhere and experience episodes of overheating, sweating, and cold hands and feet, often at the same time! Small nerve endings in the skin “burn out” due to all the descending electricity and a skin biopsy will probably show “small fiber neuropathy.”

### WHAT DOESN'T HELP MUCH

Opioids, antidepressants, anti-inflammatories, and muscle relaxants do not usually do much for descending pain. Each person with IPS **MUST** adopt a few simple but specific medical, physical, and dietary measures to attain some relief and recovery from both kinds of pain. This will help you become less dependent on just opioids and other potent drugs for pain relief and just might can improve your pain levels in the long run!



Our next IPS “Chronicle” will give you some ideas on “How to Combat Descending Pain.” Stay Tuned!

Start by water soaking each day to pull out electricity.



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