



**ARE YOU IN A CATABOLIC OR ANABOLIC STATE?**

**Part 2 of 5-part series of The IPS Nutritional Program**

A normal person is in an anabolic (“upward-growth”) state which means your cells are in a constant state of “repair and replacement.” If you are in a catabolic state (“downward-growth”) your cells are not repairing or replacing themselves. Unless effectively controlled, intractable pain syndrome (IPS) will throw the body into a catabolic state due to hormone and nutritional deficiencies, inflammation, and autoimmunity.

To determine if a catabolic state has developed every IPS patient should regularly monitor, through self-evaluation, any changes in symptoms as described here.

MAJOR SYMPTOMS

- √ Fatigue
- √ Lack Energy
- √ Lack Motivation
- √ Depression

EFFECTS ON PAIN

- √ Pain Increases
- √ Flares More Common
- √ Medication Less Effective
- √ Weakness

LABORATORY TESTS INDICATED:

- √ Elevated Inflammation Markers  
ESR, CRP

- √ Low Hormone Levels  
DHEA, Pregnenolone, Testosterone

- √ Elevated Blood Glucose and Cholesterol

EFFECT ON WEIGHT

- Early Phase of Catabolism- Gain Weight
- Late Phase of Catabolism- Lose Weight



**The Nutritional Program for IPS is  
Specifically Designed to Prevent  
Catabolism and Control Pain**

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*Intractable Pain Syndrome Research & Education Project of the Tennant Foundation  
4931 W. Central, Wichita, KS, 67212 Phone: 626-919-7476 Fax: 316-260-4077*

*E-mail: [tennantfoundation92@gmail.com](mailto:tennantfoundation92@gmail.com)*

*[www.arachnoiditishope.com](http://www.arachnoiditishope.com)*

*[www.intractablepainsyndrome.com](http://www.intractablepainsyndrome.com)*

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