

AUTOIMMUNITY IN CHRONIC PAIN CONDITIONS

Part Three of Three Parts

PART THREE: CONTROL AND SUPPRESSION

THE VICIOUS CYCLE OF INFLAMMATION AND AUTOIMMUNITY

A disease or injury that produces chronic pain, will cause tissue inflammation and degeneration. Tissue particles enter the blood stream and produce autoantibodies that attack one's own tissues and produce more inflammation, pain, and tissue destruction. Treatment and control must be focused on breaking this cycle. To date, treatments of chronic pain induced autoimmunity is just beginning to be recognized as an unmet need, and a subject of research.

CONTROL AND SUPPRESSION RECOMMENDATIONS

At this time there is no specific, published treatment for chronic-pain-induced-autoimmunity. Based on our early investigations we recommend the following:

CONTROL AND SUPPRESSION OF AUTOIMMUNITY

1. Daily: Vitamin C- 2000-4000 mg.
Vitamin B12- 1000-1500 mcg.
Multivitamin-mineral tab/cap
(Obtain our "Nutritional Program" for additional recommendations)
2. Replenish deficient key hormones
Ideally a blood test for cortisol, pregnenolone, DHEA, and testosterone should be done
-replace any that are low.
3. Anti-Autoimmune Agents- Non-prescription-Use one or more.
(Curaphen®) Curcumin/ Boswellia Combination, or other Curcumin combinations Colostum
(Mirica®) Luteolin/Palmitoylethanolamide (PEA) Combination Deer Antler Velvet
Andrographis or Andrographis combinations
Licorice root/Ashwagandha
4. Low-Dose Corticosteroid Options:
 - a. Hydrocortisone 5-10 mg. daily.
 - b. Methylprednisolone 4mg. 2 to 3 times a week.
 - c. Dexamethasone 0.5mg. 2 to 3 times a week.
 - d. Prednisone 5 mg. 2 to 3 times a week.
 - e. Adrenaplex® or Adrenal Cortex® (non-prescription) Use daily as instructed on label.
5. Low-dose Naltrexone (LDN)
.5 to 4.5 mg. twice per day (NOTE: Should not be used if one takes a daily opioid).

Special Invitation

We now believe that control and suppression of autoimmunity is essential to bring relief and recovery to the person with IPS. We invite all parties to send us any ideas or experiences that you believe should be shared.

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