

TIPS TO REDUCE DESCENDING PAIN

Persons with IPS must **DAILY** do some medical and physical measures to reduce descending pain. Descending pain is electricity that is generated in the brain and goes out into muscles, nerves, fatty tissues, tendons, skin, and joints.

WHY DAILY MEASURES? – You must maintain your dopamine-noradrenaline neurotransmitter systems daily, or you will have increased pain, misery, and believe that more drugs like opioids are the answer for helping your pain. Descending pain can make you feel frightened, helpless, and even give you the “feeling of impending doom.”

WHAT CAUSES DESCENDING PAIN? – Understand this fully. Severe pain from any number of diseases and injuries can send so much electricity into the brain and spinal cord that areas of inflammation develop and destroy and/or damage the dopamine-noradrenaline neurotransmitter systems that control descending pain.

TIPS TO CONTROL DESCENDING PAIN

1. DOPAMINE NORADRENALINE PRECURSORS Continually restore your natural levels of dopamine and noradrenaline with the amino acid precursors that make these transmitters: phenylalanine or tyrosine. Take 1000 to 2000 mg phenylalanine or tyrosine in the morning on an empty stomach. You can them together or can take one alone on alternate days. Take at least 5 days per week. Take B-6 along with them for maximal effect.

2. DOPAMINE NORADRENALINE SUBSTITUTES (SURROGATES) Take a Rx dopamine-noradrenaline substitute (surrogate) in the morning as directed by your physician- amphetamine salts (Adderall®), phentermine, phendimetrazine, methylphenidate, dextroamphetamine, modafinil, or for self-help: mucuna pruriens (non-prescription).

OPTIONAL: Take a descending pain blocker technically called an alpha 2 receptor agonist: clonidine or tizanidine. These drugs may lose power and can become toxic. They are not as effective as actual dopamine noradrenaline surrogates.

3. PULL OUT EXCESS DESCENDING ELECTRICITY BY:

- Water soaking: tub, long shower, jacuzzi
- Foot soaking with Epsom salts or anti-toxin herbs.
- Wear copper and/or magnet jewelry or wraps.
- Walk barefoot on carpet, grass, or sand.
- Pet a furry object – pet or other (your choice!).

Ref: Becker RO, Selden G. *The body electric*. William Morrow, New York 1985.

Published as a public service by the
Intractable Pain Syndrome Research & Education Project of the Tennant Foundation
336-338 S. Glendora Ave., West Covina, CA 91790-3043 phone: 626-919-7476 Fax: 626-919-7497
E-mail: veractinc@msn.com www.arachnoiditishope.com www.intractablepainsyndrome.com