

Relieving Pain *Eliminating Pain without Narcotics and Surgery*

Recently a patient came to my office with migraine headaches, nausea and photo phobia (hyper-sensitivity to light). I gave the patient a gentle chiropractic adjustment with a hand held instrument. Following the adjustment her neck muscles began to relax, but the migraine persisted. I then gave a series of procaine/homeopathic injections under the skin of her neck, scalp, and into a couple of acupuncture points. The nausea left and the pain began to diminish. I had the patient lie down and inhale oxygen, giving the medication some time to work. Within a few minutes the pain was completely gone.

This patient will likely require a few more sessions to permanently resolve her migraines, but the fact that such a simple and safe treatment can correct a long standing, chronic pain problem is remarkable.

Another young woman came to me with severe abdominal pain due to her menstrual cycle. Her cramps were so severe, she was literally unable to stand and had to lie down. I gave her six small homeopathic injections just under her skin of the abdomen. Because she also had severe lower back pain, I gave her injections along both sides of her lower spine. ***Within 15 minutes, both her abdominal and back pain were completely gone.***

Pain is the biggest health problem in America today. Chances are that you are experiencing some type of pain right now... pain that is affecting your back, neck, head, face, joints or muscles. Hopefully you're one of the lucky ones and have no pain yourself, but you probably still know someone who does.

Pain affects us all at one time or another, and for many it is constant and debilitating. Pain interferes with sleep, relationships with others, our work and our play. It beats us down and wears us out. In the USA pain medications are some of the most commonly purchased drugs. The problem is, medications do nothing to fix the pain. They only block it (more or less) until the medication wears off.

Traditional medicine relies mostly on narcotic and other pain medications to control pain. For emergency or occasional use this works well enough, but pain medications and especially narcotics are dangerous and sometimes addictive... plus they affect other body systems and mental functions - just read the fine print.

The more powerful pain medications can have very damaging side effects. For example, Dextropropoxyphene, which is commonly used in such pain products as Darvocet, was recently blocked by the FDA because it causes dangerous and even fatal heart rhythm problems. Prescriptive pain medications are not only potentially harmful, but they are ineffective in eliminating pain; they only serve to dull the pain, leading to continuing dependence.

Fortunately there are some extremely effective new pain therapies that go far beyond pain control and actually get rid of the pain - permanently.

What We Do to Eliminate Pain

Several wonderful pain treatments have evolved within the last century - treatments that are effective in eliminating both acute and chronic pain. These methods include **Biopuncture**, **Neural Therapy**, **Mesotherapy** and **Neural-Prolotherapy**. American doctors are not generally aware of these methods, as they were primarily developed in Western Europe.

Neural Therapy, developed in Germany in 1925 by two medical physicians, involves the injection of procaine, a natural anesthetic. Later, the French adopted this treatment method, adding other medications to the procaine and renaming the treatment **Mesotherapy**. Dr. Jan Kershott, MD, of Belgium developed **Biopuncture**, similar to Neural Therapy, but using mostly injections of homeopathic medications. Most recently, Dr. John Lyftogt (pronounced "lift off"), MD from New Zealand, developed **Neural-Prolotherapy**. This method treats pain with a solution of 5% Dextrose.

All of these therapies are effective in treating arthritis, Achilles tendon injury, tennis elbow, painful knees, shoulders, neck, hips, ankles, muscle and ligament injuries, migraine, back pain, headaches, TMJ pain, face pain, neuropathy, neuralgia and neuritis. Results are consistent and two year follow up studies have shown continuing success rates between 80-100%, depending on the specific pain problem.

In 1974 one of New Zealand's most promising young runners, Moira Moran, injured her knees. The doctors operated, removing a significant amount of tendon and ligament tissue. The surgery did not alleviate the pain and Moira was not able to continue her athletic career or even engage in other athletic activity. **Thirty years later** Moira was treated with Neural-Prolotherapy by Dr. John Lyftogt. She is now not only pain free, but is able to run and also ski. Her recovery is remarkable when you consider that not only did she suffer from chronic pain, but also had surgical "damage" and scarring in her knees. Simple injections of dextrose completely resolved her pain and allowed her body to heal to the point that she can once again engage in sports.

If you, a family member or an acquaintance, suffer from either acute or chronic pain, you owe it to yourself to try these treatments. You have nothing to lose and so much to gain. They are safe and they can correct the cause of your pain, no matter how long you have had it, because they actually heal the irritated nerves and restore normal function. These therapies work. They are not painful. They are extremely safe and affordable.

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