

ANTECEDENTS

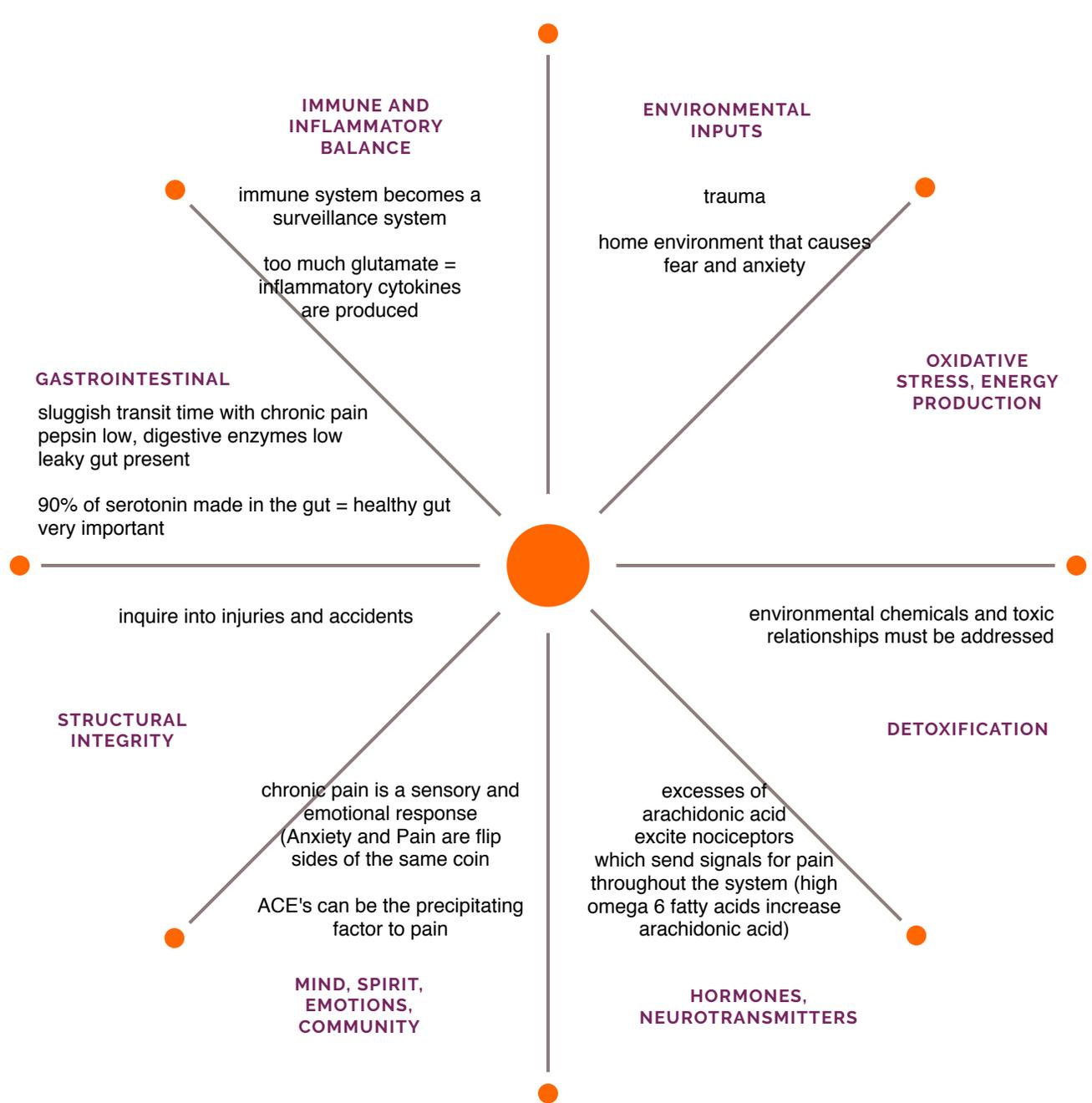
Chronic pain is a disease in and of itself
 Over 4,000 different genes that can turn chronic pain on
 #1 = diet

TRIGGERING EVENTS

Childhood trauma
 Live in a household with someone who suffers from depression, anxiety, addiction, etc.
 Nervous system responds to two things most = Fear & Love (both become Triggers and Mediators)

MEDIATORS

- Low protein diet
 - high omega 6:omega 3
 + Magnesium and sodium/potassium balance is very important in the transmission of signals in the nervous system
 + increased omega 3
 + natural GABA production



SLEEP/RELAXATION

Sleep & Relaxation will help to calm the nervous system and reduce pain

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

Hydration is very important and can help with pain

STRESS/RESILIENCE

If one can change their perspective of pain, their response to pain can change
 WILLINGNESS - need to be willing to look at all aspects of life; acceptance begins to happen

RELATIONSHIPS/NETWORKS

Positive thoughts and perspective can/will have a dramatic shift and change