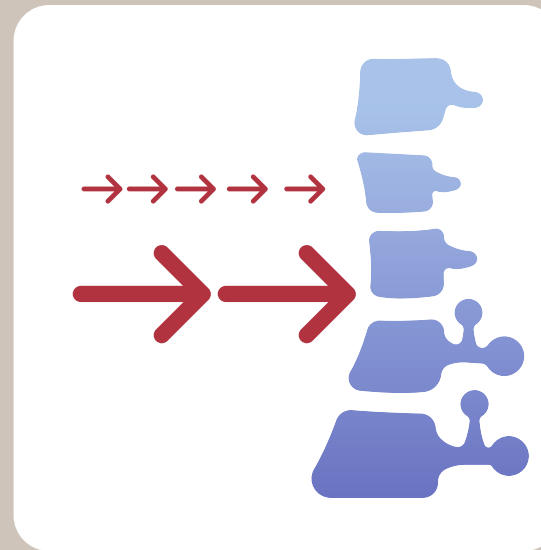


The Pain Pathway

1



2



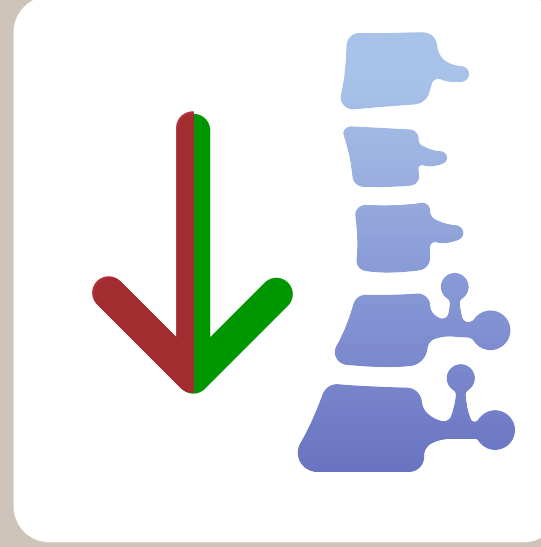
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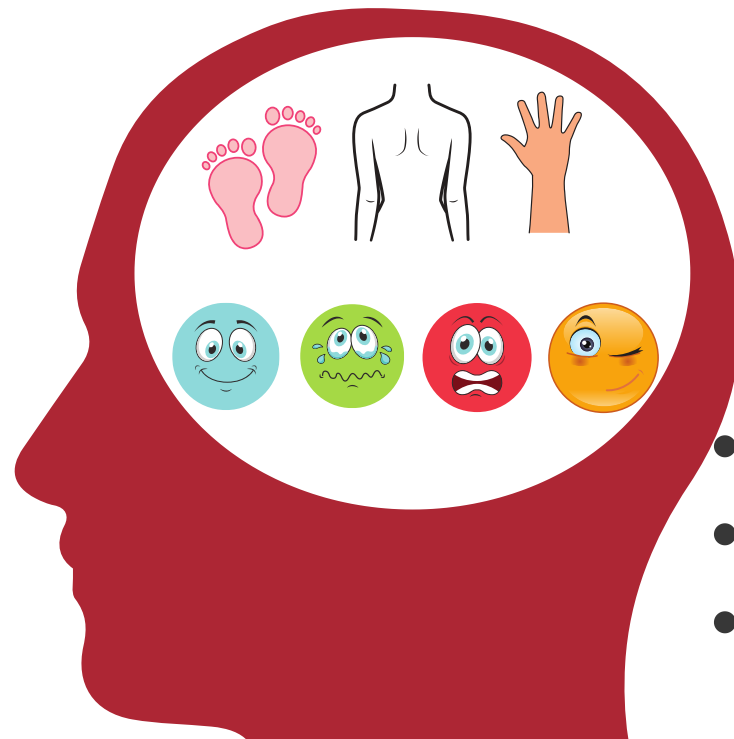
4



5

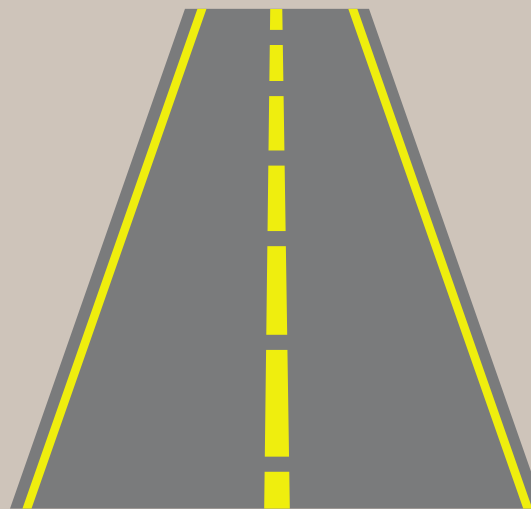
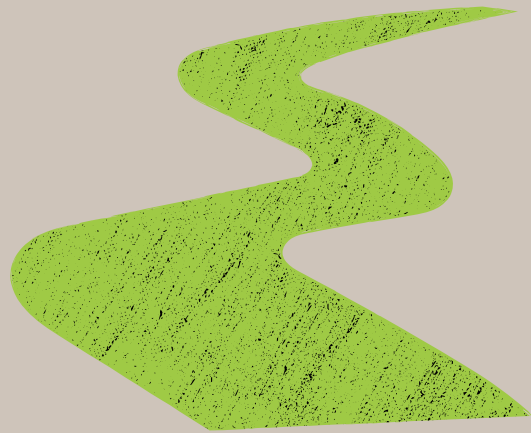


The Pain Pathway

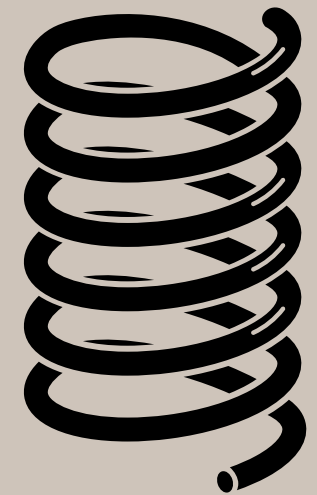


- NO specific pain center in the brain
- The brain processes the information and assesses:
 - What body part is affected
 - Whether the event is dangerous or not
 - Past experiences
 - Emotional state
 - Context in which it occurred
- Not all injuries cause pain
- Not all pain is due to injuries
- Stress and emotions activate the same brain centers as when there is a physical injury.
- **Physical and emotional stress can cause pain!**
- **Past emotional trauma can cause pain!**

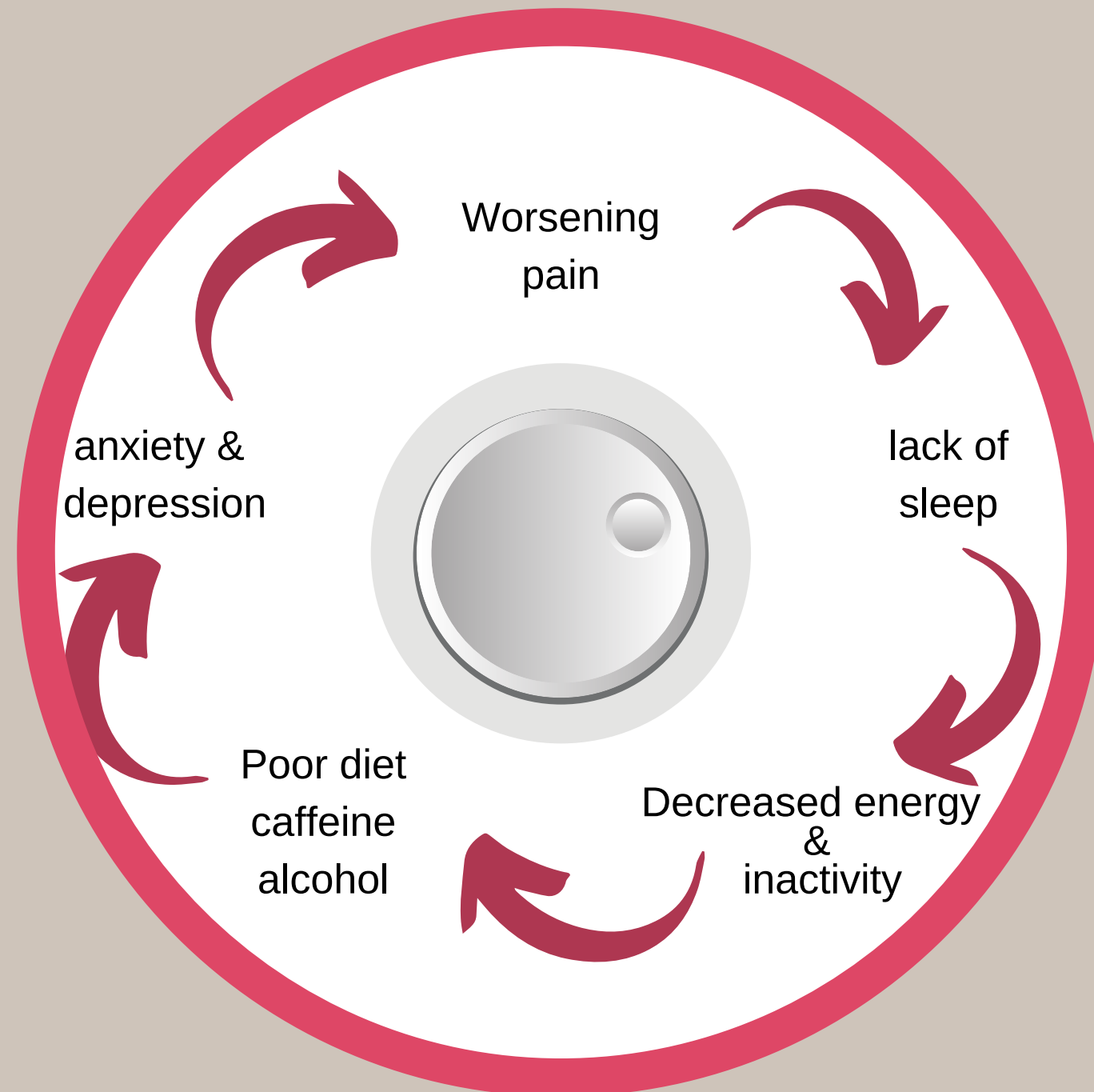
How Pain Becomes Chronic



- **Hyperesthesia**- Abnormal increase in **sensitivity** to pain
- **Allodynia**- Pain due to a stimulus that *doesn't* normally cause pain. (Sunburn, inflammation, trauma)
- **Hyperalgesia**- Chronic increased pain response produced by a stimulus that normally *does* provoke pain.
 - **Primary**: A decreased pain threshold in an *injured* tissue.
 - **Secondary**: A decreased pain threshold in *surrounding* tissues.
- **Peripheral Sensitization**: Hypersensitivity of the nerves in the tissues from increased synaptic efficiency due to repeated firing and inflammatory mediators. (Complex regional pain)
- **Central Sensitization**- The nervous system goes through a process called wind-up and gets regulated in a persistent state of high reactivity. (Fibromyalgia)



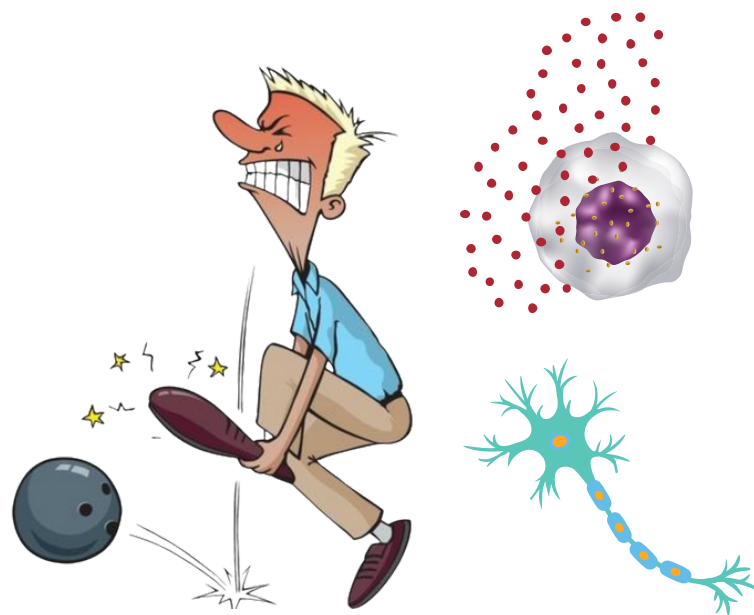
How Pain Becomes Chronic



- Using pain relievers too often for your headaches or migraines can actually cause a boomerang effect called a rebound headache!
- Chronic opioid therapy can contribute to the wind-up process and significantly increase the chances of developing pain sensitization disorders.

Unwinding Chronic Pain

1



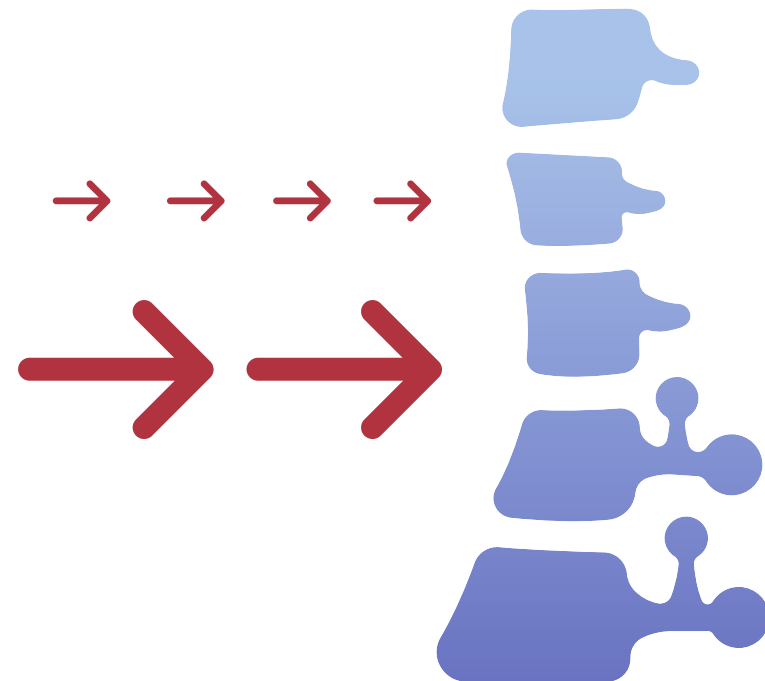
- Repairing damage
- Addressing Inflammation
 - Anti-inflammatory medications
 - Rx / OTC / Topical
- Physical therapy

- Anti-inflammatory diet
 - Turmeric, Essential Fatty Acids (Omega-3), Antioxidants, D
- Strengthening/Staying active
- Heat (increase circulation) / Ice (decrease circulation/numb)
- Compression
- Arnica

- Medicate-Ed & Bio-Touch Dove Mountain:
 - CBD/CBDA
 - Bio-Touch Healing

Unwinding Chronic Pain

2



- Repairing damage

- Counterirritants / Anesthetics / Capsaicin
- Essential oils:
 - Lavender / Bergamot / Peppermint
- Massage / Brushing
- TENS
- Healthy diet: B-complex / Minerals / **Mg**

- Medicate-Ed & Bio-Touch Dove Mountain:
 - CBD/CBDA/THC
 - Bio-Touch Healing

Unwinding Chronic Pain

3



- Repairing damage
- Opioids
- Acetaminophen
- Chiropractic / Osteopathic manipulations

- Counterirritants / Anesthetics / Capsaicin
- Essential oils: Lavender / Bergamot
- Raise your endorphins
 - Exercise / Yoga / Massage / Positive social interactions
- TENS
- **Mg**

- Medicate-Ed & Bio-Touch Dove Mountain:
 - CBD/CBDA/THC/THCA/CBG
 - Bio-Touch Healing

Unwinding Chronic Pain

4



- Repairing damage
 - Cognitive behavioral therapy / Others
 - Resolve depression, Anxiety and Trauma
- Medications:
 - Opioids
 - Anxiolytics
 - Antidepressants
 - Sleep aids

- Medicate-Ed & Bio-Touch Dove Mountain:
 - CBD/CBDA/THC/THCA/CBG
 - Bio-Touch Healing

Unwinding Chronic Pain

4

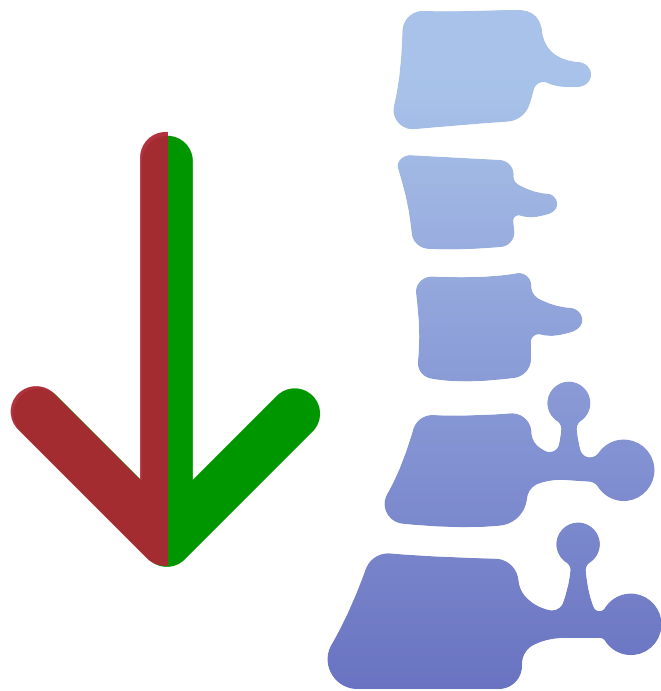


- Meditation/mindfulness
- Supplements:
 - Magnesium
 - L-Theanine
 - Lavender / Bergamot
 - Chamomile
 - Melatonin
- Raise your endorphins
 - Exercise / Yoga / Massage
 - Positive social interactions
- Healthy gut

- Medicate-Ed & Bio-Touch Dove Mountain:
 - CBD/CBDA/THC/THCA/CBG
 - Bio-Touch Healing

Unwinding Chronic Pain

5



- Opioids
- Acetaminophen
- Antidepressants
- Gabapentin

- Raise your endorphins
 - Exercise / Yoga / Massage / Positive social interactions

- Medicate-Ed & Bio-Touch Dove Mountain:
 - CBD/CBDA/THC/THCA/CBG
 - Bio-Touch Healing