



# Banyan Wellness Center

## Pain Management

### Natural Approaches to Pain Relief

by Dr. Carla Briante, NMD

Acute and chronic pain are the most common reasons for primary care visits in the U.S. Pain affects millions of Americans and not only causes considerable discomfort but impacts daily living, work productivity, our mood and our relationships. Many doctors are quick to prescribe pharmaceutical drugs or refer for surgery. And while there is a time and place for pharmaceutical interventions, pain medications are not curative and simply mask our symptoms. Many sufferers of chronic pain are overmedicated. The long term impacts of pain medication use are not only harmful to our organs but have led to a nation-wide endemic of addiction. Often people have a difficult time discontinuing or weaning off medication because we aren't able to break the pain cycle by simply masking our symptoms.

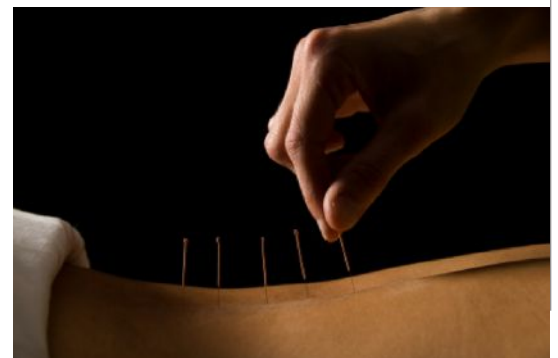


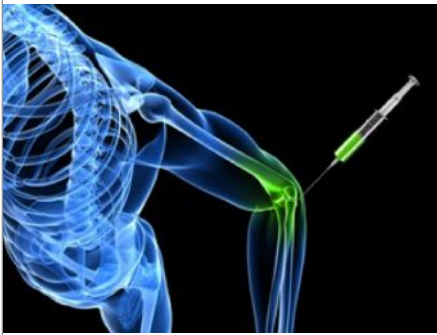
Naturopathic approaches to pain management can offer patients an alternative approach to treat the underlying causes of their pain with non-pharmacologic options and less invasive procedures. Natural approaches to pain management include addressing vitamin and nutrient deficiencies in our diet, consuming anti-inflammatory foods and opting for natural anti-inflammatories such as fish oil or curcumin. At West Valley Naturopathic Center we are also pleased to offer additional options to manage pain including botanical tinctures formulated for pain, acupuncture, cupping, and regenerative injection therapies.

Low back pain, knee pain and shoulder pain are some of the most common pain conditions we see in the office. These can be caused by injury, repetitive movements, and degenerative conditions like arthritis. So how can naturopathic treatments help these conditions? My approach to pain management combines general naturopathic principles - diet, strengthening, stretching and simple treatments you can do at home - massage, Epsom salt baths, castor oil packs with in office procedures such as acupuncture, cupping, and regenerative injection therapies.

#### Acupuncture and Cupping:

Acupuncture has been around for over 2,500 years and is a method to promote the body's natural healing ability and improve function. It is a safe and effective treatment for painful conditions including acute and chronic muscle pain, joint pain and injury, fibromyalgia, headaches, migraines, and neuropathic pain. I often combine acupuncture with cupping, another Chinese modality primarily used to relieve muscle pain and stiffness and to improve circulation.





## Monthly Supplement

For the next 30 days we will be offering 15% off of one our most popular supplements to help you with arthritic pain, arthroben. Arthroben is a collagen product, collagen is the foundation that makes up our bones, ligaments, tendons, hair and skin. This product has been very helpful for mild to moderate arthritic joint pain.

## Upcoming Events

Dr. Briante will giving a complementary pain management talk on Wednesday August 23 at 6:30pm. She will be performing a live acupuncture and cupping demonstration and discussing opiod and surgical alternatives to pain management. Seating is limited and so w ask to RSVP, you do NOT need to be a painter to attend, so bring a friend

## Pain Management Consult

Dr. Briante is now accepting new patients. To book an appointment for acupuncture or initial pain management consult please call West Valley Naturopathic Center.

Regenerative injection therapies are another option for more severe causes of pain, advanced injuries or for those who may not respond to acupuncture. These include trigger point injections, neural prolotherapy, prolotherapy and platelet rich plasma (PRP) injections. These therapies work under the principle of the body's ability to heal itself by stimulating our body's natural response to heal and repair injured or inflamed tissues. By repairing, building and strengthening our tissues we then begin to treat the underlying causes of pain while improving functioning and mobility.

### Prolotherapy Injections:

Prolotherapy is a treatment for many musculoskeletal conditions. It can improve pain, stiffness, joint function, spine function as well as strengthen and tighten ligaments. This injection uses an irritant solution typically containing a local anesthetic, dextrose (sugar water) and Vitamin B12. This solution is injected into a joint space, ligament or tendon with the intention of creating an inflammatory cascade - your body's natural reaction to injury. Through this process we then stimulate a new healing phase. Cells that are naturally involved in the body's healing response are recruited to the area to begin to heal and repair damaged tissues.

Prolotherapy is an excellent treatment for low back pain due to arthritis, bulging disks and weak ligaments. It can help build stability in the spine and provide relief for localized or sciatic pain. Prolotherapy has also successfully healed knee and shoulder injuries including meniscus tears, ligament tears, rotator cuff tears, arthritis and frozen shoulder.

### Platelet Rich Plasma Injections (PRP):

When the body is injured - say a ligament tear or sprain, platelets in your blood containing growth factors are recruited to the area to heal and repair. PRP is a source of platelet derived growth factors from your own blood. PRP is collected through a simple blood draw and processed through centrifuge to separate and extract your platelets. Through this process we are able to concentrate platelets 5-10 times greater or "richer" than what is typically found in whole blood. The highly concentrated PRP is then injected directly into the area of concern - ligament, joint or tendon to release growth factors that act on stem cells to stimulate tissue repair, cellular growth and collagen production. Similar to prolotherapy, PRP is an excellent treatment for ligament repair as well as, strengthening and tightening of ligaments. By using your own blood we are enhancing the body's ability to heal itself with minimal risk of infection or allergic reaction.

For more information on pain management and regenerative injection therapies offered at West Valley Naturopathic Center. Please visit our website at [www.wvncaz.com](http://www.wvncaz.com).