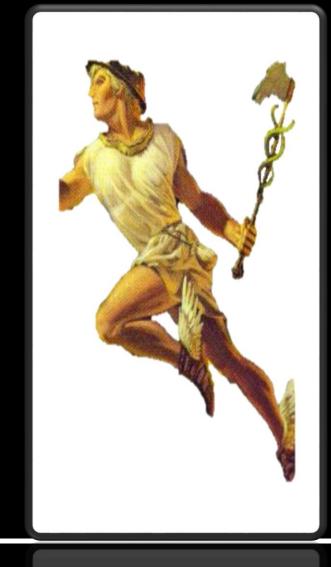
# CHRONIC PAIN:

Shoot the messenger and stay unhealed OR heed the messenger and overcome accumulated injuries & chronic disease



Max Stanley Chartrand, Ph.D. (Behavioral Medicine)

DigiCare® Behavioral Research ©2014



The Messenger kindly requests that he please not be shot



"We want you to stop reporting on a need-to-know basis, Childers, and start reporting on a want-to-hear basis."

### Two Types of Messengers in Chronic Pain

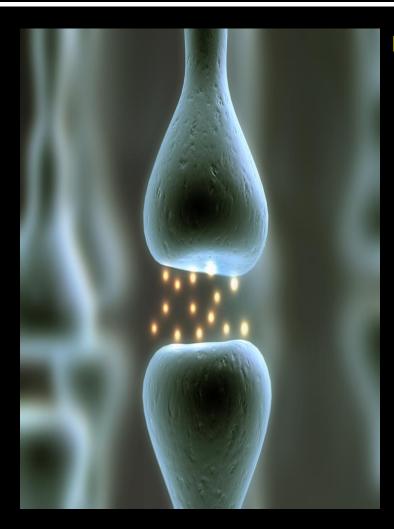
- Nociceptive Pain- Arises from damage to bones and tissues of the body, sometimes in fast spreading cancer. Described as sharp, aching, throbbing, disabling.
- Neuropathic Pain- Arises from damage to the nerves of the body and the neurons in the spine. Most often is caused by stenosis and compression fractures, heavy metal accumulations, prescription medications in the long-term, severe nutritional deficiencies, lifestyle substances and toxins, unresolved subclinical infections. Described as burning, numbness, tingling, and evidenced by gradual loss of function.

## **Common Complaints**

- Numbness, pain, burning, tingling
- Difficulty walking, unsteady gait, loss of balance
- Muscle weakness, muscle cramps, paralysis
- Hearing loss, tinnitus, blurred vision, blindness
- Loss of sense of taste/smell/satiation/thirst
- Loss of dexterity, tactile sensation
- Fungus on toes, CO2 accumulations in feet
- Idiopathic digestive disorders
- Sleeplessness, autonomic loss, myoclonal jerking
- Loss (or elevation) of blood pressure, tachycardia
- Memory loss, depression, cognitive dysfunction



# **Neuropathic Pain Defined**



"Neuropathic pain is the body's messenger that alerts the mitochondria that something needs repair. It manifests as tingling, burning, numbness, shooting pains, tremors, seizures, loss of coordination, anxiety, etc. In American medicine, we 'shoot the messenger', and prevent the mitochrondria from repairing affected nerves & tissue so that neuropathy to be resolved."

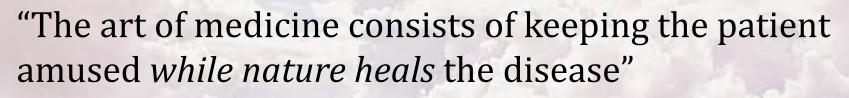
## Main Underlying Causes/Contributors

- Diabetes Mellitus II (acidosis)
- Stenosis, nerve compressions
- Organic nutrition deficiencies
- Medications and other drugs
- "Failed Back Surgery Syndrome"
- Heavy metals, food additives, toxins
- Vaccine adjuvants that challenge immunology
- Infectious disease, subclinical infection



# Demographic Trends Affecting General Health Since the 1970s

- Advent and increase of microwaved & processed food
- Loss of calcium ions in dairy products, irradiated vegetables/fruits/grains; de-germinated grains.
- Gradual loss of natural chelates in food re heavy metal accumulations common
- 5x increase: caffeine, GMO high fructose corn syrup (HFCS)
- Increase re additives, artificial sweeteners
- Over-abundance of synthetic nutrients
- Dramatic Increase in polypharmacy in early 2000s



--Francois-Marie Voltaire (1694-1778)

"The doctor of the future will give no medicine, but will interest his or her patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease."

--Thomas A. Edison (1847-1931)

### **Current Treatment Review**

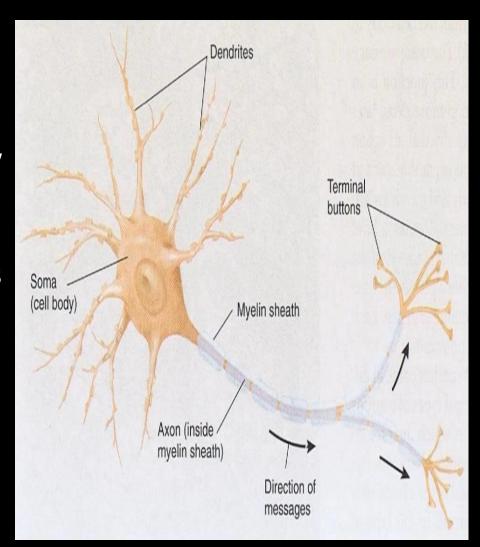
- Clinical Tests (many of these can contribute to cancer cell growth)
   >90%+ Idiopathic, Costly \$30,000-\$70,000 is common
- Opioid Medication (destroys liver, immune system, autonomic system)
   Oxycodone, Percocet, Morphine, Vicodin, Tylenol 3, Tramadol\*
- Steroids (destroys immunology, softens bone, damages DNA)
  Cortisone, Prednisone, Methylprednisolone
- Anticonvulsive/Antidepressant/Antipsychotic
   Gabapentin, Paxil, Cymbalta, Lyrica, Zyprexa, Amitril, Clonazepam
- Non-Steroidal Anti-Inflammatories (NSAIs)
   Ibuprofin, Aleve (Naproxyn), Meloxicam, Celebrex (Aspirin/Tylenol)

### From Meta Studies on Pain:

Between 50% to 80% of surgeries carried out primarily to relieve complaints of pain leave patients debilitated for life (US)

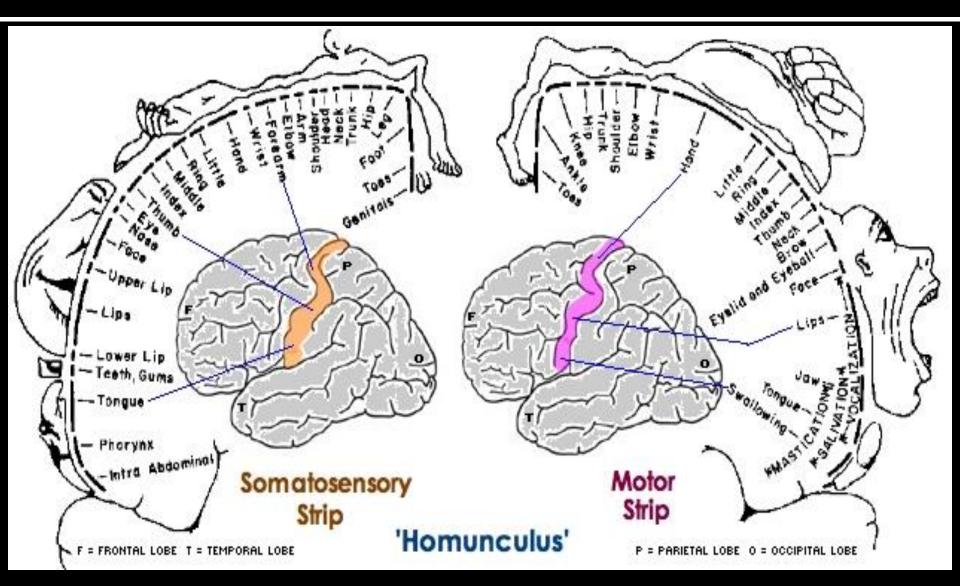
### **Neuropathic Overlay: Loss of Myelin**

- •The Myelin Sheath is the nerve's "electrical insulation"
- •Excessive blood sugar & insulin levels, as well as disease, heavy metals, injury, etc. destroy myelin
- When myelin wears off, nerves
   "short-circuit", bringing
   dysfunction, pain, numbness,
   burning, loss of motor control
- B12 Methyl w/ Folic Acid can regrow myelin over a 60-90 day period, but only if cellular pH 7.45, Oxygen 98-100%, injuries healed, infections resolved, etc.

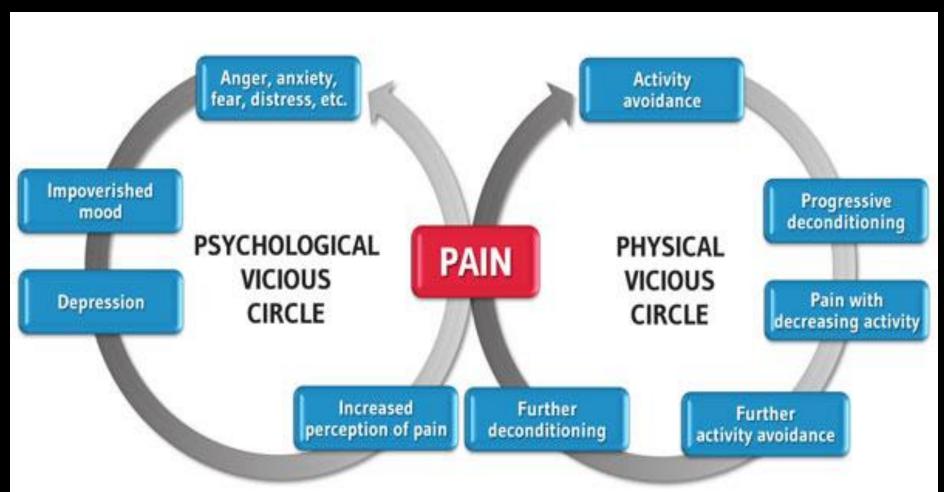




# Introducing the "Little Man in the Brain" aka Homunculus



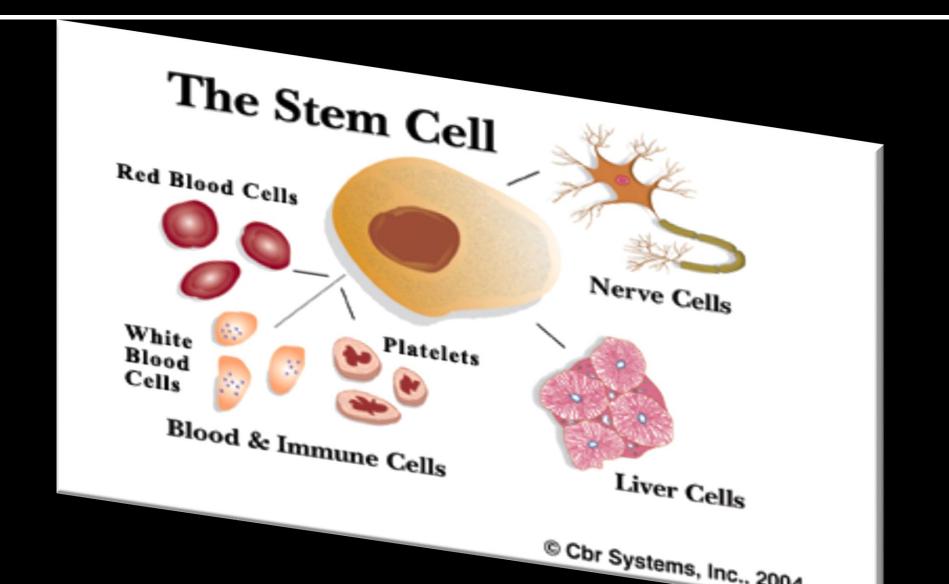
# Key: Interrupting the Cycle of Pain without Shooting the Messenger



Autonomic Pain Cycle, Dysautonomia & Reflex Sympathetic Dystrophy (RSD)

Primary		
Familial dysautonomia (Riley–Day syndrome)		
Idiopathic orthostatic hypotension (progressive autonomic failure)		
Multiple system atrophy with autonomic failure (Shy–Drager syndrome)		
Parkinson's syndrome with autonomic failure		
Secondary		
Amyloidosis		
Autoimmune neuropathies		
Guillain–Barré syndrome		
Myasthenia gravis		
Rheumatoid arthritis		
Carcinomatous autonomic neuropathy		
Central nervous system diseases		
Hypothalamic lesions		
Posterior fossa tumors		
Syringomyelia		
Tertiary syphilis—tabes dorsalis		
Wernicke's syndrome		
Diabetes mellitus		
Metabolic diseases		
Fabry's disease		
Pernicious anemia		

# Key to Healing under Optimal Conditions: Stimulation of ATP & Adult Stem Cells

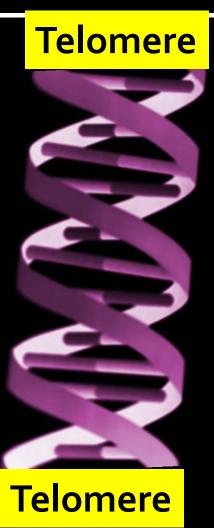


#### The Key Players in the ongoing drama titled...

### "Setting Back the Clock"\*

- Mitochondria: The "doctor" in every cell-burns
   >90% of the energy from the food you eat
- RNA: DNA translator for Dr. Mitochondria
- DNA Blueprint: Genetic map of a perfect you!
- **Telomeres:** The "shoelace ends of the DNA"
- ADP/ATP: The crew that carries out repair
- Stem Cells: Building blocks for regeneration

\*Current Research: Strengthening telomeres can add as much as 10-15 years to one's lifespan

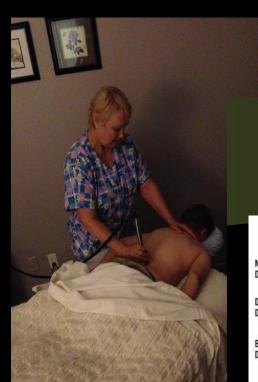


## An Optimal Wellness Program will...

- Ban microwaving even for warming food
- Differentiate between dead (inert or processed)
   & live (organic) nutrients
- Feature gentle core therapies that stimulate the Mitochrondia to produce high levels of ATP
- Be Biomarker-oriented to the seven underlying causes of all chronic disease (not symptomatic oriented)
- Will recognize and discern Mind/body-Body/Mind factors in an individual's program (open systems approach)

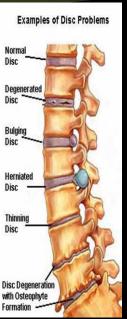
#### Truly Effective

# Introducing Deep Cold Laser



#### **Deep Cold Laser Works Only If:**

#### **Correction of Disc Problems**



- Normal Disc
- Degenerated Disc
- Bulging Disc
- Herniated Disc
- Thinning Disc
- Osteophyte (Spurs)

- Oxygen to the site of lesion
- Removal of CO<sub>2</sub>, Toxins
- In a body whose cellular pH is 7.45, O<sub>2</sub> <98%</li>
- Building blocks for repair of cartilage, bone, soft tissues, vascularization
- Resolution of subclinical infections
- Resolution of unhealed injuries, stenosis, compression fractures





Neuropathy of the legs and feet nearly always begins with damage to the sacrum, which injures nerve fibers that power immunology in the lower half of the body. Before & after views.

Before & After 20 treatments at SIRCLE®. Pervasive Peripheral Neuropathy due to vehicle accident, causing severe spinal stenosis, multiple neuropathic and cardiovascular problems, loss of nearly 2" height.



# Before/After Regeneration of Knee Cartilage\*



# Before & After: Infected Motorcycle Injury—Two weeks time lapse





# Passive Negative Ion Generation & "Dust/Pollen Busters" in every treatment room



### Before/After SIRCLE® @3&6 months\*

Structural/Spinal Bio Marker (Adults)	@ 3 months	@ 6 months
Overall Height Gain Spinal Decompression  Mean (Average)  Range (of height gain)	.5" .25"75"	1.25" .5" – 7.0"
Neck Range of Motion Target (R to L @ 5-10° Mean (Average) Range (excepting Ankylosing Spondylitis cases)	20° 5° – 25°	10° 10° - 20°
Lower Thoracic Kyphosis Reduction (to reach Normal 5°) Mean (Average) Range (of improvement)	4° 2° – 8°	8° 4° – 24°
Lumbar Correction (Target: 0° alignment w/ neck & small of leg)  Mean (Average)  Range (of improvement)	1.75" 0.75 – 3.25"	2.50" 1.25 – 6.50"
Range of ankle R/L (Target: vertical movement of 20°+) Mean (Average) Range (of improvement in °)	12° 05° – 15°	15° 05° – 20°

\*Note: From random sample of 115 out of approx. 2250 files

# Gateway to your journey: Video Otoscopy Biomarker Assessment\*

Assess health history relative to:

- Bone & joint integrity
- Cartilage integrity: hyaline, soft white, fibrocartilage
- Cardiovascular status:
   micro & macro systems
- Epithelial, Neurological health
- Hydration & cellular pH

\*Research-based approach in health assessment developed over more than 30 years by Dr. Chartrand & Associates Video Otoscopy Biomarker Assessment



**SIRCLE®** 



## SIRCLE® Occupational Therapy\*

- Developed in New Zealand by Glenys Anne Chartrand, OTR, the trade-marked SIRCLE® method involves patient directed therapy that heals.
- Features Psychiatric & Functional Occupational Therapy Counseling
- Specializes in Human Development for all ages



\*Stress Induced or Related Conditions Lifestyle Education



# Targeted Nutritional & Organic Support for Therapeutic Success!

- Clinically tested nutritional supplementation:
- Medical grade, noncommercial organic (live) nutrients
- Patented delivery system for enteric/on-site organic wellness support
- Serve as the building block components of the SIRCLE® Program



### AlkaViva Water Ionizer (In-Stock Items)

- Superior ionization of drinking water
- Raises pH to 9.0-11.0; removes Acid water at pH 4.0-6.0
- ODual filtration to remove chemicals, heavy metals, bacteria from tap water



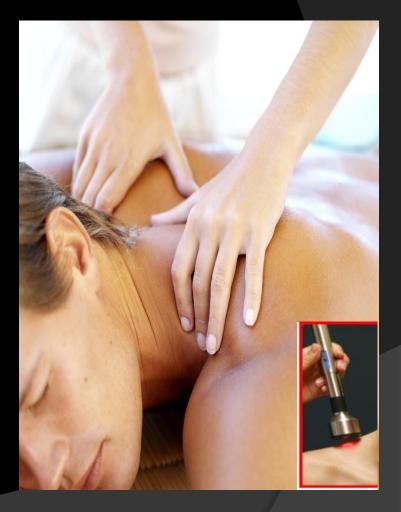
# AromaTouch® Therapy Raises $O_2$ levels to 100% along the Spine to Prepare for Deep Cold Laser Healing



https://www.youtube.com/watch?feature=player\_embedded&v=FbMQY4q8vEc

## Medical Massage Therapy

- The main therapies involve release of edema, ridding body of CO<sub>2</sub>, re-establishing immunology, muscle tone, and neurology.
- O In preparation for cold laser therapy, it makes a powerful healing treatment for a wide variety of chronic conditions.



# **SOQI WELLNESS LABS**





# An invitation to set an appointment for a FREE biomarker assessment for you and your family today!

Video Otoscopy Biomarker Assessment



