

# PAIN

# PAIN



**3 EASY STEPS TO  
REDUCE YOUR PAIN!**

# WORKSHOP

God created your  
body to be self  
healing and self  
regulating

***YOU NEED A POLY THERAPY***

***APPROACH***

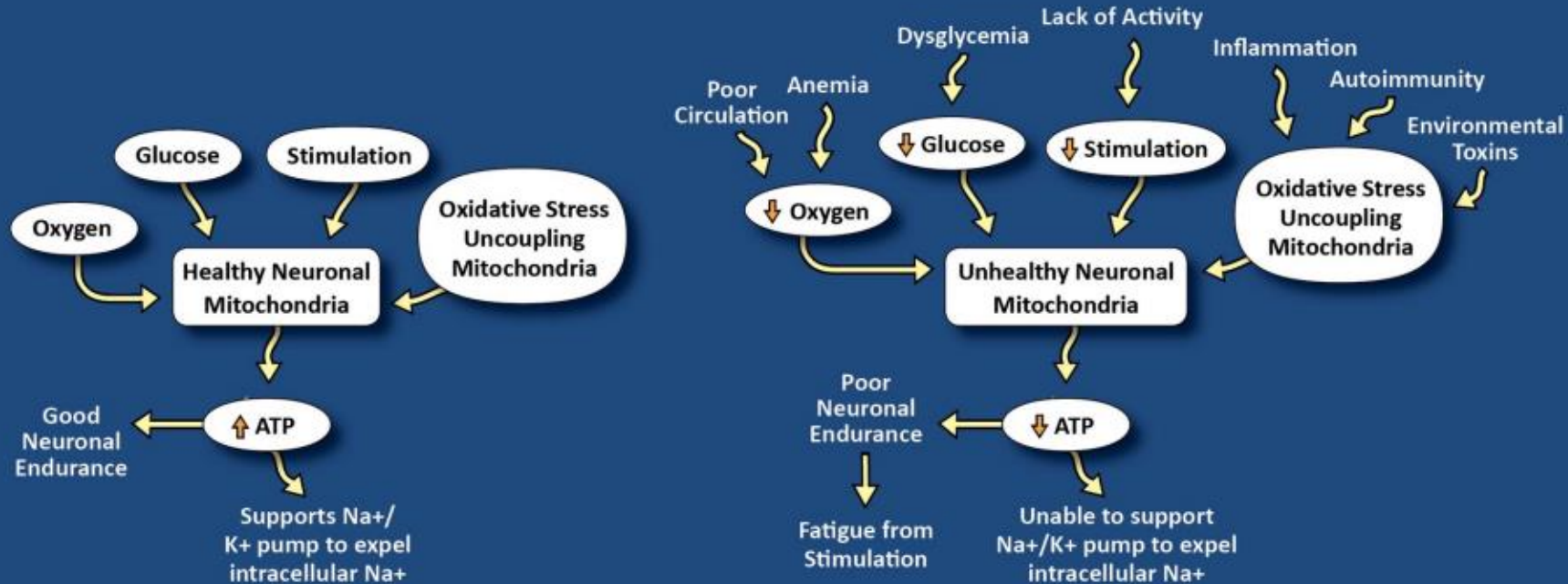


*"I was deaf 17 years and I expected to always remain so, for I had doctored a great deal without any benefit. I had long ago made up my mind to not take any more ear treatments, for it did me no good. Last January Dr. Palmer told me that my deafness came from an injury in my spine. This was new to me; but it is a fact that my back was injured at the time I went deaf. Dr. Palmer treated me on the spine; in two treatments I could hear quite well. That was eight months ago. My hearing remains good."*

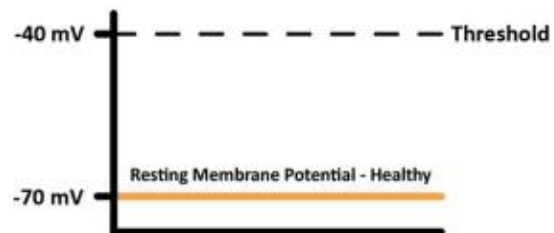
*- HARVEY LILLARD, 320 W.*

*Eleventh St., Davenport, Iowa*

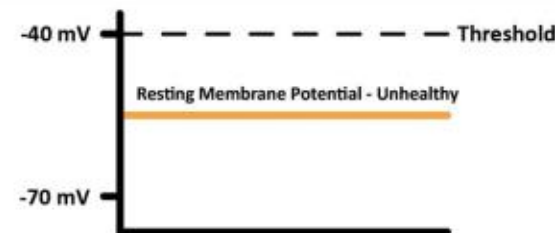
# HEALTHY AND UNHEALTHY RESTING MEMBRANE POTENTIALS



Healthy Neuronal Resting Membrane Potential

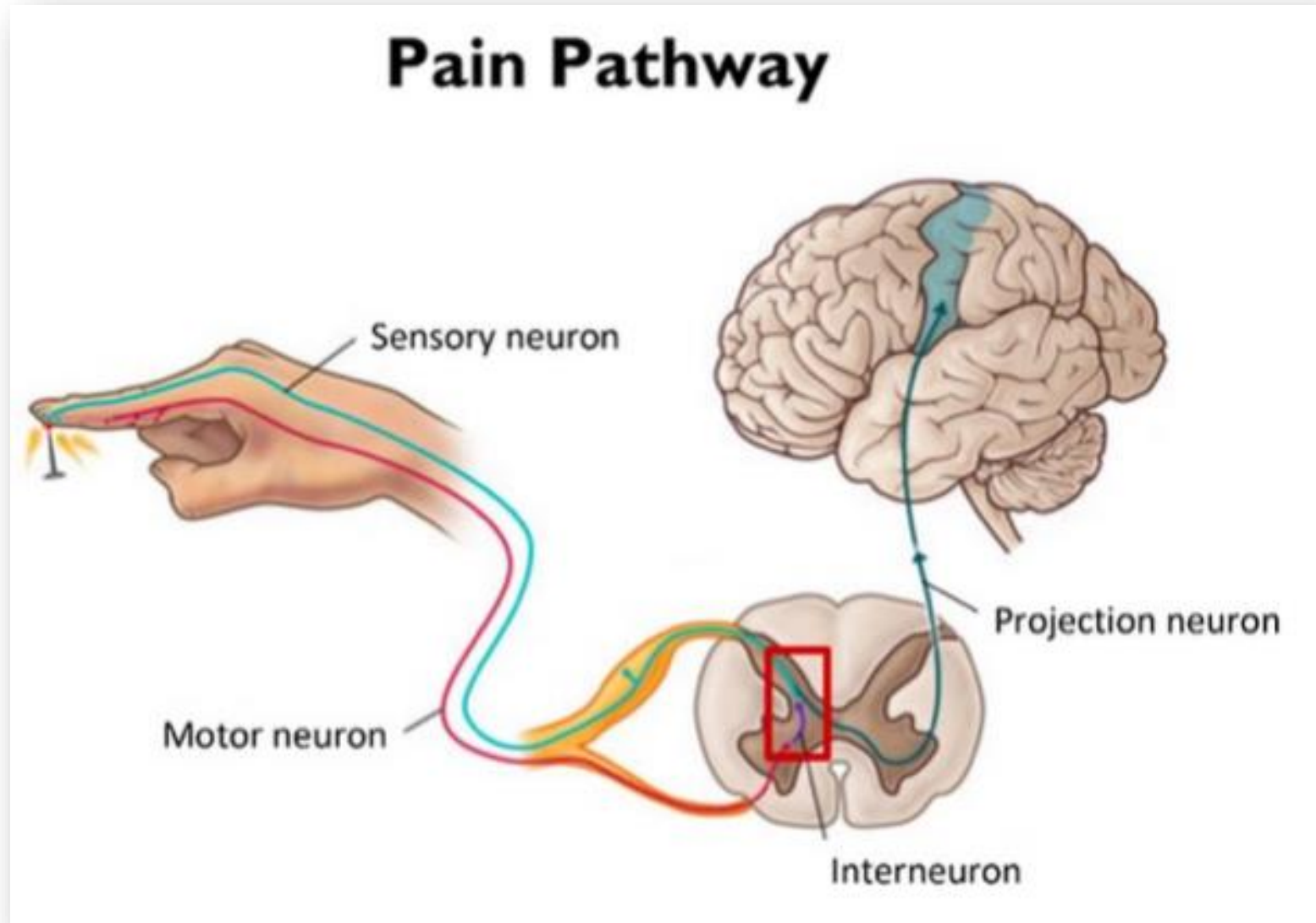


Unhealthy Neuronal Resting Membrane Potential



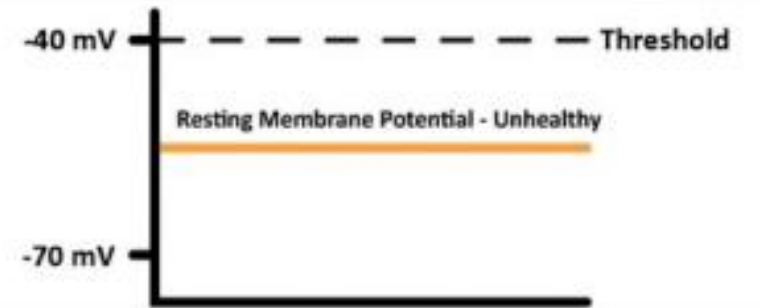


# What is pain?



# Pain Pathway

Unhealthy Neuronal Resting Membrane Potential

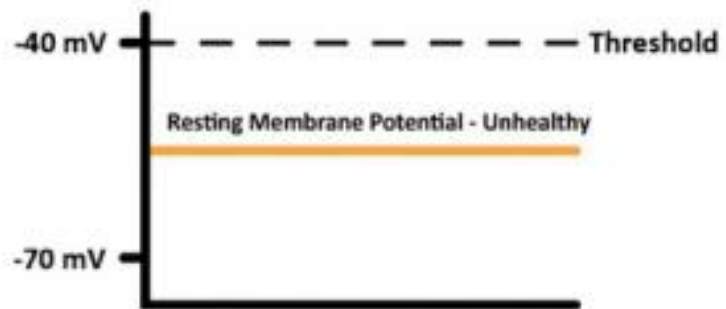


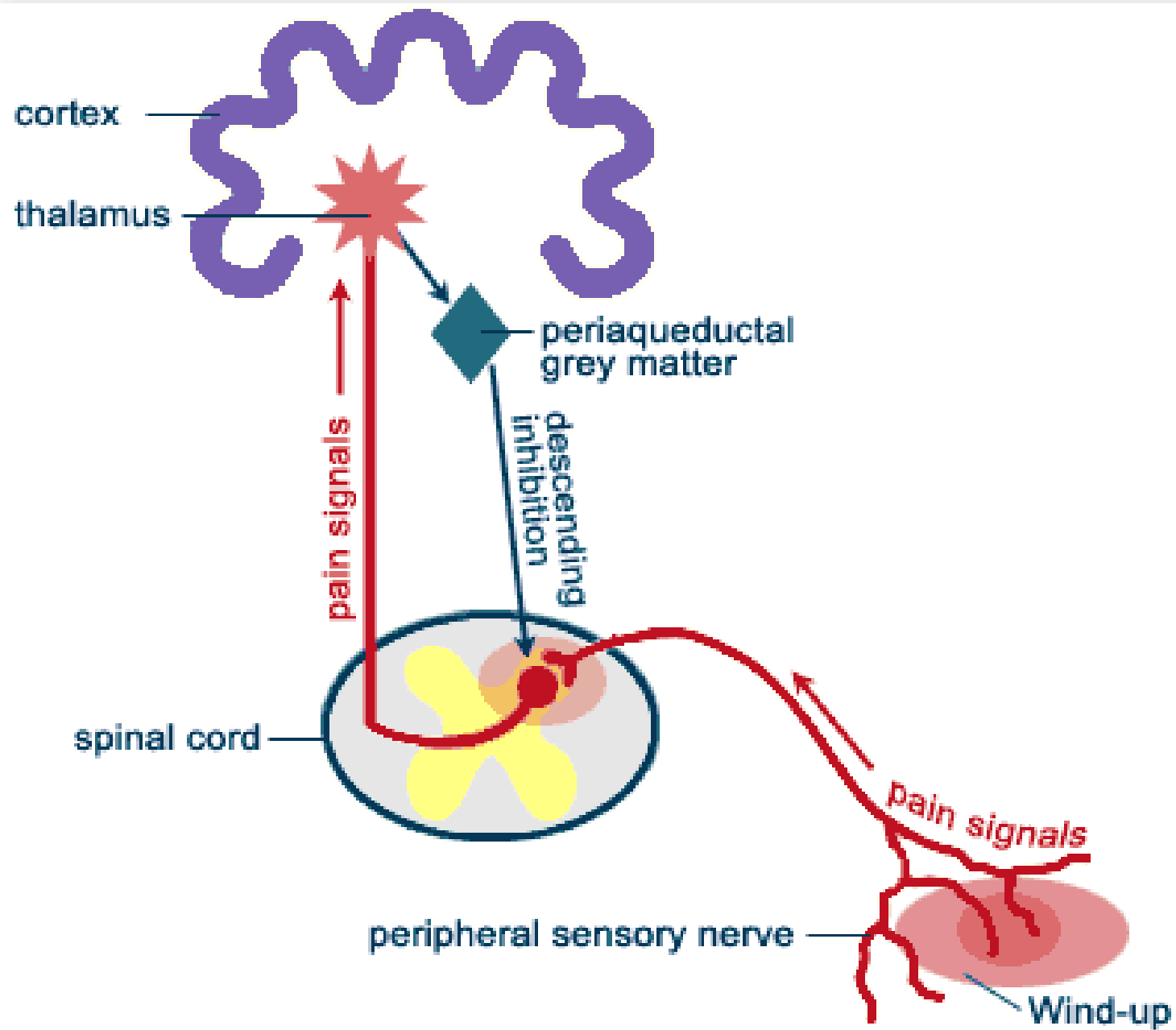
Sensory neuron

Projection neuron

Interneuron

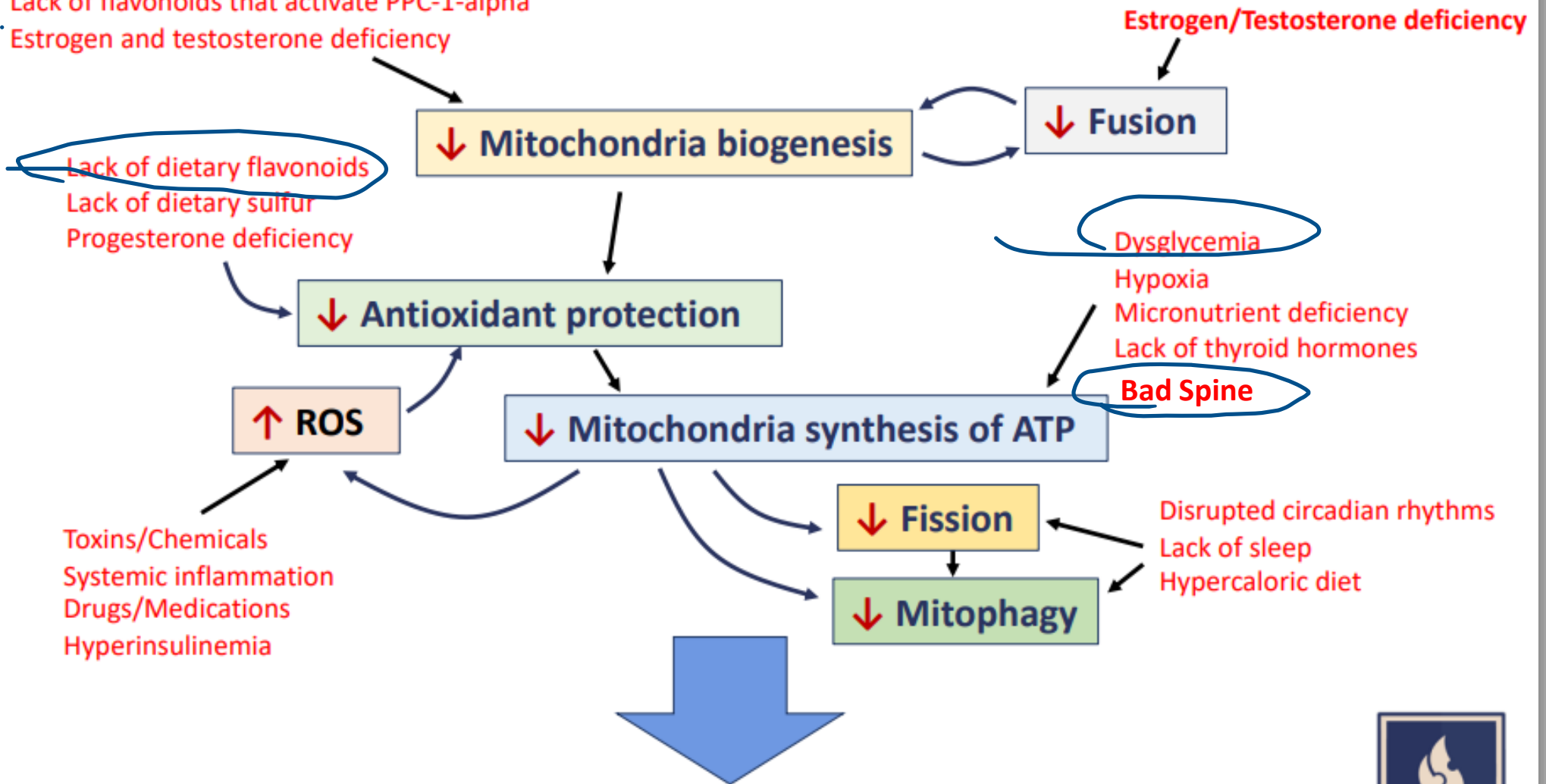
Unhealthy Neuronal Resting Membrane Potential





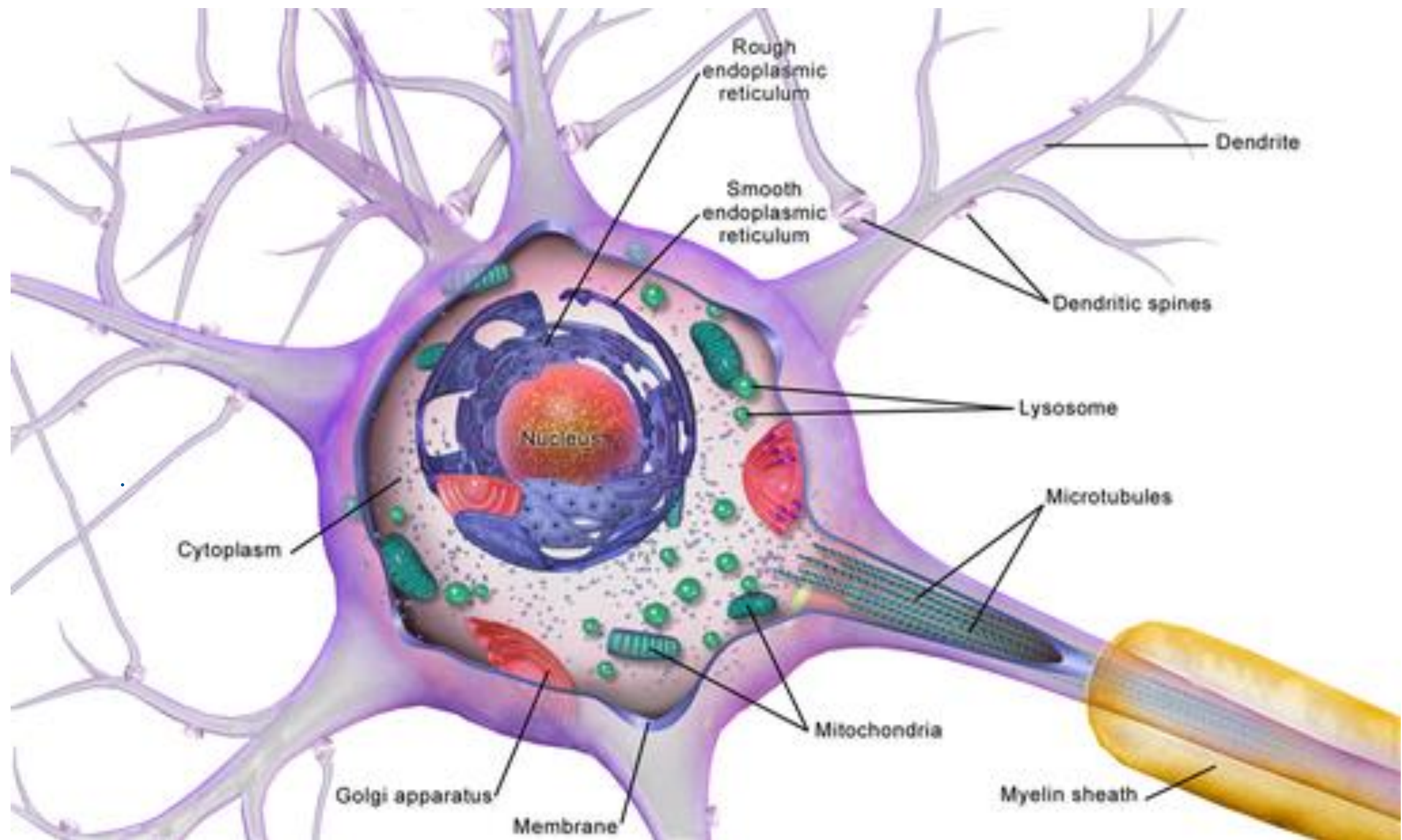


Lack of cognitive stimulation  
Lack of exercise  
Hypercaloric diet  
Lack of flavonoids that activate PPC-1-alpha  
Estrogen and testosterone deficiency



***Fatigue and disease promotion***

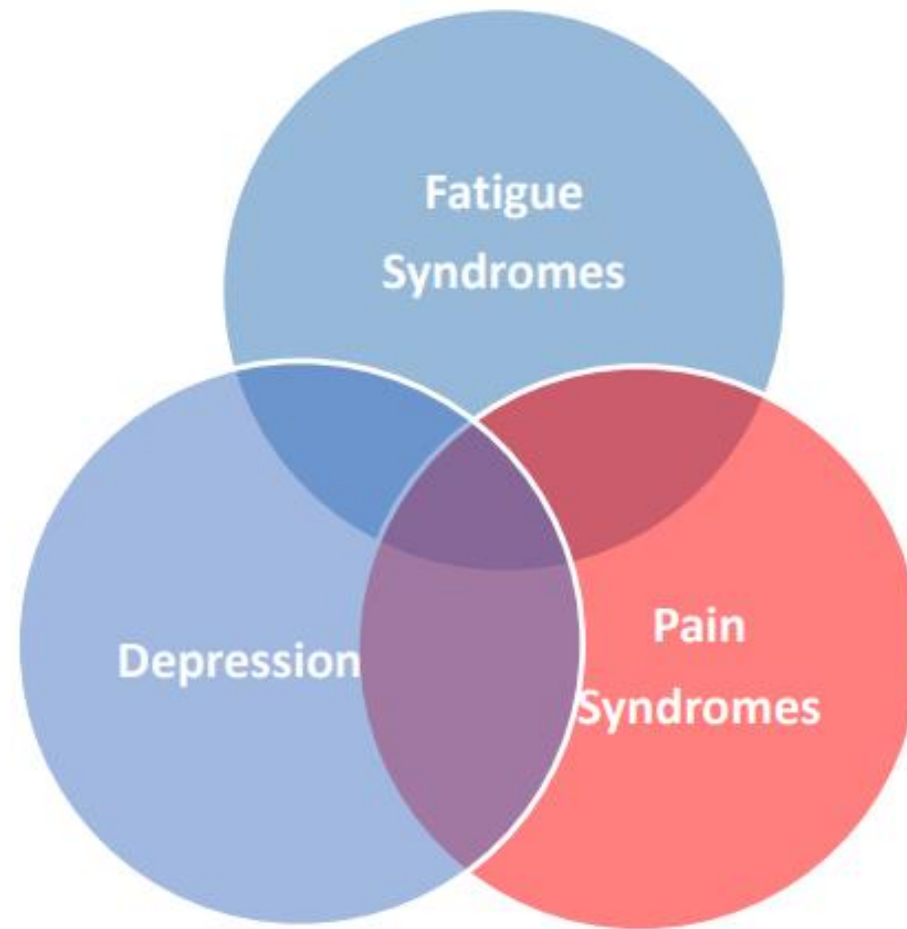




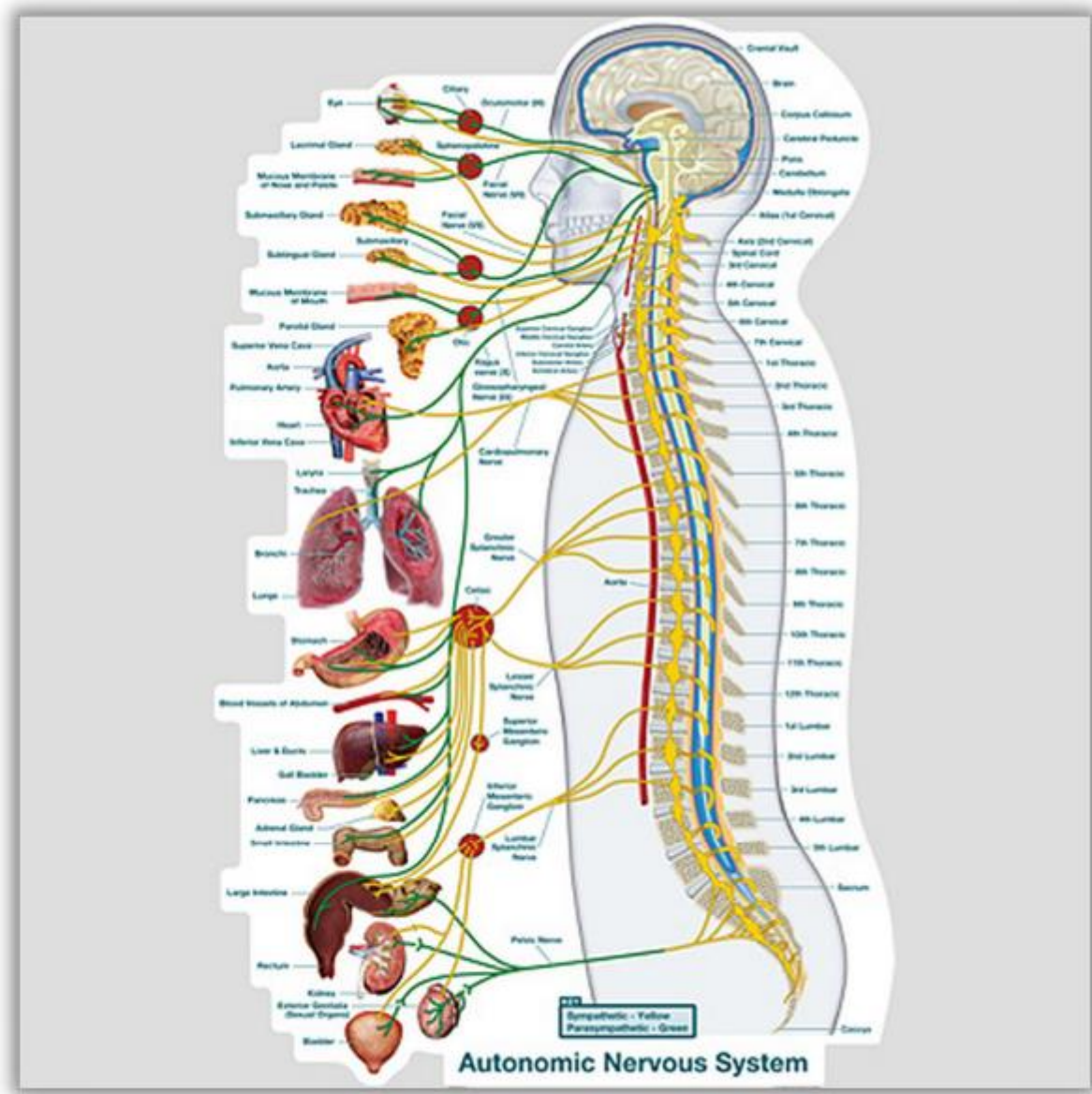
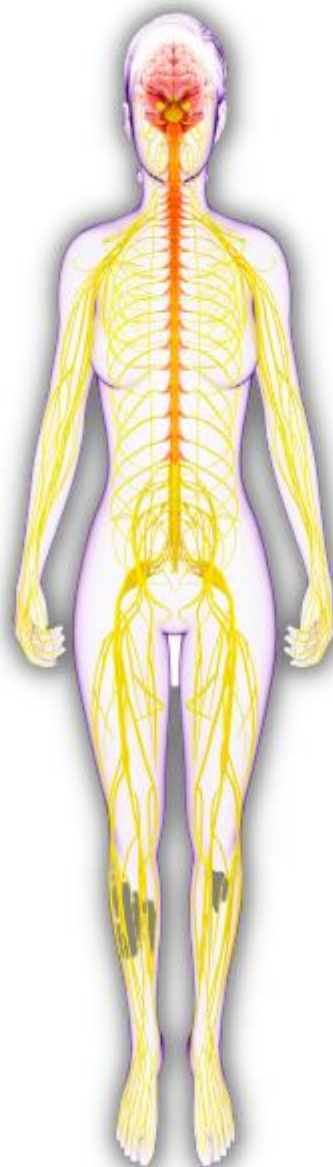
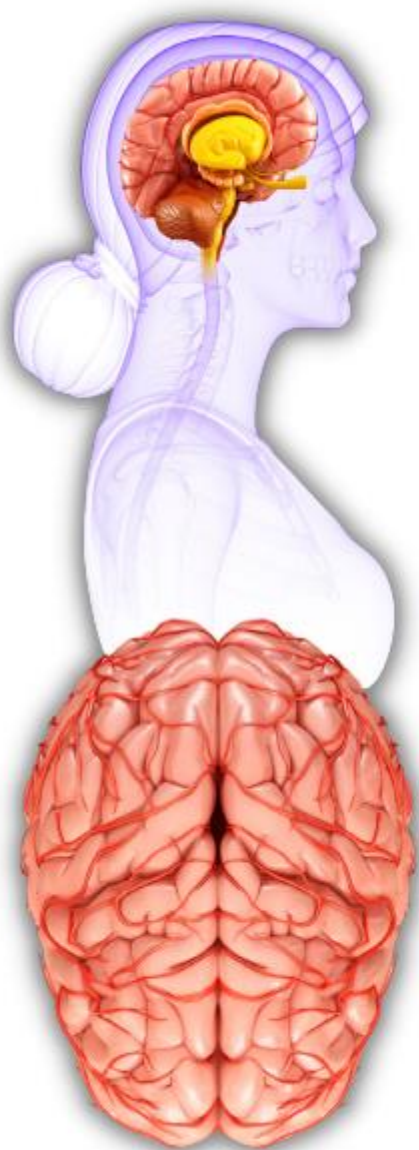
# Secret #1

Spine

## Overlap Between Fatigue and Pain Syndromes



















Secret #2

Blood sugar





## Evaluating Dysglycemia Daily Function

### Normal Glucose Response

- Wake up with energy and feel rested
- Wake up with an appetite
- Hunger between meals but no sugar cravings
- No change in function between meals
- No fatigue or change in energy after meals

### Functional Hypoglycemia

- Wake up with difficulty
- No appetite in the morning
- Consume caffeine or sugar for breakfast
- Lose function between meals
- Energy after meals
- Crash around 3pm–5pm with sugar, salt, and caffeine cravings
- Difficulty staying asleep through the night

### Insulin Resistance

- Wake up not feeling rested or recovered
- Wake up with sugar cravings
- Eat high-sugar and high-starch breakfast
- Sugar cravings all day
- Fatigue after meals
- Crash after lunch
- Need stimulants after meals
- Difficulty falling asleep

140 and above

**VERY POOR GLUCOSE CONTROL**

140

131

130

121

120

80

79

70

**SWEET SPOT**

**GETTING TO LOW**

**WAY TO LOW**

Wake up

Before a  
meal

30 minutes  
after

60 minutes  
after

2 hours  
after

Before bed



3-28-22

wake	up	125
before	meal	113
30	after	134
60	after	157
120	after	150

before	meal	150
30	after	167
60	after	126
120	after	130

before	meal	130
30	after	139
60	after	199
120	after	194

before	meal	132
30	after	157
60	after	156
120	after	145

before	bed	156
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80-120

3-29-22

wake	up	145
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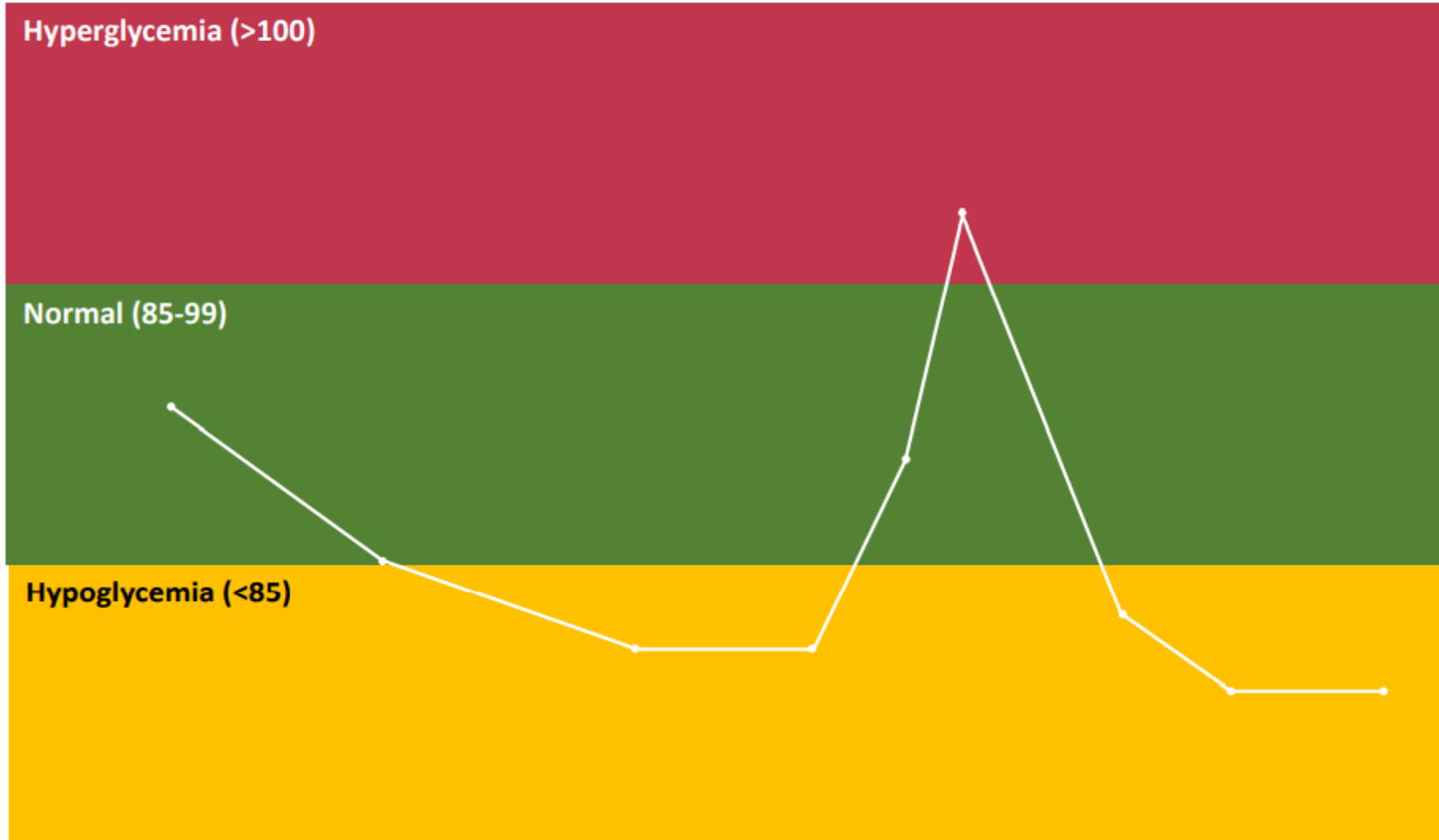
before	meal	122
30	after	164
60	after	142
120	after	112

before	meal	111
30	after	171
60	after	161
120	after	135

before	meal	bed	135
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6/10

# Hypoglycemia





# Normal Glycemia

Hyperglycemia (>100)

Normal (85-99)

Hypoglycemia (<85)



# Insulin Resistance





Roll over image to zoom in

## Care Touch Diabetes Testing Kit – Care Touch Blood Glucose Meter, 100 Blood Test Strips, 1 Lancing Device, 30 gauge Lancets - 100 count and Carrying Case

Brand: Care Touch

★★★★★ 18,823 ratings | 254 answered questions

Amazon's Choice in Blood Glucose Monitors by Care Touch

Price: **\$29.99** (\$29.99 / Count)

Save up to 6% with business pricing. Sign up for free Amazon Business account

- **FAST RESULTS** – Get results in as little as 5 seconds.
- **NO CODING** – Our monitors recognize batch codes encrypted on each test strip, so there is no need for you to manually insert any code with each new batch.
- **HYGIENIC STRIP EJECTION** – Our state-of-the-art monitoring system includes a single touch strip ejection, so you no longer have to worry about manually removing the soiled strip.
- **MEMORY** – Keep a survey of your health using the memory storage capable of saving up to 300 readings, while also keeping a continuous 14-day average.
- **Care Touch Diabetes Testing Kit** – Care Touch Blood Glucose Meter, 100 Blood Test Strips, 1 Lancing Device, 30 gauge Lancets-100 count and Carrying Case

Compare with similar items

New (3) from **\$29.99** & **FREE Shipping**.

[Report incorrect product information.](#)

Save 5%



Care Touch Blood Glucose Test Strips (100 Count) for Use with Care Touch Monitor - 1...

Care Touch Diabetes Testing Kit – Care Touch Blood Glucose Meter, 100 Blood Test Strips, 1 Lancing Device, 30 gauge Lancets - 100 count and Carrying Case

a. <https://amzn.to/3AZhVgX>

# **Protocol with every meal**

- When you wake up
- Before a meal
- 30 minutes after a meal
- 1 hour after a meal
- 2 hours after a meal
- Right before you go to bed

# Ketogenic Pyramid

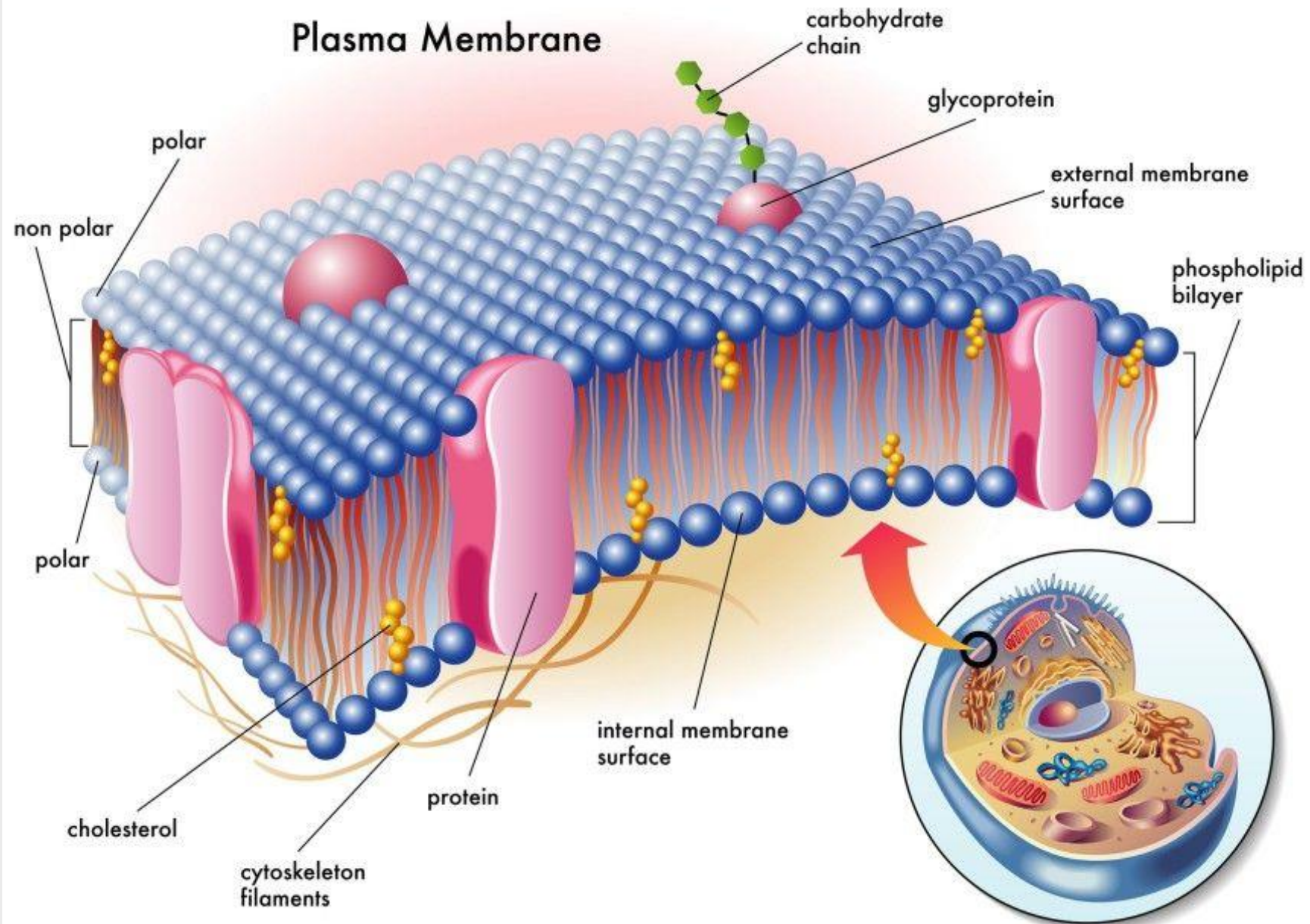




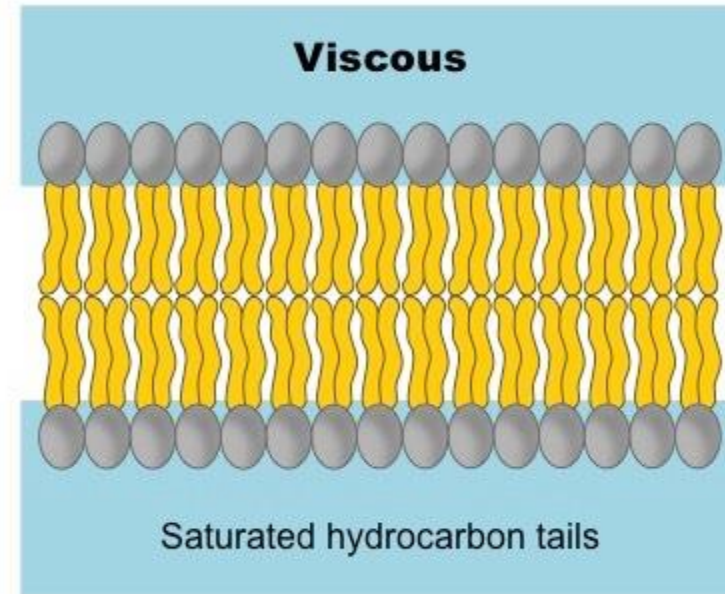
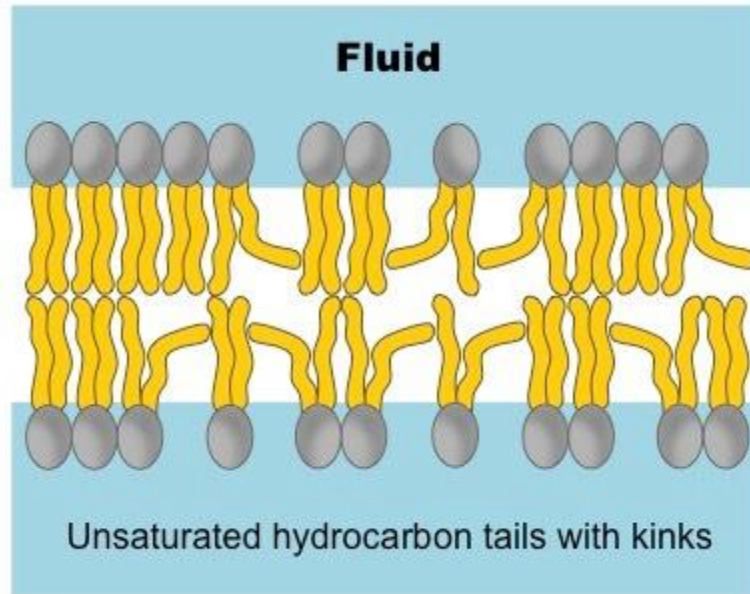
Secret #3

Fish Oil

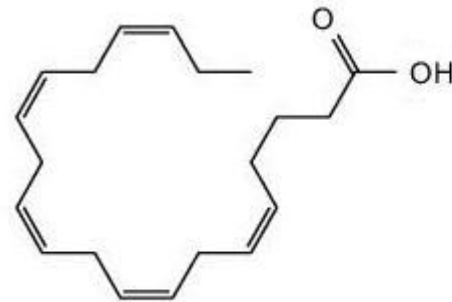
# Plasma Membrane



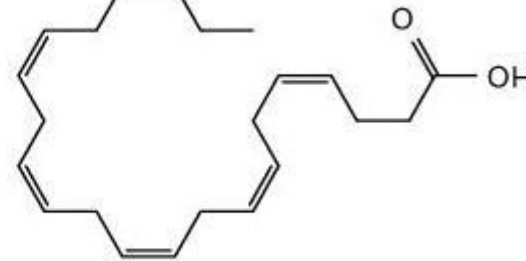
It takes 10,000 membranes  
to make the thickness of a  
(one) piece of paper



## Fish Oil LCFA (long chain fatty acid)

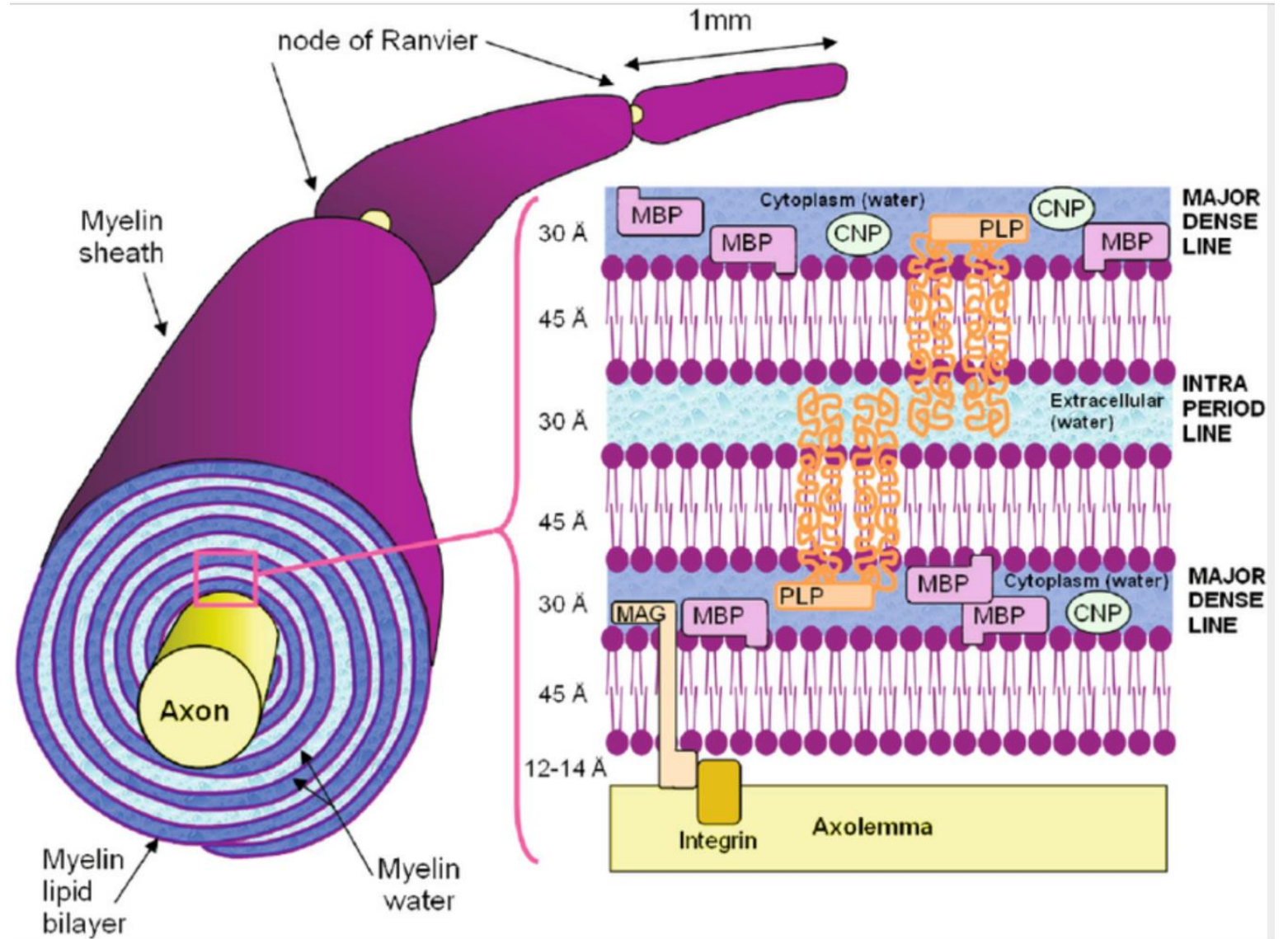
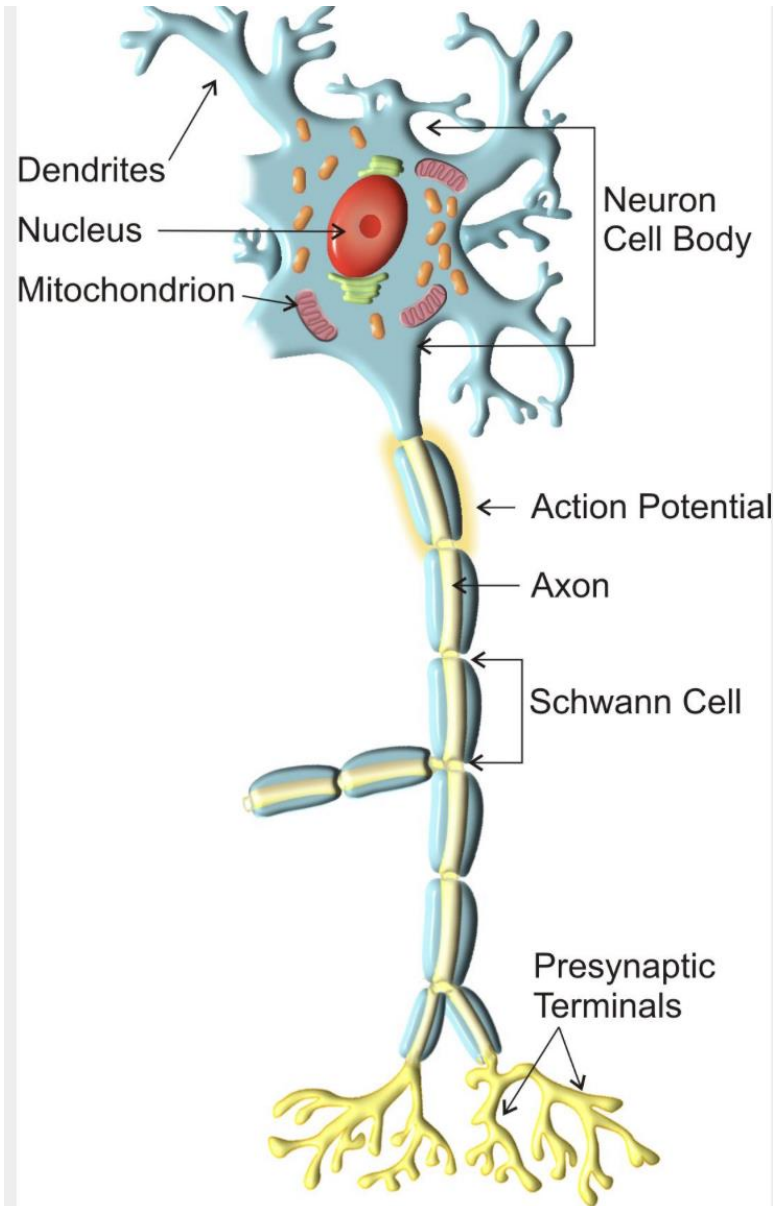


Eicosapentaenoic Acid (EPA)



Docosahexaenoic Acid





Nordic Naturals Omega-3 Liquid - Aids in Cognition, Heart Health, and Immune Support, Lemon Flavor, 16 Ounces

a. [fullscripts](#)

b. 1 to 3 tbs per day



## Supplement Facts

Serving Size: 1 Teaspoon (5 mL) Servings per bottle: 48

Amount Per Serving	% Daily Value*	
Calories	45	
Calories from fat	45	
Total Fat	5 g	8%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	†
Vitamin D3 (cholecalciferol)	1000 I.U.	250%
Total Omega-3s	1560 mg	†
EPA (Eicosapentaenoic Acid)	745 mg	†
DHA (Docosahexaenoic Acid)	500 mg	†
Other Omega-3s	315 mg	†

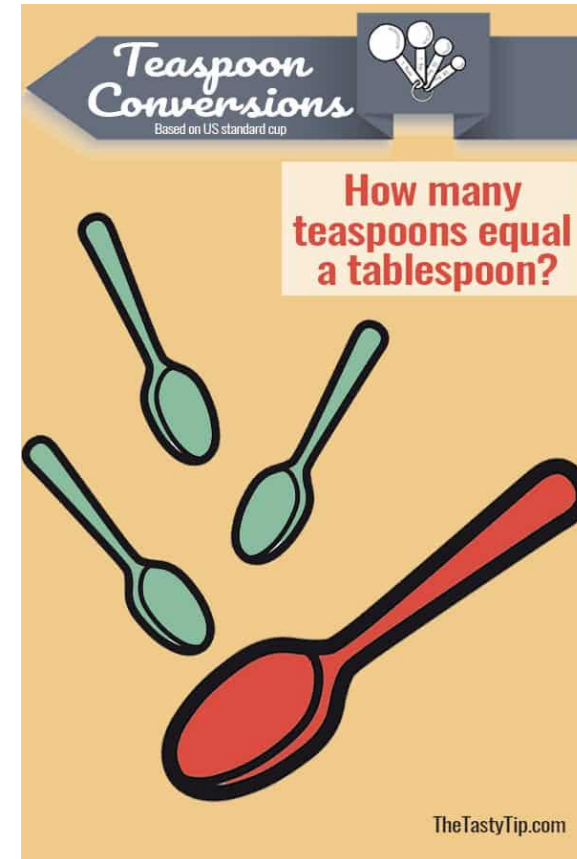
\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative), vitamin D3 (cholecalciferol in olive oil).

No gluten, milk derivatives, or artificial colors or flavors.



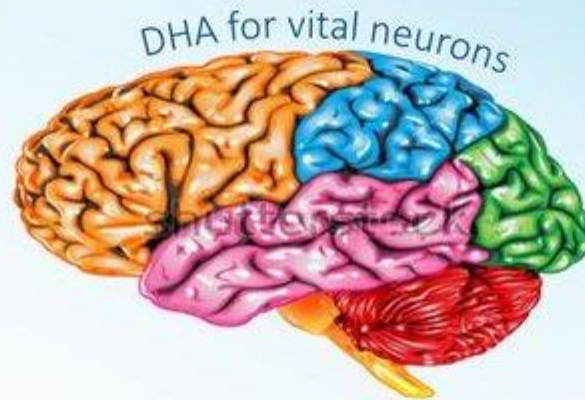
Roll over image to zoom in



# DHA'S ROLE IN THE BRAIN & EYES

## FUNCTION

- ✓ Cell membrane fluidity
- ✓ Better neurotransmission, and optimal cell signalling
- ✓ Facilitation of metabolic exchange of cells with extracellular surrounding
- ✓ Levels of dopamine, serotonin, noradrenalin influenced by DHA status.
- ✓ Essential to the vision system: DHA deficiency can reduce retinal signaling by more 1,000x, and can cause poor night vision and other problems with visual, spatial and attentional processing.



## STRUCTURE

- ✓ More than 50% of fatty acids in cell membranes consist of DHA.
- ✓ 6-10% of the dry mass of the brain should be DHA.
- ✓ DHA is particularly concentrated in nerve terminals, where chemical signals between cells are exchanged.
- ✓ DHA supports development and maintenance of synapses
- ✓ 30-50% of DHA in healthy retinas

Secret #4

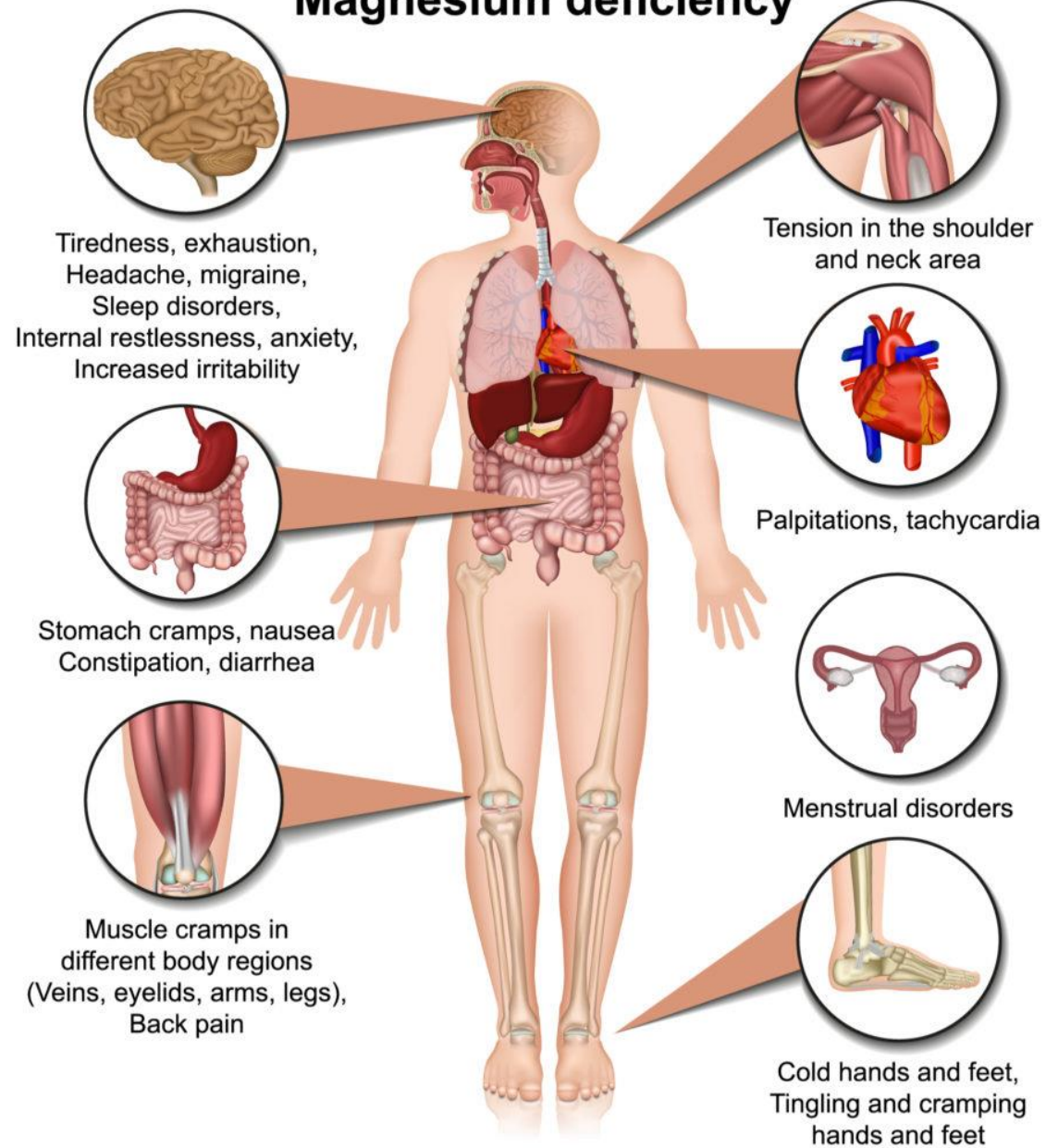
Magnesium



# IV Drip Magnesium Protocol



# Magnesium deficiency



# MAGNESIUM

## BODILY FUNCTIONS



### **Regulates Calcium**

- Strong Bones and Teeth
- Helps Excrete Excess Calcium



### **Regulates Heart Contractility**

- Blocks Calcium from Heart Muscle
- Heart has 20x Greater Concentration



### **Relaxes Skeletal Muscle**

- Helps Relieve Muscle Cramping and Pain



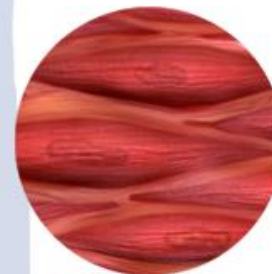
### **Cleans the Bowel**

- Unabsorbed Magnesium Causes Laxative Effect



### **Energy Production**

- Require by Over 300 Energy Producing Reactions



### **Relaxes Smooth Muscle**

- Relaxes Bronchioles and Arterioles
- Relaxes Uterine Muscle

# Study: Half of All Americans are Magnesium Deficient

July 29, 2020

Sara Karlovitch Assistant Editor



*Magnesium is needed to properly metabolize vitamin D.*

Low magnesium levels make vitamin D ineffective, according to a review published in *The Journal of the American Osteopathic Association*.

Magnesium is the fourth most abundant mineral in the human body after calcium, potassium, and sodium, according to the study. Foods high in magnesium include green vegetables, egg yolk, soybeans, brown rice, and cashews. The recommended allowance for magnesium for males is 420 mg per day and 320 mg per day for females.

However, the standard diet in the United States contains only approximately 50% of that, meaning as much as half of the total population is magnesium deficient, according to the study. Magnesium status is low in populations who consume processed foods high in fats, refined grains, sugar, and phosphate, according to the study.

<https://www.pharmacytimes.com/view/study-half-of-all-americans-are-magnesium-deficient>





## Magnesium Deficiency Elevates CRP

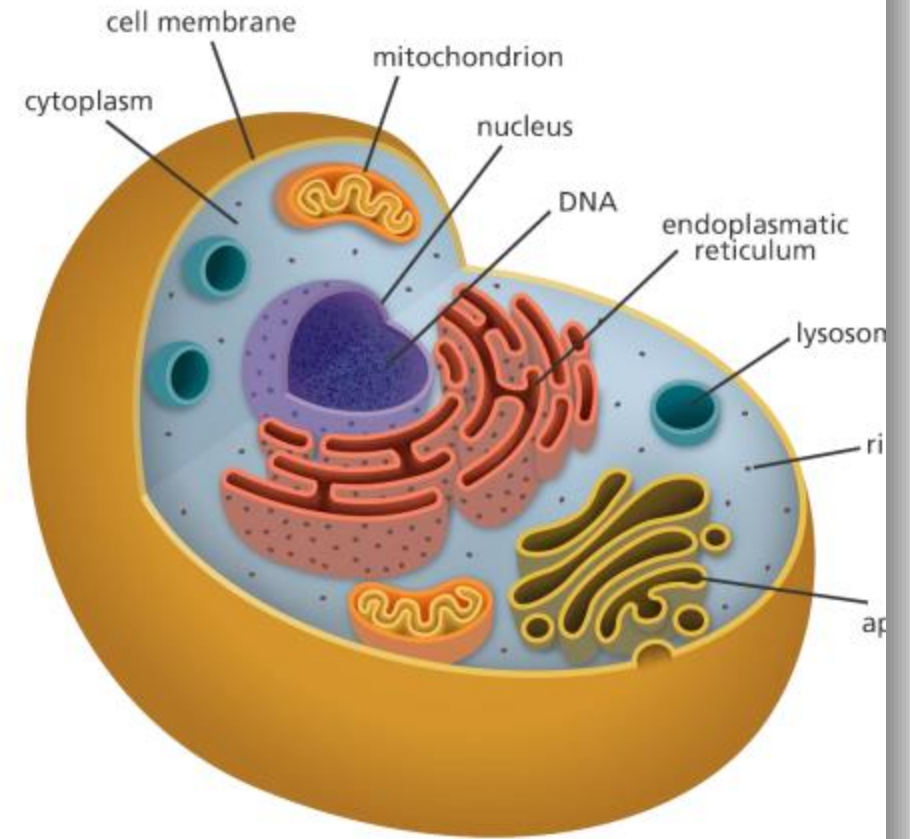
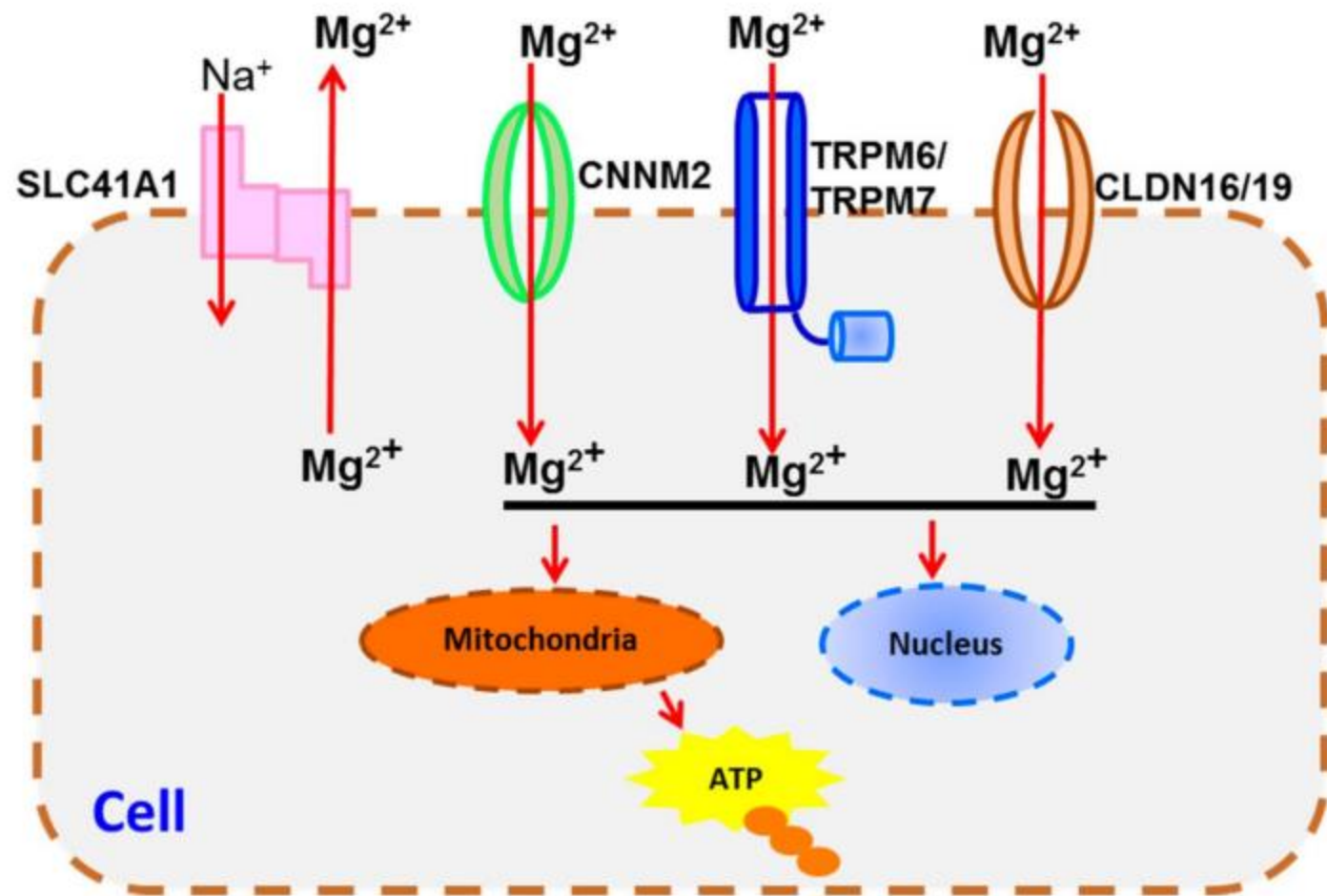
The hot new term discussed by cardiologists is C-reactive protein, an inflammatory marker in the blood that predicts who is likely to suffer a heart attack or stroke. Higher blood levels of C-reactive protein mean greater risk of cardiovascular disease.<sup>36-53</sup>

Life Extension has extensively published about the dangers of chronic inflammation.<sup>54-59</sup>

Most scientists now accept that inflammation plays a role in the development of atherosclerosis,<sup>60-69</sup> cancer,<sup>70-82</sup> Alzheimer's disease,<sup>83-87</sup> and other age-related disorders.<sup>88-104</sup> The best way to assess whether a person suffers from chronic inflammation is the C-reactive protein blood test.

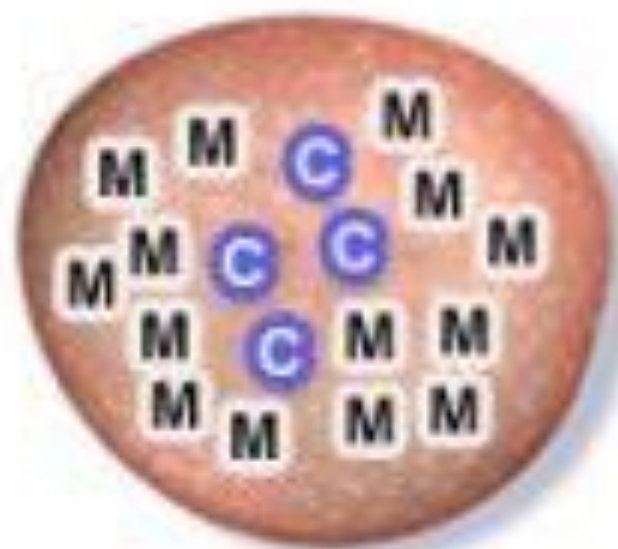
A new study showed that adults who consume less than the recommended amount of magnesium are 1.48 to 1.75 times more likely to have elevated C-reactive protein.<sup>34</sup> This finding offers yet another reason why those who are magnesium deficient have increased rates of cardiovascular disease—their C-reactive protein levels are likely to be higher!

<https://www.lifeextension.com/magazine/2005/9/americans-magnesium-deficient>



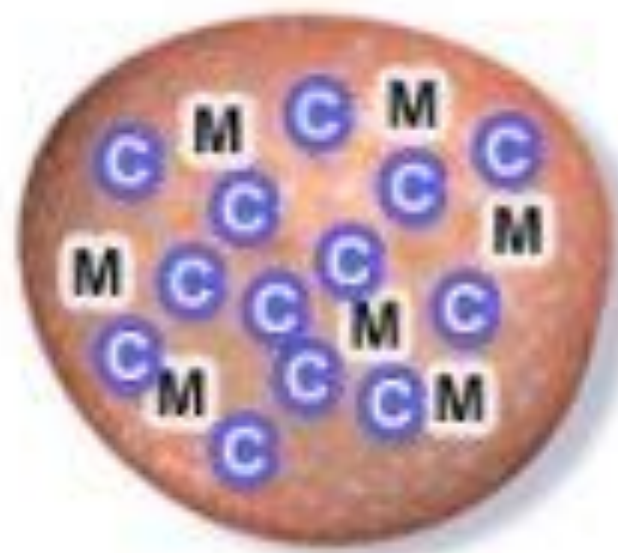


## Healthy Cell



Proper Magnesium  
level keeps calcium  
levels in check

## Un-healthy Cell



Magnesium deficiency  
allows too much  
calcium into cell



## Supplement Facts

Serving Size 1 Scoop (2.2 grams)

Servings per Container 60

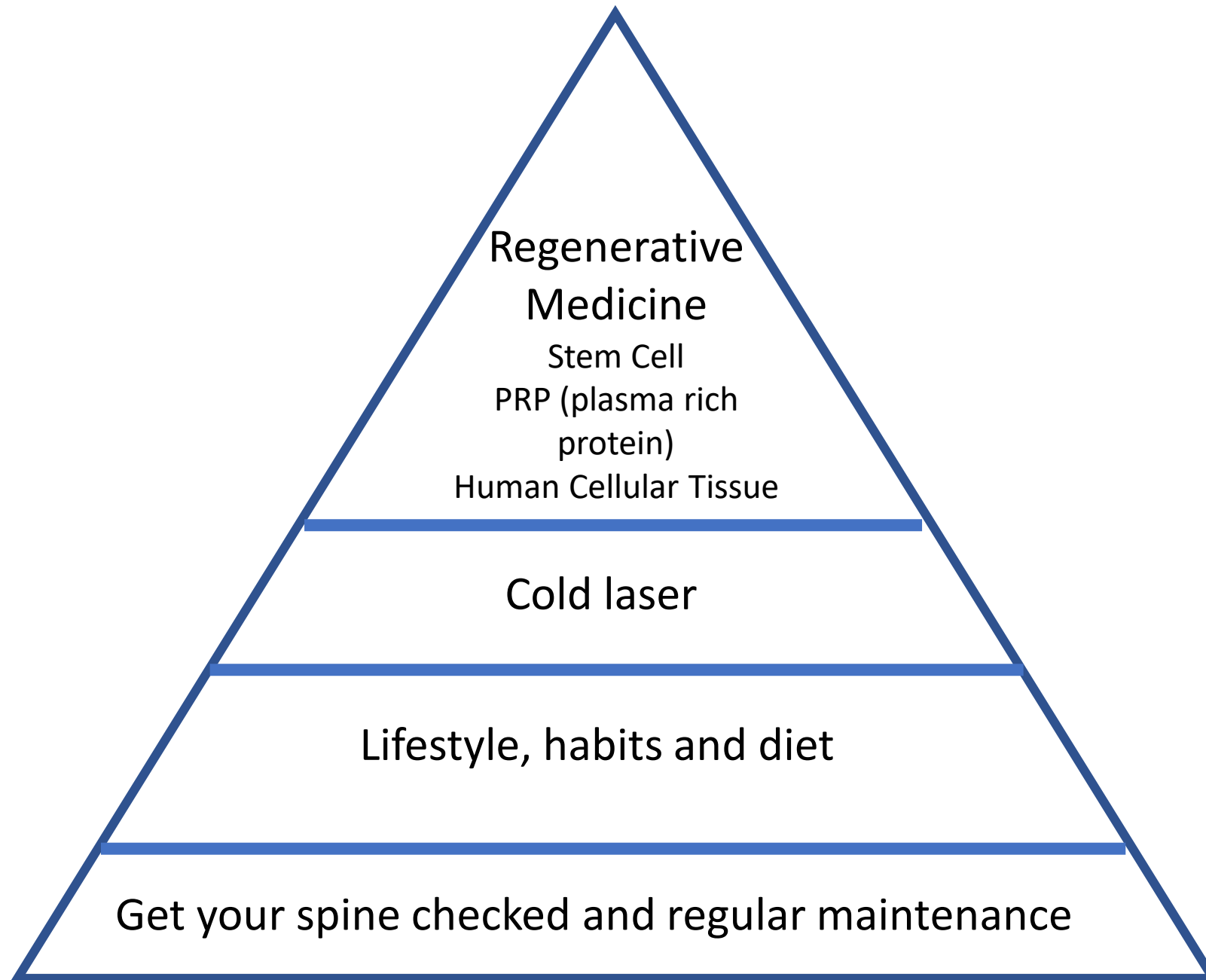
	Amount per Serving	% DV
Magnesium (magnesium malate, magnesium citrate, magnesium oxide, magnesium glycinate)	300 mg	71
Organic Spinach Leaf	50 mg	**

\*\* % Daily Value (DV) not established



Roll over image to zoom in

<https://amzn.to/3t4b01J>



Want to take your health to  
the next step?

Schedule a consultation with  
Megan