

Alleviating Pain

Robin McKenzie,Craig Kubey

Marijuana As Medicine? Institute of Medicine, Janet Joy, Alison Mack, 2000-12-30 Some people suffer from chronic, debilitating disorders for which no conventional treatment brings relief. Can marijuana ease their symptoms? Would it be breaking the law to turn to marijuana as a medication? There are few sources of objective, scientifically sound advice for people in this situation. Most books about marijuana and medicine attempt to promote the views of advocates or opponents. To fill the gap between these extremes, authors Alison Mack and Janet Joy have extracted critical findings from a recent Institute of Medicine study on this important issue, interpreting them for a general audience. *Marijuana As Medicine?* provides patients—as well as the people who care for them—with a foundation for making decisions about their own health care. This empowering volume examines several key points, including: Whether marijuana can relieve a variety of symptoms, including pain, muscle spasticity, nausea, and appetite loss. The dangers of smoking marijuana, as well as the effects of its active chemical components on the immune system and on psychological health. The potential use of marijuana-based medications on symptoms of AIDS, cancer, multiple sclerosis, and several other specific disorders, in comparison with existing treatments. *Marijuana As Medicine?* introduces readers to the active compounds in marijuana. These include the principal ingredient in Marinol, a legal medication. The authors also discuss the prospects for developing other drugs derived from marijuana's active ingredients. In addition to providing an up-to-date review of the science behind the medical marijuana debate, Mack and Joy also answer common questions about the legal status of marijuana, explaining the conflict between state and federal law regarding its medical use. Intended primarily as an aid to patients and caregivers, this book objectively presents critical information so that it can be used to make responsible health care decisions. *Marijuana As Medicine?* will also be a valuable resource for policymakers, health care providers, patient counselors, medical faculty and students—in short, anyone who wants to learn more about this important issue.

Magnesium in the Central Nervous System Robert Vink, Mihai Nechifor, 2011 The brain is the most complex organ in our body. Indeed, it is perhaps the most complex structure we have ever encountered in nature. Both structurally and functionally, there are many peculiarities that differentiate the brain from all other organs. The brain is our connection to the world around us and by governing nervous system and higher function, any disturbance induces severe neurological and psychiatric disorders that can have a devastating effect on quality of life. Our understanding of the physiology and biochemistry of the brain has improved dramatically in the last two decades. In particular, the critical role of cations, including magnesium, has become evident, even if incompletely understood at a mechanistic level. The exact role and regulation of magnesium, in particular, remains elusive, largely because intracellular levels are so difficult to routinely quantify. Nonetheless, the importance of magnesium to normal central nervous system activity is self-evident given the complicated homeostatic mechanisms that maintain the concentration of this cation within strict limits essential for normal physiology and metabolism. There is also considerable accumulating evidence to suggest alterations to some brain functions in both normal and pathological conditions may be linked to alterations in local magnesium concentration. This book, containing chapters written by some of the foremost experts in the field of magnesium research, brings together the latest in experimental and clinical magnesium research as it relates to the central nervous system. It offers a complete and updated view of magnesium's involvement in central nervous system function and in so doing, brings together two main pillars of contemporary neuroscience research, namely providing an explanation for the molecular mechanisms involved in brain function, and emphasizing the connections between the molecular changes and behavior. It is the untiring efforts of those magnesium researchers who have dedicated their lives to unraveling the mysteries of magnesium's role in biological systems that has inspired the collation of this volume of work.

Somatic Art Therapy Johanne Hamel, 2021-05-17 This book focuses on somatic art therapy for treating acute or chronic pain, especially resulting from physical and/or psychological trauma. It discusses the role of the psyche in physical healing and encourages combining of traditional medicine and holistic perspectives in treatment. Translated from the French text, this volume provides case studies and examples from the author's art psychotherapy practice of 40 years, including the four-quadrants method. Chapters review the current treatments for chronic pain and PTSD and focus on art therapeutic methods to treat those conditions, such as art therapy protocols for PTSD. The book exposes the underlying rationale of somatic art therapy, covering art therapy effectiveness, Levine's somatic dissociation, van der Kolk's somatic memory, and Scaer's procedural memory concepts. Also featured are chapter contributions from art therapists Sophie Boudrias, Mylène Piché, and Dr. Patcharin Sughondhabirrom. By providing a unique, clear and concise synthesis of available art therapy methods this text will appeal both to the general and professional public, including professional art therapists, psychotherapists, helping relation professionals, and medical practitioners.

The Pain Solution Saloni Sharma, MD, FAAPMR, LAc, 2022-05-17 **DISCOVER A PROVEN PATH TO PAIN RELIEF** With empathy and scientific savvy, pain expert Dr. Saloni Sharma offers a personalized and innovative five-step pain relief program built on what she calls “microboosts,” little steps that add up to big results. Illustrated with inspiring patient examples and personal stories, her drug-free plan will enable you to: understand the unique factors contributing to your pain develop a path to resuming your most cherished activities add easy food microboosts to reduce inflammation and support your pain-fighting gut microbiome move better, at home and at work, to release natural neurochemical painkillers recharge and recover through sleep, mindfulness, stress reduction, and supportive social relationships More than just a road map to less pain, this is a guide to the greater joy, health, and well-being that every person deserves.

PAIN: Why Do We Continue to Suffer? Connie R. Faltynek, 2020-05-02 **PAIN: Why Do We Continue to Suffer?** explores the scientific reasons behind the ongoing problem of unrelieved pain. But it's not just a medical problem. Due to the complexity and subjective nature of pain, various cultures and religions throughout history have taught that relief of pain is not important and in some cases should not even be attempted. These views and biases continue to impact current attitudes about pain and pain relief. Any discussion about pain today must include the topic of opioid abuse, although when used appropriately, opioids are often the most effective method to relieve severe pain. One chapter attempts to provide a balanced assessment of the risks and benefits of prescription opioids, in the context of other current medications and alternative methods for pain relief. Later chapters discuss recent research toward discovering safer and more effective ways to relieve pain—offering the reader hope that there will be less suffering in the future.

Relieve Your Child's Chronic Pain Elliot J. Krane, 2007-11-01 An essential survival guide for parents whose children suffer with persistent and often debilitating pain Approximately ten million children are living with chronic pain. Most people would be surprised at such numbers, but for the parents of these children, the challenge of helping a pain-stricken child live a normal life is a frightening and frustrating reality. Chronic pain in children can manifest as abdominal, migraine, or facial pain. It also stems from a wide variety of disorders such as juvenile rheumatoid arthritis, cystic fibrosis, hemophilia, and childhood cancers. No matter what type of chronic pain the child suffers with, a parent must be armed with an understanding of how a child's expression and experience of pain differs from an adult's. Trained in pediatric anesthesia and intensive care at Boston Children's Hospital, Dr. Elliot Krane has devoted his entire professional life to refining and innovating techniques, strategies, and therapies to relieve the suffering of children with pain. In his book, *Relieve Your Child's Chronic Pain*, parents will find the information and tools they need to get the very best care for their child. It will help you: Recognize, measure, and evaluate your child's pain properly Learn about the many alternative pain-management approaches that can be used at home Dispel fears about addiction if your child is prescribed a narcotic Find an appropriate pain-management clinic for your child Reduce the stress and anxiety in the home in a way that benefits the entire family You may not always be able to eliminate chronic pain entirely, but you can succeed in minimizing your child's suffering.

Pain and Its Relief Without Addiction Barry Stimmel, 2014-03-18 Pain and Its Relief Without Addiction will help people in pain understand why their pain is not always adequately relieved, as well as help reverse the failure of current medical practice to routinely alleviate pain. As noted by a 1992 publication of the United States Department of Health Services, this devastating trend contributes to unnecessary discomfort, longer recovery periods, and compromised patient outcomes. By reading this book, frustrated physicians and, perhaps more importantly, persons in pain can acquire a better understanding of the nature of pain, its connection to the emotions and psychological state of patients, and the impact particular drugs have on the body; this will facilitate relief from pain among a higher percentage of the population. Opioid analgesics comprise many of the chapters in Pain and Its Relief Without Addiction. Author Barry Stimmel, MD, describes the principles to be followed in prescribing opioid analgesics to relieve pain while maintaining one's daily activities without any limitation in function. The available opioids are described, and the differences between them are reviewed to allow you--as a physician, health care provider, or even a patient--to gain a better insight into the one(s) to use for both acute and chronic pain states. The point that is emphasized is that dependency on an analgesic to relieve pain is no different than dependency on medications to lower blood pressure, prevent heart attacks, treat diabetes, etc. What should be avoided is "addiction," a condition where function is impaired rather than enhanced. Pain and Its Relief Without Addiction is a guidebook designed to assist physicians and other health professionals in developing a practical approach to pain management and to give patients a fuller understanding of their pain. You'll gain specific information about: management of acute and chronic pain pain in children pain and cancer pain and AIDS psychological support of persons in pain theories of pain perception the anatomy of pain In Pain and Its Relief Without Addiction, you'll learn the basic concepts of drug dependence, tolerance, and withdrawal, the pharmacological actions and side effects of drugs used to provide analgesia, and the fundamental steps to be taken in proper pharmacological treatment of pain. The book produces more effective and more informed communication among physicians, other health professionals, and patients so that together they can achieve better pain relief. As Pain and Its Relief Without Addiction illustrates, it is crucial that both patients and physicians understand clearly the terms describing drug use and the behavioral, biochemical, and cellular concepts underlying dependence, tolerance, and withdrawal. Finally, you will acquire a knowledge of all the potential causes of pain and the appropriate steps for intervention. Medical students, new practitioners, and those wishing to reconsider their approaches to pain management will benefit from the book's coverage of general principles for pain control, the use of drug combinations to provide the most effective relief, methods for treating pain in different populations (such as the elderly and persons with chronic medical conditions), and alternative options for failed treatment. The scope of Pain and Its Relief Without Addiction reaches from nonprescription medications, such as aspirin, to NSAIDs, like ibuprofen, to narcotic analgesics to stimulants such as amphetamines and caffeine. It is the most comprehensive book available on various drugs, their desired effects and side effects, and their use to alleviate pain.

Recognition and Alleviation of Pain in Laboratory Animals National Research Council, Division on Earth and Life Studies, Institute for Laboratory Animal Research, Committee on Recognition and Alleviation of Pain in Laboratory Animals, 2010-01-14 The use of animals in research adheres to scientific and ethical principles that promote humane care and practice. Scientific advances in our understanding of animal physiology and behavior often require theories to be revised and standards of practice to be updated to improve laboratory animal welfare. Recognition and Alleviation of Pain in Laboratory Animals, the second of two reports revising the 1992 publication Recognition and Alleviation of Pain and Distress in Laboratory Animals from the Institute for Laboratory Animal Research (ILAR), focuses on pain experienced by animals used in research. This book aims to educate laboratory animal veterinarians; students, researchers and investigators; Institutional Animal Care and Use Committee members; and animal care staff and animal welfare officers on the current scientific and ethical issues associated with pain in laboratory animals. It evaluates pertinent scientific literature to generate practical and pragmatic guidelines for recognizing and alleviating pain in laboratory animals, focusing specifically on the following areas: physiology of pain in commonly used laboratory species; pharmacologic and non-pharmacologic principles to control pain; identification of humane endpoints; and principles for minimizing pain associated with experimental procedures. Finally, the report identifies areas in which further scientific investigation is needed to improve laboratory animal welfare.

Fully Accredited Holistic Pain Management Course Karen E Wells, 2019-07-24 Our professional course on Holistic Pain Management has been designed for qualified therapists to add to their existing areas of expertise so that they can understand the impact of pain as well as to guide their clients through a holistic approach to pain recovery but, it is also for those who wish to learn how to manage their own pain levels leading towards a healthier and pain-free existence. By understanding what pain is and how a natural approach can alleviate or eliminate pain, it is possible to significantly aid the healing process of any individual. Too often, people turn to mainstream medications without fully realising the risk of potential side-effects whereas a more natural approach can often create an effective pain-management route leading towards improved health and well-being. The course includes an in depth training manual and video modules that cover: What is Pain? Emotional Pain & Stress Back & Neck Pain Respiratory Problems Period Pains & The Menopause Pain Relieving Foods Holistic Pain Relief Meditation/Self Hypnosis for Pain Relief Final Assessment This course is accredited by CTAA - Complementary Therapists Accredited Association. You can contact us for the videos for this course.

Pain Halima Touré, 1981 Discusses the nature of pain, how it originates, and various methods of alleviating it.

Pain Relief Cecilia Maldonado, 2017-05-24 Since the beginning of times, pain treatment has been the motive of research giving birth to multiple groups of pharmacological families and therapies. Pain perception is a construction built over the biological phenomenon of signal transduction surrounded by different factors such as gender, age, and sociocultural status, among others. The concept of pain as the solely biological manifestation of defense is nowadays considered as a narrow-minded view of this topic. In this regard concepts such as newborns feel no pain or older people complain about everything therefore should not be paid attention when referring pain, are being left behind in the understanding that pain alleviation is a human right and everybody feeling pain should be helped for its relief. This book comprises many aspects of pain treatment and the drugs involved in it. From old analgesics with new mechanisms of action for pain alleviation to analgesics potential for diminishing oxidative stress; from pharmacological therapies to electrical ones, going through alternative medicine; and from pain treatment in dentistry to chronic pain therapies, also boarding the treatment of migraine, different experts share their knowledge on the topic.

7 Steps to a Pain-Free Life Robin McKenzie, Craig Kubey, 2014-12-30 A fully revised and updated edition of the program that's sold more than 5.5 million copies worldwide—plus a new chapter addressing shoulder pain Since the McKenzie Method was first developed in the 1960s, millions of people have successfully used it to free themselves from chronic back and neck pain. Now, Robin McKenzie has updated his innovative program and added a new chapter on relieving shoulder pain. In 7 Steps to a Pain-Free Life, you'll learn: · Common causes of lower back, neck pain and shoulder pain · The vital role discs play in back and neck health · Easy exercises that alleviate pain immediately Considered the treatment of choice by health care professionals throughout the world, 7 Steps to a Pain-Free Life will help you find permanent relief from back, neck, and shoulder pain.

You Can Relieve Pain Ken Dachman, John Stephen Lyons, 1990 Based on the results of a clinical study, this work introduces an effective method for alleviating pain through a concentration of the mind on images or symbols in order to bring about physiological changes.

The Miracle Ball Method Elaine Petrone, 2003-12-03 Pain relief from head to toe. The Miracle Ball Method book offers proven, effective healing in a fully illustrated book of exercises and techniques for pain and stress relief using inflatable Miracle Balls (sold separately). The Method. This revolutionary program uses controlled breathing, two squishy balls, and simple exercises of rolling and rotating to heal everything from a bad knee to a stressed-out back. The key is to

let gravity do all the work. The Balls. Take two—they're small. Made out of a durable, yielding, nontoxic PVC, the balls are sized to tuck under strategic parts of your body, including back, neck, head, knees, hip, and elbow. Like magnets, they draw out pain and tension. Elaine Petrone. After suffering a career-ending, potentially crippling injury to her back and right leg, a young dancer named Elaine Petrone turned to everyone from orthopedists to yogis to heal her injuries. Nothing worked—until she developed her own program of therapy. Elaine's simple program and the classes she teaches in the Miracle Ball Method have helped thousands of people conquer pain, stress, and injury.

Pain Mary Kittredge,1992 Discusses what pain is, how it happens, and how it can be relieved.

The Pain Companion Sarah Anne Shockley,2016-02-10 The Pain Companion offers compassionate and practical insights on relieving the impact that living with chronic pain has on well being, self-image and relationships; workable tools for alleviating pain's emotional, mental, and physical stresses; and simple meditative exercises to help change the relationship with pain from enemy to ally in healing. The Pain Companion approach helps minimize hardship and create more ease, well being, and resilience on a daily basis.

Pain Management and the Opioid Epidemic National Academies of Sciences, Engineering, and Medicine,Health and Medicine Division,Board on Health Sciences Policy,Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse,2017-09-28 Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

Confronting Chronic Pain Steven H. Richeimer,2014-05-15 A holistic approach to pain management from a recognized leader in the field. This comprehensive guide is designed to help everyone whose days are filled with chronic pain—the kind of pain that truly is a disease unto itself. Where does chronic pain come from, and why doesn't it go away? Dr. Steven H. Richeimer, an eminent voice in the field of pain management, answers these and other fundamental questions about chronic pain. Board certified in pain medicine, anesthesiology, and psychiatry, he knows that the stress of persistent pain quickly takes a toll on the body and the mind. And he has helped thousands of people reduce their pain and reclaim their lives. In *Confronting Chronic Pain*, Dr. Richeimer discusses what causes pain in such disorders as arthritis, cancer, fibromyalgia, chronic headache, and back pain—and describes how to get relief. He provides clear and up-to-date information about pain medications, exercise and nutrition, injections and neurostimulators, and complementary therapies. He also explains the many approaches to managing the social and emotional aspects of pain. Understanding that chronic pain affects the spirit, he offers seven spiritual tools for moving beyond pain; understanding that chronic pain affects the whole family, he has created an action plan for family harmony; understanding the emotional component of people in pain, he helps them solve the chronic pain puzzle. “Just learn to live with it” is not a satisfactory response to someone living with chronic pain. Dr. Richeimer's compassionate and holistic approach can help soften the harsh edges of pain and provide hope for the future.

Trigger Point Therapy for Myofascial Pain Donna Finando,Steven Finando,2005-08-22 A clinical reference manual for the evaluation and treatment of muscle pain • Contains detailed illustrations of pain patterns and trigger-point locations • 15,000 copies sold in first hardcover edition Myofascial pain syndromes are among the fastest growing problems that physicians, osteopaths, acupuncturists, and physical, occupational, and massage therapists encounter in their patients. In *Trigger Point Therapy for Myofascial Pain* Donna and Steven Finando have organized vast amounts of information on treating myofascial pain into an accessible user's manual for healthcare practitioners. They examine a wide range of pain patterns and present evaluation and palpation techniques for reducing trigger points--and thereby alleviating pain--in the most clinically significant musculature of the body. This comprehensive yet easy-to-use reference guide to treatment of muscle pain begins with chapters on the concept of Qi and its relationship to myology, specific trigger point location and activation, and palpatory skill-building techniques. Subsequent sections provide detailed information on each muscle to teach clinicians to locate quickly and accurately individual points of pain and compensation. A visual index allows easy identification of the muscles that may be involved. *Trigger Point Therapy for Myofascial Pain* provides necessary and invaluable information for sufferers and any professional involved with myofascial disorders.

Inventing Pain Medicine Isabelle Baszanger,1998 Pain is a pervasive subject in our culture--especially as something to be combatted and conquered. One need only open a magazine or turn on the radio or television to become aware of this fact. But is the widespread interest in pain merely a passing fad or does it reflect the emergence of a new relationship between pain and medicine? *Inventing Pain Medicine* explores the current state of pain medicine against the background of its historical development. Based on extensive field research, Isabelle Baszanger's study outlines the first tentative steps to control pain taken in the last years of World War II when a young American anesthesiologist, John J. Bonica, made alleviating the pain of wounded soldiers his mission. Baszanger traces Bonica's protracted pioneering struggle for recognition of pain as worthy of medical attention in itself, for a definition of pain as more than a diagnostic tool, including differentiation of types of pain and modes of treatment, and for the establishment of specialized multidisciplinary pain clinics. Baszanger also provides an in-depth comparative analysis of the divergent approaches toward pain and its treatment at two clinics in France today, taking into account her observations at consultation sessions as well as many interviews with physicians, clinic staff, and patients. Her ethnographic inquiries are always anchored in socio-historical reflections on the social and conceptual transformations that were necessary to make the invention of pain medicine possible. A pathbreaking effort, this book goes a long way to explain why sufferers of chronic pain had to wait until the end of the twentieth century to find physicians and clinics specializing in the alleviation of their condition.

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Alleviating Pain Introduction

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