



## ANCIENT HISTORY UNDERPINS THE THREE COMPONENT TREATMENT PROTOCOL

Persons who have followed our efforts to treat the Intractable Pain Syndrome (IPS) and its common causes including adhesive arachnoiditis (AA), genetic connective tissue/collagen disorders (CTCD and EDS), reflex sympathetic dystrophy (RSD/CRPS), and poststroke (PS), know that we highly advocate a three-component treatment protocol. It is hard to believe but this approach is criticized as being too “far out”, “non-mainstream”, and even “radical.” Frankly, we thought “everybody” in the medical industry understood the 3 components of treatment, but we were wrong. This bulletin is to emphasize that the 3 components have been around since ancient times to treat painful ailments of the musculoskeletal, and neurologic systems. Alternate names are “holistic” or “integrative” medicine, but we’ve chosen the protocol title to be “3 components” to let patients and practitioners know which component a measure falls into and to see if one of the components needs some shoring up.

### WHAT ARE THE 3-COMPONENTS AND SOME EXAMPLES

1. Suppression of inflammation (drugs, botanicals, some foods)
2. Regeneration of damaged tissue (vitamins, exercises, hormones, protein, anabolic)
3. Pain control (botanicals, minerals, drugs)

### ANCIENT EXAMPLES

- Baby Christ was given “frankincense” which is the anti-inflammatory botanical, boswellia
- The botanical foxglove is “digitalis” found to relieve edema
- Greeks used electric eels to administer electricity to damaged tissue. The first “TENS” unit.
- Certain botanicals used today were used thousands of years ago and include, curcumin, ashwagandha, andrographis, opium, cannabis, and cocaine.
- Mariners found that a lack of vitamin C caused gums, joints, spine, and heart deterioration (“scurvy”).
- Mineral baths were a mainstay in ancient Rome.
- A velvet like substance found in deer antlers cured lots of painful conditions. This “Kings Medicine” was later found to contain growth and other anabolic hormones.
- Shepherds found mountain rocks that healed painful joints and the stone attracted metals. They called them “loadstones,” we call them “magnets.”

**LESSONS TO BE LEARNED: Treatment and control of an intractable pain condition has and will always require 3 component treatments. Don’t fall for the idea of “one-way”, “big breakthrough” or “evidenced-based”. First ask yourself, which component does each measure I do fit into? Is it for inflammation, tissue regeneration, or symptomatic pain control? Then ask, am I doing at least one measure from each component?**

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