

GENERAL INTRODUCTION:

What is prolotherapy and what is it good for?

Pain: Getting Rid of It Effectively and Permanently

- *Headache*
- *Ear ringing, dizziness.*
- *Jaw pain (TMJ),*
- *Ankle sprains, especially ones that keep happening over and over*
- *Knee pain,*
- *Elbow pain,*
- *Wrist/thumb pain, with feeling of weakness*
- *Finger joint pain,*
- *Neck pain,*
- *Back pain,*
- *Hip pain*
- *Running and other sports injuries*
- *Dancer's injuries.*
- *Musician's injuries (repetitive stress).*

all these bodily areas have similar construction and tissue types and most can be effectively treated permanently with a simple injection technique known as "prolotherapy", to promote proliferation of new connective tissue cells.

People ask: "how long does this treatment last?" Reply: the treatment stimulates your body to build new tissue. You built it, you own it!

A major blockade to all human progress: **pain**. Twisted ankles, sprained wrists and fingers, sore necks with headaches, sore and noisy shoulders or elbows, all get in our way every day. Even if a sprained wrist is not terribly painful, it will feel *weak*, and will interfere with one's life. Strong, chronic pain increases heartrate and blood pressure, makes a person cranky and antisocial, sleepless, groggy, and thus capable of making poor judgements and decisions.

Pain is usually treated with rest, physiotherapy, icing, heat, and anti-inflammatory or opiate drugs. These methods fail miserably in a high percentage of patients. Chiropractic or osteopathic adjustments or manipulations are often more helpful, but have to be repeated often because the ligaments, which are supposed to keep the bones in correct alignment, have been damaged, have become *stretched* and cannot do their job, like the floppy elastic on an old pair of shorts.

Additionally, anti-inflammatory drugs (NSAID's) can be dangerous: the CDC (Centers for Disease Control in Atlanta) published a report in 1998 that cited 20,000 *deaths* in the USA annually from NSAID's, and that another 500,000 patients are known to experience alterations in their kidney and/or liver function tests. Opiates (formerly known as narcotics) are safer and more effective for pain control than the NSAID's, but will show up in urine and other tests and probably would be avoided by pilots for that reason, even if they didn't cause constipation. {Opiates, correctly used in chronic pain patients, do not impair thinking ability or reaction time, nor make 'addicts' out of all people; the true psychological addiction rate is only 3 in 10,000 patients}. So-called 'muscle relaxant drugs' can be helpful in reducing back spasms, but are more likely as a