

Back to Reality

Greetings!

Back to school. Back to work. Back to the day-to-day grind of autumn with no respite in sight until the holiday season. Back to reality.

I always thought that the phenomenon of changing leaves was a result of cooler temperatures, but have recently learned that leaves turn because, as the days grow shorter, so does the light. When the light-triggered process of photosynthesis stops, the green chlorophyll that dominates in the wet and sunny summer gives way to the brilliant colors that have been hiding in the leaves all along.

Your body is like an autumn leaf, constantly shifting, rustling and evolving with numerous complex and miraculous transformations, and fall is a good time to change the batteries in your smoke alarms, unpack your sweaters, break out your zucchini recipes and to have your systems checked: *by a doctor.*



Pain = No Gain.

Google lists more than 208 million results for the word, "**Pain.**" Pain is your body's way of telling you that something is wrong, and usually, once you've addressed the reasons for it, pain goes away. "**Acute Pain**" is normally caused by bodily injury: a burn, broken bone or appendicitis, while, "**Chronic Pain**" goes on for days, months or years, and can be ascribed to causes such as arthritis, cancer, inflammatory bowel disease, or – worst case scenario - for reasons unknown and/or unidentified.

Chronic pain invites a host of other problems in its wake: sleeplessness, loss of energy and appetite, weight loss, and depression are only some of the contingencies that accompany chronic pain. Suffice it to say, chronic pain takes the stuffing out of you, bringing your defenses down, and making you vulnerable in ways that do not benefit long-term recovery or immediate comfort.

A more recent body of evidence leads some pain experts to believe that parts of the body "remember" pain in inappropriate and destructive ways, much like an early psychological trauma can cause an individual to have a bizarre phobia as an adult to something that is generally considered innocuous.

"Contrary to the old saw, pain kills. A body in pain produces high levels of hormones that cause stress to the heart and lungs. Pain can cause blood pressure to spike, leading

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FSM Football is Here!

By Dr. Kristine Allcroft, The Body Works! Neuromuscular Reeducation



What do Bill Romanowski, Tony Parrish, Terrell Owens and eight linemen from the San Francisco 49ers have in common?

All these professional athletes have used Frequency Specific Microcurrent to heal from Sports Injuries!

What is Frequency Specific Microcurrent?

Frequency Specific Microcurrent (FSM) is a very gentle, low-frequency pulsed electrical current in the millionth of an amp range that mirrors the body's own natural electrical impulses. Your body uses very small amounts of current, in millionths of an ampere to increase cell wall permeability, stimulate the critical protein production and promote ATP. This helps to promote cellular healing and facilitates many metabolic processes.

How Does FSM Work? FSM heals from the inside out, working directly on the nerves, muscle fibers and blood circulation to restore form and vitality. FSM is a drugless therapy that has been shown to increase the production of cellular ATP by 500% and to be effective in the reduction of pain, to

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Pain *continued from page 1*

to heart attacks and strokes. Pain can also consume so much of the body's energy that the immune system degrades. Severe chronic pain sometimes leads to suicide. There are, of course, many ways to treat pain: some pain sufferers respond well to surgery, physical therapy, ultrasound, acupuncture, trigger-point injections, meditation or over-the-counter pain-killers... But for many people in severe chronic pain, an opioid... is the only thing that allows them to get out of bed." (*New York Times, June 17, 2007*).

How pain is handled is of the utmost importance. Pharmacological pain relievers, called, Analgesics, come in three categories: Opioids, such as morphine, Non-Opioids, such as aspirin, and Adjuvant Analgesics, such as anti-depressants, anti-convulsants and oral and topical local anesthetics. Each of these solutions come with a wealth of side effects, not the least of which is addiction. In the quest to relieve pain, care must be taken to ensure that the "cure" isn't worse than the illness. Arsenic and mercury have been used since time immemorial to treat any number of diseases, and even today, people line up to have botulism injected into their faces to defy aging.

One consideration when taking pain medication is that with any nervous system depressant (and that is what we are talking about here) there is going to a rebound effect. If you have two beers, you will suppress your nervous system and feel disinhibited. Four hours later, you will feel edgy, irritable, and if you have had the alcohol prior to bed time, you will be aroused from sleep wondering why. There is a body of evidence linking chronic headaches to (mostly) women who habitually took acetaminophen (Tylenol) for their headaches. Each time the rebound would become worse, the self-administered dose would rise, the rebound pain would worsen, and etc. This cycle of pain, suppression, rebound, more pain, more drugs, and on and on can become very destructive. The nervous system remembers patterns that can get out of control. When LifeSpan Nurses are asked to sort out chronic pain issues, one of the first things we do is ask the client to fill out a "pain diary." This assists us in recognizing the patterns in which the pain arises, its intensity, its location, and how it is relieved so that we can begin to understand the patterns better and thus bring more appropriate interventions (interventions that are more likely to work) to bear.

If a disease is terminal, living with pain might not be the best choice, and any repercussions from medications are mute. If the prognosis is good, a less extreme course of action with fewer long-term consequences might be a better option.

On the sliding scale of pain management opportunities, knowing all the facts is essential, but in a well-meaning but sometimes misguided effort to show compassion, doctors do not always pass along the whole truth to their patients, making a truly informed decision virtually impossible. LifeSpan's Registered Nurse Care Managers provide total disclosure to our patients, allowing them to authoritatively review all of the options and weigh the significance of each contingency.

- The management of chronic pain should be a multidisciplinary effort. Unfortunately, some pain experts are strictly anesthesiologists, and since they are unlikely to offer much more than a series of drug delivery interventions, they can muddy the waters further. Alternative interventions can be very effective in getting pain to a manageable level. These interventions include:



- Cold packs. This is especially good for recent (within 24 hours) muscular injuries, soft tissue injuries, such as sprain, strain injuries to the neck and back. While a hot shower may alleviate the pain for a chronic back pain, it swells the soft tissue and increases the impingement on the nerve that is causing the symptoms. Cold packs can also be helpful for chronic arthritis pain. The pack should not be in place for more than 20 minutes, otherwise the local circulation is disrupted, and the cold packs are counter-productive.

- Gentle massage works for short periods of time for some kinds of pain. When you fell and hurt your knee as a child, and your mother rubbed it, it really did make the pain go away because by rubbing it, she was substituting low frequency stimulation that essentially blocked the high frequency nerve stimulation to the brain that makes the brain perceive pain.

- This "Gate Control Theory" of pain promulgated by Ronald Melzack in the 1960s is the basis for a useful tool called a Transcutaneous Electronic Nerve Stimulator (TENS). These are small battery-powered boxes that send a low frequency electric current through the skin via electrodes attached to the skin, usually on either side of the source of the pain. The stimulation is set at a frequency that is lower than the pain frequency (~ 7 cycles/second vs. ~14 cycles per second. These devices work by blocking the pain sensation rather than taking it away. They are used with chronic pain, often with encouraging results at first, but with diminishing effectiveness later on if the source pathology of the pain is not resolved.

- Chamomile extract is very effective for tooth pain, teething babies, insect bites and other local irritations.

Lidocaine patches are sometimes prescribed for those with chronic, mostly arthritis pain. They consist of numbing medication that is suffused onto a patch that is placed over the painful area for up to 12 hours at a time. The patch must be taken off of the skin area, because it can cause a decrease

For previous issues of this newsletter,
visit:
www.lifespancm.com/news.aspx

in the circulation of the skin under the patch.

- Magnets have been shown to be effective in reducing pain for 85% of those with chronic pain, and no one seems to know why. It is known that the magnets do increase local circulation, and this is a good thing. The Nikken Company of Japan sells a whole range of magnet products via multi-level marketing, and there are products sold in some drug stores and home medical supply stores that have magnets in wraps, shoe sole inserts, necklaces, etc. Hint: before spending money on this method, apply a refrigerator magnet, and see if it has any positive effect.
- Frequency Specific Microcurrent (FSM) offers new hope for people with chronic pain and sports injuries. Please see more information below.

You will know that the treatment you've signed up for is the right one only if it works. ♥

FSM

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reduce inflammation by 62% in four minutes, and aid in wound healing.

The therapy program will work on the tissue or condition specified and work at the molecular level. This means the therapy is working at the cause of the problem and not just the symptoms. FSM works quickly, with minimum discomfort and often rapid results. FSM can be wonderful for scar tissue and very deep ligaments that are difficult or impossible to reach manually with other techniques. There are about 20 combinations of frequencies that are used to effect changes in the myofascial tissue and assist your body's naturally ability to heal.

For more information about FSM and special pain management and sports injury protocols, please call our office at (856) 608-0700 ♥

Board of Advisors Profile:

We truly thank Dr. Kristine Allcroft and all the members of our Board of Advisors for their contributions and support.

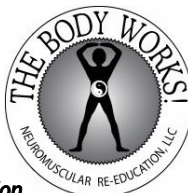
Each of these trusted advisors abides by a code of ethics, and acts as an Ambassador of LifeSpan Care Management, LLC. They volunteer their time and resources to seek opportunities to advance our cause for the benefit of our clients and the future of the those dependent on the healthcare community at large.



The Body Works!

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Kristine Davison Allcroft earned her PhD from the Fieling Graduate Institute's Clinical Psychology with a specialization in Clinical Health Psychology in 2002. Her dissertation research investigated remarkable recovery and long-term remission from advanced colon cancer. In addition, Kristine is a student of the East-West School of Herbology, and a student of T'ai Chi. She earned her Bachelor of Arts degree in Comparative Religious Studies and her Master of Arts Degree in Psychology. She is a Certified Nurses Aid and holds a Black Belt in Tung Soo Do Karate. She maintains a private practice as a Holistic Healthcare practitioner and a Reiki Master Practitioner-Trainer in Moorestown, NJ. She is also the Area Director for Business Network International for Burlington and Camden Counties. She is married and has three children and resides in Riverside, NJ.

Websites We Love

www.pain.com

A world of information on pain.

www.partnersagainstpain.com

An alliance of patients, caregivers, and healthcare providers working together to alleviate unnecessary suffering.

www.prepsmart.com

This site features insider tips, tricks and trade secrets of a former insurance agent turned consumer advocate. Here you can learn the pros and cons of group and federal insurance, how to rate insurance companies and lower your premium costs, get product comparisons and reviews, plus information you must know in order to make the optimal choices for your ultimate financial security.

www.hungry-girl.com A treasure trove of tips, tools, tricks and data for people looking to lose weight.

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