

# Energy Medicine

## The New Frontier in Healing

### *The Many Causes of Pain & Natural Cures*

Dr. Smith **Live**

76th Episode

#### Topics:

- Learn the many potential common causes for acute and chronic pain
- Understanding the physiology of pain
- Learn the many causes for chronic headaches
- Learn some uncommon causes for headaches and pain
- Learn specific natural cures (frequencies/nutritional) to resolve pain
- Q & A

**“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” Nikola Tesla**

**Topic: Energy Medicine: The New Frontier in Healing: The Many Causes of Pain & Natural Cures**

**When:** Thursday, July 14, 2022

**Where:**

**Time:** 8:00 pm

## Introduction

Chronic pain affects at least 10 percent of the world's population – approximately 60 million people – with estimates of chronic pain prevalence closer to 20-25 percent in some countries and regions. An additional one in 10 people develop chronic pain every year worldwide. Interestingly, the most disadvantaged portion of the population bears the higher burden of persistent pain and lesser likelihood of effective treatment.

### **The many potential common causes for acute and chronic pain**

- **Intestinal Toxemia:** This represents one major cause for low back and sciatic pain. A study by Dr R.B. Osgood, MD showed that elimination of the toxemia totally resolved the low back and sciatic pain in a group of patients; when the toxemia returned because of a poor diet, the low back and sciatic pain returned. Intestinal toxemia is the basis for many clinical symptoms including: fatigue, nervousness, gastro-intestinal conditions, skin manifestations, endocrine disturbances, neurocirculatory abnormalities, and **headaches**. If you do not have three bowel movements a day, you are constipated. If your stools have an odiferous smell, you have putrefaction accompanied by toxic chemicals: phenol (breakdown of tyrosine), skatole and indole (breakdown of tryptophan: causes depression of the circulation and of the central nervous system and responsible for the foul odor of the breath. High protein diets are primarily responsible for the high levels of skatole, indole, phenol, hydrogen sulfide, putrescine and cadaverine (from breakdown of tryptophan), histamine (breakdown of tryptophan), and tyramine (breakdown of tyrosine: similar in structure to epinephrine and can raise blood pressure).
- Nerve entrapment from a spastic muscle.

- **Spastic muscles:** magnesium deficiency, B-complex deficiency, hypothyroidism, hypoglycemia (low blood sugar), deficiency of essential fatty acids (omega 6s), low potassium, decrease in microcirculation, hypoxia, and inflammation.
- **Spinal Subluxations and/or Fixations:** Misalignment of vertebrae can cause compression of nerves.
- **Bulged and herniated discs:** Direct pressure on nerves.
- **TMJ Dysfunction:** Six of the 12 cranial nerves pass by the TM joint; plus the lower jaw has 136 muscle attached to it.
- **Viruses (shingles, herpes simplex, EBV, CMV, etc.):** in the nerves, in the brain, in the organs and represent a major source for pain.
- **Chemicals (glyphosate, dioxin, PCBs, xenobiotics):** in organs, tissues, and nerves.
- **Heavy metals (Hg, Cd, As, Al, Pb, Ni):** present in tissues.
- **Lyme and Co- infections:** Especially in joints. Bartonella, Babesia, Mycoplasma pneumoniae, Rickettsia, Rocky Mountain Spotted Fever
- **Tyramine:** Tyramine is a substance found naturally in some foods. It's especially found in aged and fermented foods, such as:
  - Aged cheeses
  - Smoked fish
  - Cured meats
  - Some types of beer

One explanation is that it causes nerve cells in your brain to release the chemical norepinephrine.

- **Chlamydia trachomatis:** C. trachomatis is the most common infection causing blindness and the most common sexually transmitted bacterium. Can be present in any joint.

## Understanding the Physiology of Pain

- **Trauma Releases Cytokines** which causes inflammation and irritation to the nerves, tissues, organs and responsible for:
  - Tissue injury
  - Activation of sensory neurons in the spinal chord and elsewhere
- **Low acid pH:** An acid, pH 6.5, lowers the cell membrane potential, which prevents toxins, metabolic wastes, viruses, from getting out and prevents oxygen and nutrients from entering the cell. The end result is pain.
- **Hypothyroidism:** A decrease in cell metabolism causes a build up of metabolic wastes, which triggers off diffuse pain. One major cause for Fibromyalgia.
- **Toxicity** from the intestines in the form of putrefaction will elicit pain. There is a direct connection from the colon to the brain via the vagus nerve and lymphatic system. This is one reason for headaches.
- **Nutritional deficiency of organic, cold pressed omega 6 oils.** These oils are essential for the production of prostaglandins 1s and 3s both of which act as anti-inflammatory, and anti-pain.
- **Heavy metals:** disrupt the physiology of the cells with the end result of a build up of toxins; interestingly, mercury will destroy the tubulin that surrounds the nerve fibers. Hg also gives off between 13 and 21 frequencies.
- **B-Complex vitamins:** Thiamine (B-1) acts as an antioxidant; pyridoxine (B-6) balances nerve metabolism, and B-12 maintains the myelin sheaths of the nerves. The presence of vitamins B1, B6, and B12 supports the regeneration of new cell structures. Vitamin B1 facilitates the usage of carbohydrates for energy production, whereas vitamin B12 promotes nerve cell survival and remyelination. Absence of these vitamins will favor permanent nerve degeneration and pain, eventually leading to peripheral neuropathy.

- **Enzymes** are proteins that perform the everyday work within a cell. This includes increasing the efficiency of chemical reactions, making energy molecules called ATP, moving components of the cell and other substances, breaking down molecules (catabolism) and building new molecules (anabolism). Cooking foods destroys the enzymes.
- **Ribosomes** are organelles that create proteins. Cells use proteins to perform important functions such as repairing cellular damage and directing chemical processes. A single cell may contain up to 10 million ribosomes. Without these ribosomes, cells would not be able to produce protein and would not be able to function properly. Damaged cell structures are a critical part is causing pain and dysfunction. Without ribosomes to produce proteins, life as we know it would not be possible.

### **Some Uncommon Causes for Headaches and Pain**

- **Cranial Distortions:** There are many potential causes for cranial distortions: traumas, dental bridgework, orthodontic braces including Invisalign treatment, forceful tooth extraction, rough chiropractic or osteopathic adjustments, forceps delivery, and premature loss of teeth.
- **Sutural jamming:** Sutures are expansion-contraction joints between the skull bones; they can become jammed causing pain/headaches.
- **Prescription drugs** trapped in different organs. An example, was a patient who had taken the anti-nausea drug, Bendictine, and developed systemic Lupus. Symptoms associated with Lupus are: arthritic pain, headaches, muscle pain, stomach pain, fatigue, and many others. The drug was trapped in her liver. It took 9 months to chelate out the drug using a homeopathic made from the drug. Patient's Lupus disappeared.
- **Cavitations:** Infections in the jawbones from extracted teeth.
- **Root Canal Treated Teeth:** A dead organ creates chronic inflammation, which attracts pathogens.

- **Toxic Dental Materials:** Dental resins have bisphenol A (synthetic estrogen). Some dental insulating bases have toluene, which is toxic.
- **Galvanic currents** from dissimilar metals in the mouth (mercury filling next to a gold crown).
- **EMFs (Electromagnetic Frequencies):** Cell phone towers, cell phones, electronic systems, smoke detectors, wi-fi, TATRA emergency system, clock radios, LED bulbs, computers.
- **Brain Allergies:** Great book by William Philpott, MD and Dwight Kalita, PhD.
- **Gallbladder:** This organ stores the bile, which contains fat emulsifiers as well as the toxins the liver pulls out of the blood stream. These toxins and the inability to breakdown fat can be the source for migraines. Circulating fat in your blood decreases the amount of oxygen available to the brain, tissues and organs.
- **Other organs** can reflex pain signals to the brain or dump toxins that will affect the brain.
- **Torqued pelvis:** When the pelvis becomes rotated, it creates tension in the dural tube which directly affects the upper cervical vertebrae and intra cranial dural membranes. When these membranes become twisted they elicit pain from the sensory nerves that innervate the structure.
- **Mercury fillings:** This heavy metal is the second most toxic substance on this planet. Mercury attaches to the red blood cells preventing oxygen from attaching, which in turn can result in headaches and generalized pain.
- **Pronated foot:** can torque or twist the dural membrane causing pain along the spine and head.

## **Specific Natural Cures (frequencies/nutritional) to Resolve Pain**

- **Alkalizing foods:** greens (kale, collard greens, celery, cilantro, Bok Choy, etc.) contain minerals which help alkalize the body. The more acidic one becomes the lower their pain threshold. Normal pH range is 7.35 to 7.45. Most people are around 6.5.
- **Food Based B-Complex:** The B-complex vitamins metabolizes all the lactic acid and other waste products from muscle function.
- **Only drink filtered water:** preferably water that has been filtered several times. Helps flush away the toxins.
- **Spanish Black Radish (Standard Process Labs):** This supplement is high in sulforaphane which accelerates the detoxification and excretion of potentially toxic substances.
- **Digestive Enzymes:** Enhances the breakdown products of the food we eat. Many of the enzymes in our food are destroyed from cooking. It also helps breakdown the nutrients in our food.
- **Resveratrol:** A powerful antioxidant that protects the brain, increases insulin sensitivity, anti-inflammatory to assist joint pain. Suppresses cancer cells. Present in red wines.
- **Curcumin:** A powerful antioxidant and anti-inflammatory; assists the liver in processing the cytokines that cause pain and inflammation.
- **Glutathione:** A powerful antioxidant and anti-inflammatory; assists the liver in processing the cytokines that cause pain and inflammation.
- **Zymessence:** Five Primary Actions of a Systemic Proteolytic Enzyme
  1. Anti-inflammatory
  2. Dissolves fibrosis (scar tissue)
  3. Cleanses the blood of foreign protein
  4. Adaptogenic: modulates
  5. Bactericidal and mildly anti-viral

- Specific frequencies for pain resolution:
  - **1 Hz**: will calm you down like a newborn baby.
  - **7Hz, 70Hz, 85Hz**: Acute pain.
  - **76Hz**: For chronic pain.
  - **90Hz sweep 111Hz**: Endorphine release
  - **174Hz**: Pain relief

### **Color therapy:**

- **Indigo**: Pain (425-450 nm)
- **Green**: Balancing (495–570 nm)
- **Turquoise**: Acute pain ( $490 \times 10^9$ )
- **Lemon**: Chronic pain (530–510 THz)
- **Lemon orange**: Paralysis
- **Magenta**: Emotional