The Intractable Pain Syndrome (IPS)
Nutritional Program

Essential Guide to Food, Nutrients, and Supplements for Healing and Pain Relief

Brought to you by
IPS Research & Education Project
Tennant Foundation
Introduction

“The Intractable Pain Syndrome (IPS) Nutritional Program”

There are diets for diabetes, weight-loss, gastrointestinal disorders, bladder disease, high cholesterol, and gluten-free, among others. Diet names include Paleo, Keto, Anti-inflammatory, and Atkins, to name a few.

Once someone develops the Intractable Pain Syndrome with cardiovascular, endocrine, and auto-immune complications, your diet and nutritional program must be specific for this disorder.

IMPORTANCE

Our research and experience clearly tells us that a proper nutrition program is essential for pain relief and to prevent progression of IPS. Without a proper nutritional program neither medication nor other medical measures will be very effective.
Part One: The Intractable Pain Syndrome Nutritional Program

BASIS OF THE IPS NUTRITIONAL PROGRAM: CATABOLISM

Persons who have IPS develop what is known as a “catabolic state.” The term means that the cellular matrix of the body is slowly degenerating, rather than in its normal state, which is one of constant cellular regeneration, or an “anabolic state.” In IPS, cells and tissues inside and outside of the brain and spinal cord (CNS) progressively degenerate because of IPS’s combined effects of inflammation, hormonal deficiencies, and auto-immune attacks on tissues. If one has a genetic connective tissue/collagen disorder (EDS or other) cellular catabolism or deterioration is grossly multiplied.

WHY THE CATABOLIC STATE MUST BE CONTROLLED.

Cellular deterioration in IPS initially attacks small nerve fibers and the small cells in the CNS and the skin, but later other tissues may be involved. Muscle mass deteriorates and is replaced by fatty tissue, so weight gain occurs. In late stages severe muscle loss may occur, giving the patient the appearance of starvation and emaciation. Weakness and fatigue set in. Memory, reading ability, and logical thinking decline. Medications, including opioids, may not be maximally effective. Persons with IPS must daily attempt to control catabolism.

BASIC NUTRITIONAL PROGRAM

The basic nutritional program for IPS has two parts of which will be detailed in parts 2 thru 6 of this series.

1. ANABOLIC DIET - Daily protein, low sugar & starch w/ green vegetables.
2. ANABOLIC NUTRITIONAL SUPPLEMENTS
   a. Vitamin C – 2,000 to 4,000 mg a day
   b. B12 – 500- 1,000 mcg a day
   c. Collagen-protein
   d. Amino Acids: Carnitine, Taurine
   e. Minerals: Magnesium, Boron, and Selenium
Part Two: Are You in a Catabolic or Anabolic State?

A normal person is in an anabolic (“upward-growth”) state which means your cells are in a constant state of “repair and replacement.” If you are in a catabolic state (“downward-growth”) your cells are not repairing or replacing themselves. Unless effectively controlled, intractable pain syndrome (IPS) will throw the body into a catabolic state due to hormone and nutritional deficiencies, inflammation, and autoimmunity. To determine if a catabolic state has developed every IPS patient should regularly monitor, through self-evaluation, any changes in symptoms as described here.

**MAJOR SYMPTOMS EFFECTS ON PAIN**

√ Fatigue √ Pain Increases √ Lack Energy √ Flares More Common
√ Lack Motivation √ Medication Less Effective √ Depression √ Weakness

**LABORATORY TESTS INDICATED:**

√ Elevated Inflammation Markers- ESR, CRP √ Low Hormone Levels- DHEA, Pregnenolone, Testosterone √ Elevated Blood Glucose and Cholesterol

**EFFECT ON WEIGHT**

Early Phase of Catabolism-Gain Weight
Late Phase of Catabolism-Lose Weight

The Nutritional Program for IPS is Specifically Designed to Prevent Catabolism and Control Pain
Part Three: The Importance of Sugar (GLUCOSE) and Cholesterol Testing in IPS Patients

Foods that are mainly sugar and starches (called carbohydrates) cause sugar (called glucose) to rise in the blood. Fatty foods cause cholesterol to raise in the blood. New research shows that high levels of glucose and fat may cause inflammation and damage to the neurotransmitters and receptor systems that control pain. *

IPS EFFECTS ON GLUCOSE AND CHOLESTEROL

The constant pain of IPS causes insulin and cortisol to rise in the blood, which in turn causes glucose and cholesterol to raise. This is an effect that IPS has on the endocrine system. Unfortunately, IPS usually throws off the desire to eat three regular meals a day. IPS patients who eat only one big meal a day may hurt themselves. The burst of glucose or cholesterol from one big meal a day may damage the CNS neurotransmitter systems that control pain.

FIRST MAJOR STEPS

To prevent and control pain the best answer is 2 or 3 small meals spread throughout the day. You must not drink fluids sweetened with regular sugar, or drink fruit juice. Drink “dietary” (sugar free) sodas and caffeine/coffee/tea/sodas with “dietary sugars,” or not at all.

ACTION TO TAKE

IPS patients should have their local MD or NP test their blood sugar (glucose) and cholesterol levels on a regular basis. If abnormally high or low, work with your medical practitioner to normalize one or both. You can help by reducing sugars and fats in your diet and by eating meals on a regular schedule, even if you are not hungry. This will help balance your glucose and lessen your pain over time.

Part Four: Nutrition for Nerve and Tissue Regeneration

A permanent reduction in pain can only occur if the injured or diseased nerve tissue is healed. Healing can only occur if these two things happen:

1. Inflammation caused by the injury or disease is stopped.
2. The damaged nerve tissue regrows (“neurogenesis”).

Our research has shown that persons with IPS must practice a daily specific nutrition program to maximize their ability to control and reduce pain.

COMPLETE PROTEIN-EVERY MEAL-EVERY DAY

No meal should be consumed without a protein. Here are major protein foods: Chicken, turkey, lamb, fish (salmon, tuna, cod), pork, eggs, seafood (shrimp, scallops, clams), beef, and cottage cheese.

Why protein? It contains all the fuel (amino acids) needed by the body to make more endorphin, serotonin, dopamine, norepinephrine, insulin, and thyroid.

ESSENTIAL REGENERATION SUPPLEMENTS

a. Daily Multi-vitamin-mineral tab/capsule
b. Vitamin C-2,000 to 4,000 mg a day
c. B 12 -500 to 1,000 mcg. a day
d. Hormonal Agents-your choice: Colostrum, Deer Antler Velvet, DHEA-50 to 200 mg a day, Adrenaplex®
e. Collagen or amino acid-your choice: tablets, powder, drink, or bar.
CRITICAL INSTRUCTIONS

Constant pain wipes out your body’s natural craving for protein, so you may have to force yourself to eat protein at every meal, even if it is in the form of a protein “candy bar” or powdered drink. Protein builds tissue, repairs cells, and helps stabilize blood sugar. Meals with no protein will likely increase pain and inflammation, which prevents healing.

No Protein Meal Examples:

Breakfast—cereal, oatmeal, milk, toast, fruit, fruit juice
Lunch—pasta, or rice, salad with bread and fruit, sugary soft drink
Dinner—pasta, potato, beans, or rice, salad, bread, fruit, milk, or sugary soft drink.

Meals without protein will cause surges of sugar and cholesterol which prevent good pain control, and will likely, over time, increase your pain and inflammation.

Help regrow your tissues with good nutrition, starting with adequate protein.
Part Five: Vegetables, Fruits, and Nuts for IPS

In order to build a good nutritional program to control IPS and help recover from the damage caused by it, you will need a daily intake of certain vegetables, fruits, and nuts.

BENEFITS

Vegetables and fruits can help reduce inflammation, alkalinize your body fluids, and promote tissue healing.

BEST VEGETABLES - “GREEN IS GOOD”

The best green vegetables are broccoli, kale, brussels sprouts, asparagus, green beans, spinach, snap peas, chard, mustard greens, turnip greens, collards, and cabbage.

OPTION: Vegetables in powder, capsules, or liquid form if you can’t stand to eat green vegetables.

AVOID: Potatoes, and corn.

BEST FRUITS - “BERRIES ARE BEST”

The best fruits are blueberries, pineapple, raspberries, blackberries, cherries, oranges, plums, apples, strawberries, and peaches.

AVOID: Bananas

BEST NUTS

The best nuts to eat are pistachios, almonds, and peanuts.

VEGETABLE (PLANT SUPPLEMENTS FOR INFLAMMATION)

Choose one and take daily- Curcumin/turmeric, andrographis, boswellia, or quercetin.
Part 6: How to Build Your IPS Nutrition Program

WHY BUILD A PROGRAM?

If you have IPS or a condition that commonly causes IPS including, arachnoiditis, cauda equina syndrome, adhesive arachnoiditis, Ehlers-Danlos Syndrome, Post-stroke, Traumatic Brain Injury, or CRPS you must underpin your overall treatment program with a specific nutritional component.

Here are the benefits: helps stop disease deterioration, reduces inflammation, regrows damaged nerves, alkalinize body fluids, improves pain relief, and generates energy.

THE COMPONENTS OF AN IPS NUTRITION PROGRAM

- Protein with ALL meals
- Green vegetables, select fruits, and nuts
- Control blood cholesterol and glucose
- Eat protein each day
- Daily multi-vitamin/mineral preparation
- Supplements for nerve regrowth and inflammation

GLUTEN-FREE TRIAL

Stop these foods for one week and see if you feel better:
All bread, cereal, pasta, noodles.

PROTEIN-GREENS-FRUITS-SUPPLEMENTS-VITAMINS-MINERALS
The most critical component of an IPS Nutrition Program is “protein every day.” IPS tends to decrease a desire for protein and promote a craving for sugar and starches. The major protein foods are beef, pork, lamb, chicken, turkey, cottage cheese, and eggs. There are protein drinks and bars available now as alternatives to food.

REGROWTH OF DAMAGED TISSUE
Supplements for tissue growth are essential to a good program:
1. Vitamins B12 and C
2. Collagen & amino acids
3. A natural hormonal agent—colostrum, deer antler velvet, DHEA, or Adrenaplex®.

DAILY MULTI-VITAMIN-MINERAL TABLET OR CAPSULE
It’s old fashioned, and it helps! Take a multivitamin/mineral preparation every day.

DAILY PLANT-BASED ANTI-INFLAMMATORY AGENT
Choose one or two inflammatory agents for daily use: curcumin, andrographis, boswellia, or quercetin in tablet or capsule form.

CONTROL BLOOD GLUCOSE AND CHOLESTEROL
Get a blood test to determine if abnormal. Follow the nutritional program.

Take away: Ask- “Is what I am eating helping me, or hurting me?”
Make every bite of food count!
References


Information

The Board of Directors of the Tennant Foundation has initiated the Intractable Pain Syndrome Research and Education Project. It is graciously funded by the Tennant Foundation, which also supports other non-profit organizations, and the Arachnoiditis Research & Education Project. The Tennant Foundation is a 501-(c)-3 and donations are gratefully accepted. We wish to extend a special thank you to all of our generous patrons who keep this work going forward.

Why was This Project Started? A CRITICAL NEED FOR AWARENESS OF IPS

Although it has long been recognized that there is a sub-group of chronic pain patients who have intractable pain that is difficult to control, there have not been any scientific explanations for this occurrence. Consequently, this group of patients has often been mistreated, ignored, or subjected to sometimes bizarre and expensive treatments. This is a syndrome of constant pain that is accompanied by abnormal cardiovascular, neurologic, endocrine, and immune system functions. All patients, families, medical practitioners, and health system administrators must become aware of this syndrome in order to provide effective care for these rare patients.

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