

Nona Taylor Lic Ac MIAC MIRCMMH

Pain



Nona Taylor

ORIENTAL MEDICINE



Western Treatment

- * Pain is the most common condition seen by physicians.
- * From headaches, menstrual pain, TMJ, sciatica, back pain, grief, depression, trauma.
- * Modern Western treatment is limited to drugs & surgery
- * Drugs used range from Aspirin, Paracetamol, Ibuprofen too Opioids & anti-depressives..
- * Aspirin treats by thinning the blood & increasing circulation
- * Ibuprofen works with the neurotransmitters to effect the nerves
- * Opioids attach to receptors in the brain to muffle the perception of pain & enhance sensation of pleasure

Oriental perspective

- * Pain is due to stuck energy
- * It is a warning for us to pay attention - an alarm
- * Can be due to physical trauma, heat, cold, damp, dryness, stagnation of Qi or blood & emotion.
- * It can be due to underlying excess or deficiency in nature
- * When the smooth flow of Qi or blood is blocked, stagnant or either deficient or excess, pain and illness can result.





Where does the Qi block?

- * If Qi & blood is blocked at skin level = bruising & swelling
- * Blockage in the flesh = stiffness & sore muscles
- * Stagnation in the joints = arthritis pain, TMJ pain, neck or back pain
- * Internal blockage = headache, sore throat, menstrual pain, chest pain, sciatic & nerve pain

Stagnation of Qi pain

- * Pain that comes & goes
- * Pain that moves
- * Pain that has no fixed location
- * Pain tends to be mild or a dull ache
- * A feeling of distension or soreness
- * **Remedy - 'move the Qi'**
- * Gentle exercise,
- * Massage,
- * Tapping the area of the body with cupped hands,
- * Gently shaking out the area or limbs
- * De-stress!
- * Relax and remember to breath!





Hot pain

- * A **burning sensation** or **feeling hot** in the area of pain.
- * Burning pain in the stomach due to acid.
- * Hot feeling - sore throat
- * **Remedy - Clear heat**
- * If 'excess heat' use cooling foods & herbs
- * If it is 'deficient heat' say due to 'yin fire' we nourish yin. Think of say a burning forest fire - we cool and moisten it with water (yin) to stop the fire.

Cold pain

- * Sensation of cold - **contracting pain**
- * Cold pain on the forehead after eating ice cream - brain freeze!.
- * Cold joint pain, especially in winter, skin often feels cold to touch.
- * **Remedy - Warm cold**
- * Use warming foods and herbs to expel the cold.
- * Tonify the stomach/spleen/pancreas with warm cooked foods
- * Warm ginger tea
- * Use warming culinary spices like cinnamon, clove, nutmeg, cumin, fennel, star anise, cardamon in cooking





Bloated pain!

- * That over full, bloated, stomach-ache after a meal
- * In TCM - Traditional Chinese medicine, we see this as **Stagnation of Qi**
- * **Remedy - Move stagnant Qi**
- * Drinking fresh ginger tea before meals helps
- * Drinking fresh mint tea after a meal.
- * Moxa stomach 36 daily. - see *demonstration video on my website.*
- * Avoiding cold raw foods, ice cream, ice in drinks, drinking cold water with food, raw cold juices.
- * Eat predominantly cooked foods, steamed, stews, soups, bakes.

Stagnation of blood

- * This pain can be either hot or cold in nature
- * Heat consumes, dries the blood so it slows & can stagnates it.
- * Cold contracts/congeals which stagnates by slowing the blood.
- * **Pain is stabbing in nature, like a knife, colicky & deep**
- * Pain is **fixed in location**
- * Pain tends to be worse at night
- * **Remedy - Move blood.**
- * Apply a castor oil pack to the area - this 'breaks blood' to clear the stagnation & improves circulation. (Fibroids, endometriosis)
- * Use herbs that move or 'break' blood such as turmeric, peach seed, frankincense & myrrh.





Prickly pain

- * Pins & needles, 'fourmis' ants as the French call it.
- * Numbness & tingling
- * In TCM - Traditional Chinese medicine we attribute this to blood deficiency.
- * **Remedy - Nourish blood**
- * Eat lots of dark green leafy vegetables,
- * Spirulina or liquid Chlorophyll - long taken by Jehovah witness who refuse blood transfusion to quickly rebuild the blood count.
- * Nettles in soup or as a tea
- * Red foods nourish blood - beetroot, red adzuki beans, kidney beans, black beans, beluga lentils, congees & bone broth

Post-operative pain

- * Pain can either be stagnation of Qi or blood or both
- * Operations take a toll & are traumatic for the body.
- * Treat the scar to reconnect any Acupuncture meridians that may have been cut or damaged
- * Untreated scar adhesions can result in issues along related meridians such as headaches & even depression
- * Rest & strengthen your body with nourishing & hydrating foods - congee, soups, steamed food.
- * Avoid, coffee, tea, sugar, gluten, spicy foods, onions, garlic, dairy.
- * Drink hot boiled water first thing to flush out toxins and metabolic waste.





Too much exercise

- * Light to moderate exercise strengthens & moves the energy or Qi & helps circulate & build the quality of blood
- * **Too much exercise depletes the body of Qi & blood**
- * Depletion of Qi & blood and excessive stretching can damage tendons & joints leading to pain later.
- * **It is important to maintain a balance & flexibility with gentle exercise & stretching**

Broken bone pain

- * In TCM, **Kidneys** are in charge of the bones, skeletal health, growth & repair.
- * **Kidney** control the marrow & the flow of vital energy/Qi through the skeleton.
- * Blood & Qi flow are interdependent, blood flow removes stasis - (pain) & encourages production of new bone material.
- * **Remedy** - Tonify kidneys, Qi & blood
- * See kidney guide <https://www.nona-taylor.com/resources>
- * Congee, bone broth, mushrooms, beetroot, green leafy vegetables
- * Apply a comfrey poultice to the effected area, take Arnica initially to help with the trauma & bleeding, then Symphytum to 'knit the bone'





Emotional pain

- * **All emotions when held onto, can result in pain from stagnation in the body.**
- * Emotional shock depletes the yin of the heart & subsequently the ability of the Qi & blood to either enter or leave the heart smoothly
- * Diminished heart function effects our thinking, mind & spirit, sleep & daily living.
- * Diminished Qi & blood impact & amplify our physical pain.
- * **If we cannot discern between emotional & physical pain - our experience of pain can become unbearable and untouchable even with opioids.**

“Holding anger is
like drinking
poison and
expecting the
other person to
die”!

12 step AA Program



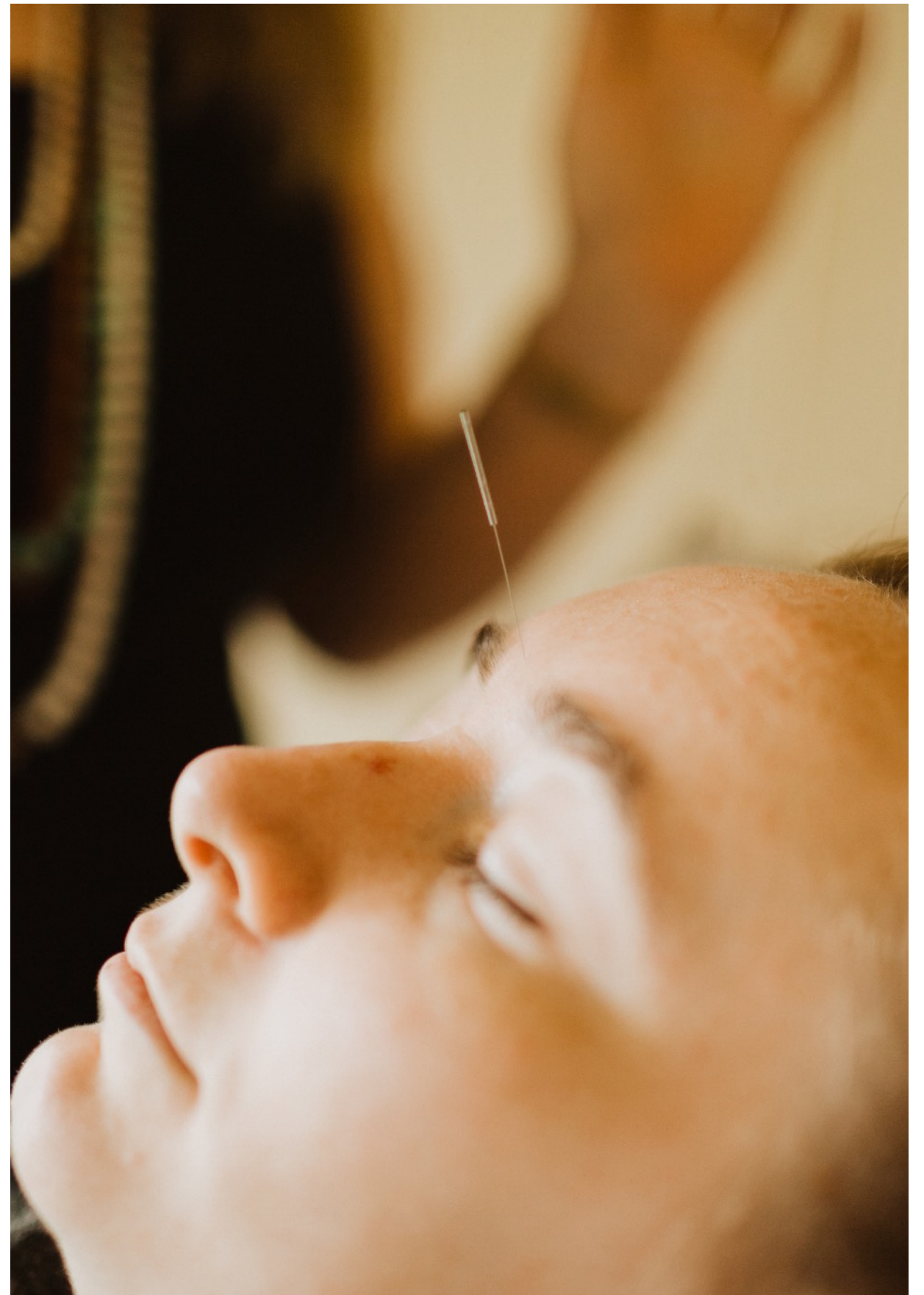


Sharing pain

- * “A problem shared is a problem halved”
- * Hugging releases **Oxytocin**, the “love” hormone also released in orgasm & childbirth. This helps us reduce the stress hormone **cortisol**.
- * Virginia Satir - American psychotherapist & family therapist 1916 - 1988 says;
- * “We need 4 hugs a day for survival, 8 hugs for maintenance & 12 hugs for growth”

Acupuncture

- * Qi & acupuncture meridians are not observable through current scientific methods
- * Therefore research has focused on the effects of nervous & endocrine systems
- * **Endorphins** the bodies natural pain killers are released during acupuncture.
- * Adrenocorticotrophic increase which control production of **cortisol** the stress hormone.
- * Neurotransmitters are released; **serotonin, dopamine, epinephrine, norepinephrine.**



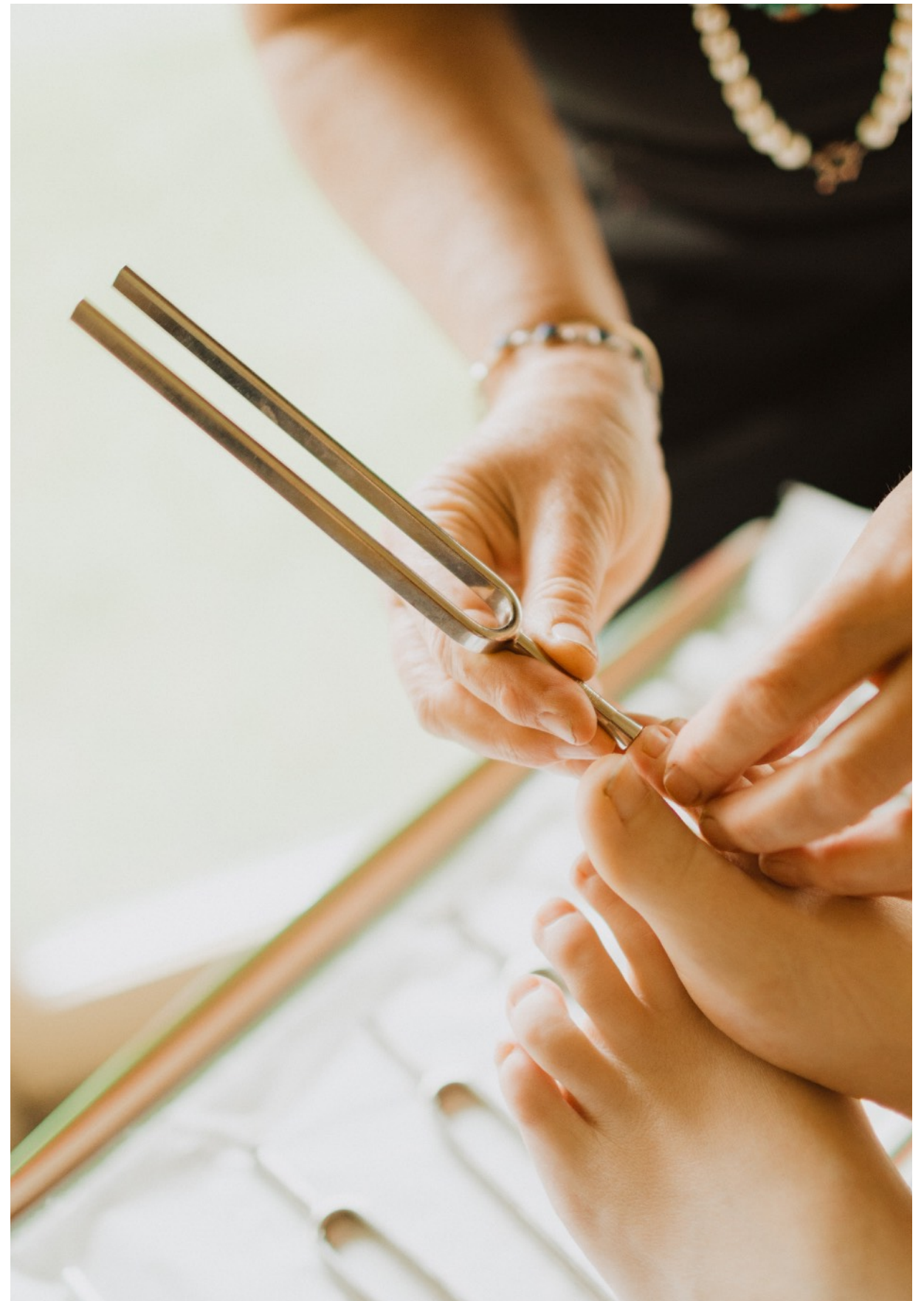


Moxibustion

- * Moxa warms the meridians & expels cold.
- * Promotes circulation over areas of chronic pain or muscle tension.
- * Especially helpful for pain that is worse for cold/damp weather - some types of arthritis.
- * Moxa increases the circulation of Qi & blood - effective for menstrual pain (cold in the uterus)
- * Moxa applied to specific acupuncture points can strengthen and 'lift' Qi, can boost the immune system, help fatigue, aid digestion and so much more.

Tuning forks

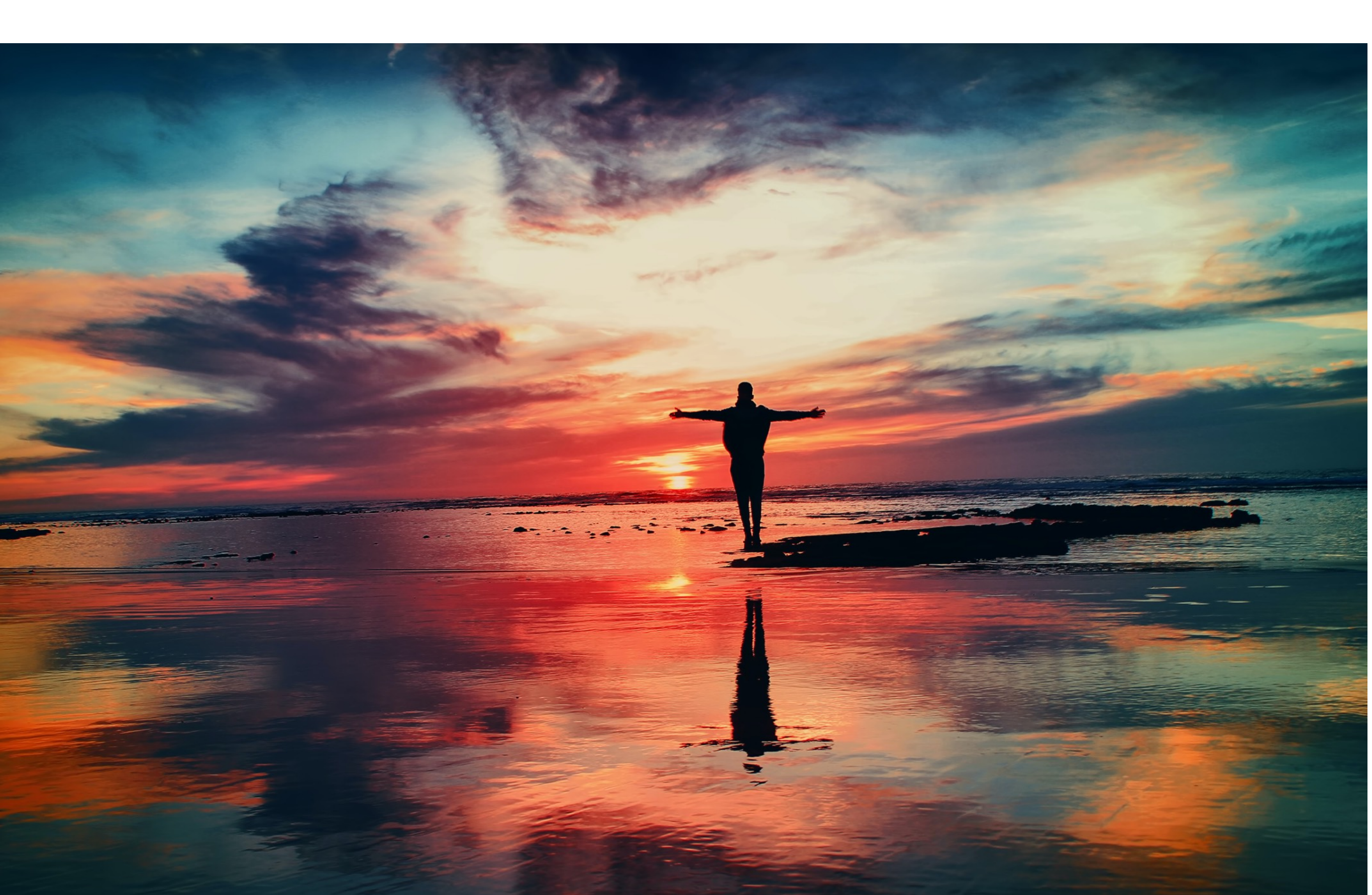
- * This is vibrational healing
- * The forks I use are the Pythagorean Tuning Forks 2/3 (256hz & 384hz)
- * I use both audible and inaudible forks. The later have the vibrational sound corresponding to the 7 colours of the rainbow - *red, orange, yellow, green, blue, indigo & violet.*
- * When the fork is vibrated and touches say the tip of your finger or toe, you feel the vibration up through your bones - stimulating the marrow, this can release **shock & trauma** held in the body.
- * **Pain relief** is felt from the gentle vibration of the forks.
- * As the vibration & corresponding colour enters the body the cells are activated and healing is enhanced.





Magic Bullet!

- * Drugs are fantastic for short term pain relief in A&E
- * Nerve block during surgery
- * Anaesthetic in surgery
- * But sadly there is no 'magic bullet' to 'cure' all pain.
- * The efficacy of pain medication wains with prolonged usage.
- * Long term use of pain killers have side effects & can be devastating to health



Pain is unavoidable, but suffering is optional!

12 step tradition of AA

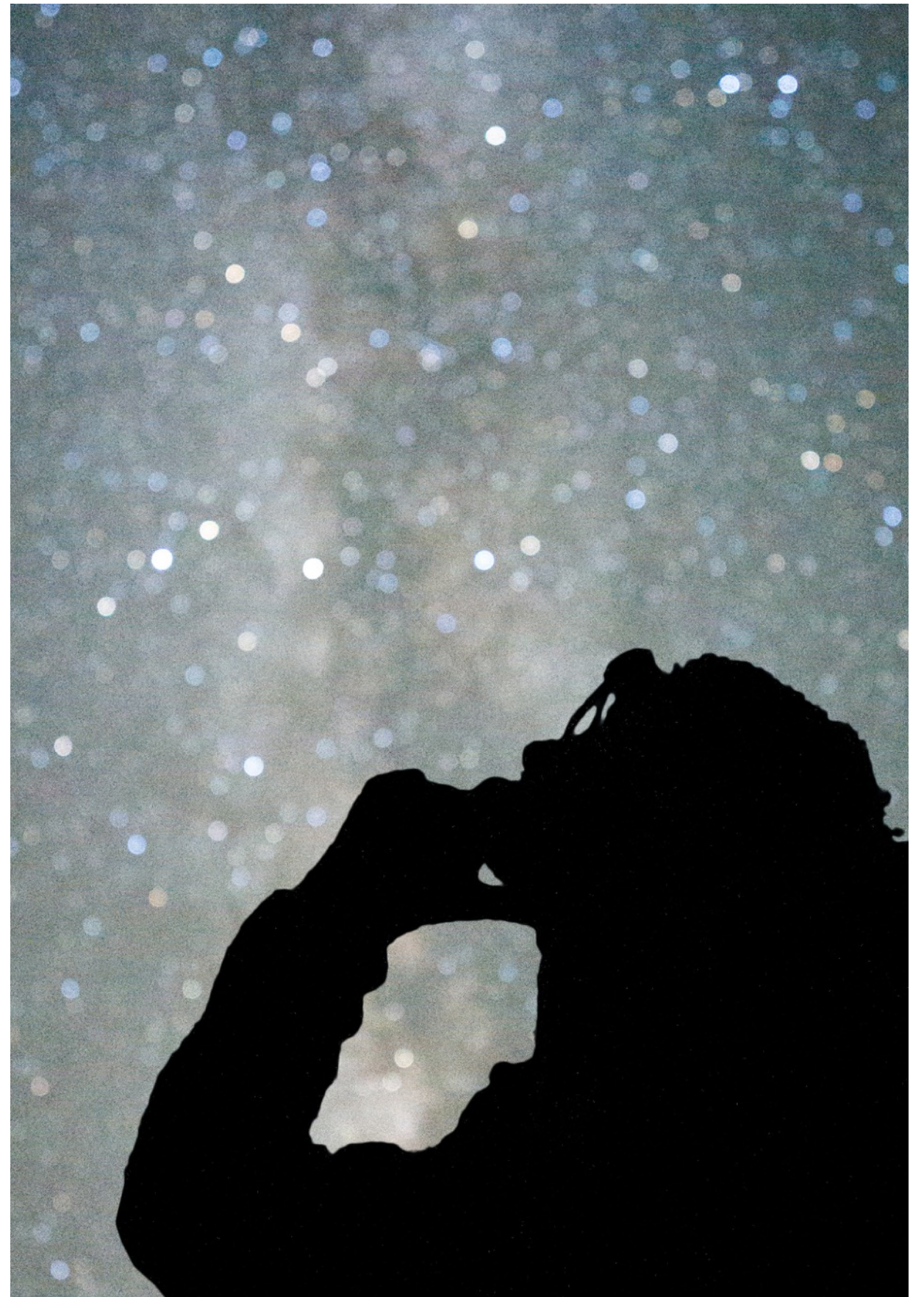


Power of meditation

- * Reduces stress and controls anxiety
- * Allows a clearer perspective
- * Calms & settles the mind
- * Relaxes the body & relieves tension
- * Improves sleep.
- * Qi follows the mind -so training the mind to follow the breath will settle the Qi and allow it to flow more smoothly
- * Visualisation can be useful to invoke health and wellbeing

‘We are what we think, all that we are arises with our thoughts, with our thoughts we create the world’

Attributed to the Buddhas teaching.



General advise

- * Try to discern what type of pain you are experiencing: hot , cold, excess or deficient etc.... Then you can apply the rebalancing remedy
- * Try to establish what is the root cause so this can be addressed.
- * Try to separate the physical pain from your emotional pain around it.
- * Try to relax with pain rather than resist it or have aversion to it. Relaxing and accepting it reduces the pain 20% - 30%
- * Remember that your Qi follows your mind so dwelling on the pain will only amplify it.





Nona Taylor

ORIENTAL MEDICINE

**My wish is to
inspire you to
heal yourself
naturally**



www.nona-taylor.com